



Listening Together  
Journal

A **WALK**  
of **FAITH**  
THAT HONORS THE  
**GOSPEL**

As we read God's words, we begin to see how God responds to things. Doing daily devotions re-patterns the way we think and transforms the spirit of the mind. Then, when we face similar situations as Jesus did, we begin to respond in the same way.

**SOAK** is a method of Bible reading and journaling: Scripture, Observation, Application, and Kneel. It can be used with any daily Bible reading plan. You'll need a Bible, a journal and a pen.

**S for Scripture:** Open your Bible to today's reading (according to whatever plan you are following). Take time reading and allow God to speak to you. When you are done, look for a verse that particularly spoke to you that day, and write it in your journal.

**O for Observation:** What struck you and caught your attention in what you read? What do you think God is saying to you in this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you. Paraphrase and write this scripture down in your own words.

**A for Application:** Personalize what you have read, by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or corrections for a particular area of your life. Write how this Scripture can apply to you today.

**K for Kneel:** Submit to God's word to you today by asking God to help you use this Scripture, or it may be a greater insight on what He may be revealing to you. Writing helps us to own our thoughts. Write out a prayer that expresses your thoughts to God. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say! Now, write it out.

Day 1 – James 5:7-11

Scripture:

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Observations:

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Application:

What steps will you take this week to avoid judging those in your home? workplace? church? How do you think this will impact your peace?

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Kneel:

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Day 2 – John 14:25-31

Scripture:

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Observations:

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Application:

What can you do today to experience and enjoy the peace Jesus has given you?

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Kneel:

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Day 3 – James 5:12-16

Scripture:

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Observations:

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Application:

What specific change is this passage prompting you to make in your prayer life?

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Kneel:

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Day 4 – Isaiah 53:1-6

Scripture:

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Observations:

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Application:

What words for Isaiah do you need most today, and how can you move yourself to trust God promise for you this week?

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Kneel:

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Day 5 – James 5:17-20

Scripture:

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Observations:

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Application:

How can you use your prayer life to help those you know who are close to God stay close to Him?

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Kneel:

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