

Bible Reading Journal

Steps to an effective quiet time.

- Find a time and place.... (Front porch after breakfast)
- Bring your tools... (Bible, journal, pen, coffee/tea)
- **Have a plan**... (Scripture memory, prayer list, reading plan)
- Write it down... (As you read, mark up your Bible and pick a key verse or two to reflect on)
- Use a method...
 - SOAP = Scripture, Observe, Apply, Pray
 - SPECK, As you read be looking for any of the following...
 - A Sin to avoid
 - A Promise to claim
 - An Example to follow
 - A Command to obey
 - Knowledge about God
 - Write the key verses and your reflections and especially applications in a journal so you can review and share them with others.
- Repeat and review... do this daily then review your notes weekly.
- **Share** what you are learning with others and encourage them to read and reflect on God's Word.