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The Beginner's SOAP Bible Study Journal

30 days in the Gospels, one simple method, room to write.

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Welcome

This journal is for anyone opening the Bible for the first time, or the first time in a long time. You don't need to know anything before you start.

Each day, read one chapter from the plan, then fill in one journal page using the SOAP method on the next page. It takes about 10 to 15 minutes.

Miss a day? Just pick up where you left off. This is not a race.

Where Christians hold different views on a passage, that's normal. Write down your questions and bring them to a pastor or a small group at a local church.



Thy word is a lamp unto my feet, and a light unto my path.

Psalm 119:105, KJV

The SOAP method



Scripture

Read the chapter slowly. Then copy one verse that stood out to you, word for word.



Observation

What do you notice? Who is speaking, to whom, and what is happening? Write two or three things.



Application

What does this mean for your life today? Keep it small and specific.



Prayer

Write a short, honest prayer in your own words about what you read.

Your 30-day reading plan

Tick each day as you go. Days 1 to 16 walk through the Gospel of Mark; days 17 to 30 begin the Gospel of John.

☐ Day 1	Mark 1	☐ Day 16	Mark 16
☐ Day 2	Mark 2	☐ Day 17	John 1
☐ Day 3	Mark 3	☐ Day 18	John 2
☐ Day 4	Mark 4	☐ Day 19	John 3
☐ Day 5	Mark 5	☐ Day 20	John 4
☐ Day 6	Mark 6	☐ Day 21	John 5
☐ Day 7	Mark 7	☐ Day 22	John 6
☐ Day 8	Mark 8	☐ Day 23	John 7
☐ Day 9	Mark 9	☐ Day 24	John 8
☐ Day 10	Mark 10	☐ Day 25	John 9
☐ Day 11	Mark 11	☐ Day 26	John 10
☐ Day 12	Mark 12	☐ Day 27	John 11
☐ Day 13	Mark 13	☐ Day 28	John 12
☐ Day 14	Mark 14	☐ Day 29	John 13
☐ Day 15	Mark 15	☐ Day 30	John 14

DAY 1

Date: _____

Today's reading: Mark 1

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: Mark 2

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: Mark 3

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: Mark 4

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: Mark 5

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: Mark 6

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: Mark 7

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: Mark 8

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: Mark 9

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: Mark 10

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: Mark 11

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: Mark 12

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: Mark 13

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: Mark 14

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: Mark 15

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: Mark 16

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: John 1

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: John 2

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: John 3

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: John 4

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: John 5

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: John 6

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: John 7

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: John 8

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: John 9

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: John 10

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: John 11

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: John 12

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: John 13

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Today's reading: John 14

Scripture: copy one verse

Observation: what do you notice?

Application: what does it mean for today?

Prayer: in your own words

Keep going

You finished 30 days. That's a real habit. Here are three simple next steps:

- Finish the Gospel of John (chapters 15 to 21), one chapter a day.
- Read one Psalm a day for a month, and use the same SOAP pages.
- Find a small group or Bible study at a local church, and bring your journal.

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