



SOAP JOURNAL EXERCISE WEEK 1

Read: Romans 5

S – Scripture – Choose one verse from the scripture above and hand write it below.

O – Observation – Describe in your own words what you think the verse is saying. Explore words and phrases and try to put down what you “see” in this verse. You can even re-write the verse in your own words.

A – Application – Write down what you should do because of what this verse says. It may be something you need to keep doing, stop doing, or start new. Make it as detailed and specific as possible.

P – Prayer – Write a prayer thanking God for speaking to you, and ask him to help you focus on what he has said and what you should do.