Life Journal Reading Plan

A guide through the SOAP method study & Bible reading plan.

Why Studying the Bible Matters

Studying the Bible is important for growing your relationship with God. It has often been said, "It's not only that we read the Bible, but that the Bible reads us." Engaging with the Bible draws us closer to God and teaches us the Truth. Right now, we are living in a time when many people believe truth is relative, but as Christians, we have access to the Word of Truth at all times. "When you know the truth, the truth sets you free," said Jesus, and His Word is Truth.

What is SOAP?

SOAP is a Bible reading and journaling method that helps us process, reflect on, and apply God's Word to our lives. We don't read the Bible just to read the Bible–, we read the Bible to be changed by God. As you study God's Word, pray and ask the Holy Spirit to speak to you and change you for the better.

SOAP Stands For:

S • Scripture
O • Observation
A • Application
P • Prayer

Let the Word speak to you, challenge you, comfort you, convict you, and change you.

How To Use The Soap Method

Scripture

Start with prayer, asking God to speak to you through His Word. Then, read through the passage of scripture slowly. As you read, ask God to highlight a verse(s) and write it in your journal.

Observation

Write down some observations about this verse or passage. These can be simple observations or delve into much deeper study.

Questions to consider:

- What is the background or the setting?
- Notice things like repetition, comparison, and contrast.
- What is the overall theme of this passage?
- What questions arise as you read and study? (These can be studied further.)
- Who was it written by?
- Who is the original audience?
- What is the historical or cultural context?

Word Study: Use resources like blueletterbible.org, biblegateway.com, etc., to further understand certain words and meanings, or to gain greater insight into a topic/theme.

Application

Write down how you can apply this scripture to your life.

Questions to consider:

- What does the passage/verse teach me about God?
- What does this passage/verse teach me about myself?
- How should this change me?
- How does this truth give me a perspective to see the way God sees?
- What should I do in response?
- How does it prompt me to pray, interact, and relate with other people?

Prayer

Write out a prayer thanking and praising God for His truth. Praise God for the attributes of Him that were revealed to you in this passage. Confess any sin that has come to light during this time of studying. Thank Him for His Word, and ask Him to continue to work in and through you. Turn the scripture into a prayer back to God.

January

1. Genesis 1-2; Luke 1
2. Genesis 3-5; Luke 2
3. Genesis 6-8; Luke 3
4. Genesis 9-11; Luke 4
5. Genesis 12-14; Luke 5
6. Genesis 15-17; Luke 6
7. Genesis 18-19; Psalm 3; Luke 7
8. Genesis 20-22; Luke 8
9. Genesis 23-24; Luke 9
10. Genesis 25-26; Psalm 6; Luke 10
11. Genesis 27-28; Psalm 4; Luke 11
12. Genesis 29-30; Luke 12
13. Genesis 31-33; Luke 13
14. Genesis 34-36; Luke 14
15. Genesis 37-38; Psalm 7; Luke 15
16. Genesis 39-41; Luke 16
17. Genesis 42-43; Psalm 5; Luke 17
18. Genesis 44-46; Luke 18
19. Genesis 47-48; Psalm 10; Luke 19
20. Genesis 49-50; Psalm 8; Luke 20
21. Exodus 1-2; Psalm 88; Luke 21
22. Exodus 3-5; Luke 22
23. Exodus 6-8; Luke 23
24. Exodus 9-11; Luke 24
25. Exodus 12-13; Psalm 21; Acts 1
26. Exodus 14-16; Acts 2
27. Exodus 17-20; Acts 3
28. Exodus 21-22; Psalm 12; Acts 4
29. Exodus 23-24; Psalm 14; Acts 5
30. Exodus 25-27; Acts 6
31. Exodus 28-29; Acts 7

