

Scripture Journaling

Bible Study for Dummies



WHY READ THE BIBLE?

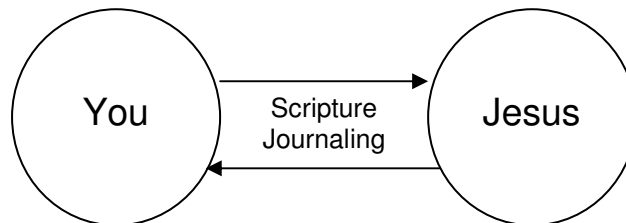
All scripture is inspired by God and can profitably be used for teaching, for refuting error, for guiding people's lives and teaching them to be holy. This is how the man who is dedicated to God becomes fully equipped and ready for any good work.

2 Timothy 3:16,17

WHAT IS SCRIPTURE JOURNALING?

Scripture Journaling is a daily bible study process that connects you with two surefire places you are guaranteed to meet with Jesus:

1. Sacred Scripture.
2. His Holy Catholic Church.



By focusing on daily Mass readings for your bible study you are connected not only to the inspired Word of God but also to the traditions and teachings of the Catholic Church as she leads us through the different liturgical seasons, highlighting Saints feast days and Solemnities of the Catholic Calendar.

WHAT IS IN A SCRIPTURE JOURNAL?

You can purchase scripture journals from your local Christian bookshop or simply make up your own from any text book. The journal should contain the following sections:

- **Table of Contents:**
This is located at the beginning of your journal. It allows you to keep a record of your dates, scriptures and topics for easy future reference.

Date	Scripture	Reflection Topic	Page
09/7/05	Jer 29:11	Letting go and letting God - plans	1
10/7/05	Jn 10:10	Getting the most out of life - hope	2
11/7/05	Mt 5: 1-12	Living the ideal - faith	3
12/7/05	Deut 6: 10-25	God my teacher - responsibilities	5

- **Journal Entries:**

Your daily written reflections on scripture. Each day’s entry can be as long or as short as you wish. The daily entry is headed by the date, page number and reflection title.

- **Prayer Intentions List:**

Locate this at the back of your journal. Here you can list your prayer intentions (people, places or situations). Date when you write each intention and then date when your prayer intention has been clearly answered. It is faith-building to watch as God answers your prayers.

Date	Prayer Intention	Answered
<u>03/11/07</u>	<u><i>That men get excited about Journaling</i></u>	<u>04/11/07</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

HOW DO I SCRIPTURE JOURNAL?

Follow these four easy steps and you are guaranteed (or you get your money back) the life-changing excitement of meeting with Jesus. Be warned! Your life will not be the same again.

1. **Pray**

Ask the Holy Spirit, the inspirer of Sacred Scripture and Guide of the Holy Catholic Church, to give you guidance and inspiration in your journaling time.

2. **Read**

Follow the readings for the Mass of the day. Spend time in quiet reflection with the readings; underlining any verse that stands out to you (you won’t burn in Hell for writing in your Bible!). Pick out the one verse/passage that speaks to you most clearly for you to journal on.

3. **Write**

Open your journal and write the date and page number at the top. Then write your journal entry by following the S.O.A.P. method as described next page. On finishing your journal writing, add the details of your reflections in your journal’s Table of Contents.

4. **Title**

Look over what you have written and find a word or short phrase that encapsulates the spirit of what you have been inspired to journal. Write this as a title at the top of your page. This becomes the “handle” by which you can carry the essence of your reflections into your day.

5. **Intercede**

Finish your daily reflection by praying through your prayer intentions.

WHAT IS S.O.A.P. ?

The heart of your journaling is the written reflection on the scripture verse you have chosen from the day's Mass Readings. This is undertaken by using the S.O.A.P. method, this being an acronym for **S**cripture, **O**bservation, **A**pplication and **P**rayer.

Scripture: This is the verse(s) that you have recognised from your reading that the Holy Spirit wants you to focus on. Don't let the scripture be longer than a few verses.

Observation: Here you can briefly background the scripture you have chosen (*e.g. Jesus has just performed the miracle of feeding the 5000 and is now addressing His disciples*). Or, you may be led to make a reflection on what the scripture is saying to you, or some questions the scripture raises.

Application: This is where the rubber hits the road in your Journaling. Here you write what action you are being called to take as a result of what the Holy Spirit is saying to you.

Prayer: This is your prayer response, thanking the Lord for His message to you and asking the Holy Spirit to help you live out what you have learnt. You also may want to ask for the intercession of a favorite saint.

Daily Pages Sample Entry

Date	Title	Page
4/23		2
	"Marching Orders"	
	Topic: Prayer	
S	Scripture	<p>"What I tell you in the darkness, speak in the light; and what you hear whispered in your ear, proclaim upon the housetops." (Mt. 10:27)</p>
O	Observation	<p>If I am not hearing Him in the darkness, what will I speak in the light?! If I am not hearing Him whisper in my ear, what will I proclaim on the housetops?!</p>
A	Application	<p>What a great word! This scripture reminds me to not only talk to God in prayer, but equally important is to <u>hear Him</u> in prayer!</p>
P	Prayer	<p>"Dear Jesus, help me to hear You today! I want to be still that I may hear Your marching orders for my day, for my week, for my life. Speak Lord! Your servant is listening!"</p>

SOURCES OF DAILY MASS READINGS

Daily Mass readings lists can be sourced from the following:

- Web Sites:

Joshua Catholic Men's Fellowship
www.joshua.org.nz

USA Bishops
www.usccb.org/nab/index.shtml

Universalis
www.universalis.com

The Word Among Us
www.wau.org/current/daily_mass_readings.html

- Publications:

Marist Messenger
www.maristmessenger.co.nz/

Daily Bread
brendon2@hotmail.com

Scripture Diary
www.scripturediary-min.com

CPC Daily Mass
davidb@cda.org.nz

A FINAL WORD

They say it takes three weeks to make or break a habit. To start, commit yourself to three weeks of Journaling daily. Pick your "Prime Time" and then set it in concrete as your daily personal devotion time. Be prepared to fight for this time. Let your loved ones know what you are doing and ask for their support.

If possible, meet with other brothers who are journaling every few weeks. Meet in a coffee shop and journal together, sharing what you have written. This can be a tremendous support for you all.

Above all else, enjoy and relish your new-found intimacy with Jesus, our wonderful Lord and Savior!