February

1. Exodus 30-32; Acts 8
2. Exodus 33-34; Psalm 16; Acts 9
3. Exodus 35-36; Acts 10
4. Exodus 37-38; Psalm 19; Acts 11
5. Exodus 39-40; Psalm 15; Acts 12
6. Leviticus 1-3; Acts 13
7. Leviticus 4-6; Acts 14
8. Leviticus 7-9; Acts 15
9. Leviticus 10-12; Acts 16
10. Leviticus 13-14; Acts 17
11. Leviticus 15-17; Acts 18
12. Leviticus 18-19; Psalm 13; Acts 19
13. Leviticus 20-22; Acts 20
14. Leviticus 23-24; Psalm 24; Acts 21
15. Leviticus 25; Psalms 25-26; Acts 22
16. Leviticus 26-27; Acts 23
17. Numbers 1-2; Acts 24
18. Numbers 3-4; Acts 25
19. Numbers 5-6; Psalm 22; Acts 26
20. Numbers 7; Psalm 23; Acts 27
21. Numbers 8-9; Acts 28
22. Numbers 10-11; Psalm 27; Mark 1
23. Numbers 12-13; Psalm 90; Mark 2
24. Numbers 14-16; Mark 3
25. Numbers 17-18; Psalm 29; Mark 4
26. Numbers 19-20; Psalm 28; Mark 5
27. Numbers 21-23; Mark 6-7
28. Numbers 24-27; 1 Corinthians 13

March

1. Numbers 28-29; Mark 8
2. Numbers 30-31; Mark 9
3. Numbers 32-33; Mark 10
4. Numbers 34-36; Mark 11
5. Deuteronomy 1-2; Mark 12
6. Deuteronomy 3-4; Psalm 36; Mark 13
7. Deuteronomy 5-6; Psalm 43; Mark 14
8. Deuteronomy 7-9; Mark 15
9. Deuteronomy 10-12; Mark 16
10. Deuteronomy 13-15; Galatians 1
11. Deuteronomy 16-18; Psalm 38; Galatians 2
12. Deuteronomy 19-21; Galatians 3
13. Deuteronomy 22-24; Galatians 4
14. Deuteronomy 25-27; Galatians 5
15. Deuteronomy 28-29; Galatians 6
16. Deuteronomy 30-31; Psalm 40; 1 Corinthians 1
17. Deuteronomy 32-34; 1 Corinthians 2
18. Joshua 1-2; Psalm 37; 1 Corinthians 3
19. Joshua 3-6; 1 Corinthians 4
20. Joshua 7-8; Psalm 69; 1 Corinthians 5
21. Joshua 9-11; 1 Corinthians 6
22. Joshua 12-14; 1 Corinthians 7
23. Joshua 15-17; 1 Corinthians 8
24. Joshua 18-20; 1 Corinthians 9
25. Joshua 21-22; Psalm 47; 1 Corinthians 10
26. Joshua 23-24; Psalm 44; 1 Corinthians 11
27. Judges 1-3; 1 Corinthians 12
28. Judges 4-5; Psalms 39, 41; 1 Corinthians 13
29. Judges 6-7; Psalm 52; 1 Corinthians 14
30. Judges 8; Psalm 42; 1 Corinthians 15
31. Judges 9-10; Psalm 49; 1 Corinthians 16

April

1. Judges 11-12; Psalm 50; 2 Corinthians 1
2. Judges 13-16; 2 Corinthians 2
3. Judges 17-18; Psalm 89; 2 Corinthians 3
4. Judges 19-21; 2 Corinthians 4
5. Ruth 1-2; Psalms 53, 61; 2 Corinthians 5
6. Ruth 3-4; Psalm 64-65; 2 Corinthians 6
7. 1 Samuel 1-2; Psalm 66; 2 Corinthians 7
8. 1 Samuel 3-5; Psalm 77; 2 Corinthians 8
9. 1 Samuel 6-7; Psalm 72; 2 Corinthians 9
10. 1 Samuel 8-10; 2 Corinthians 10
11. 1 Samuel 11-12; 1 Chronicles 1; 2 Corinthians 11
12. 1 Samuel 13; 1 Chronicles 2-3; 2 Corinthians 12
13. 1 Samuel 14; 1 Chronicles 4; 2 Corinthians 13
14. 1 Samuel 15-16; 1 Chronicles 5; Matthew 1
15. 1 Samuel 17; Psalm 9; Matthew 2
16. 1 Samuel 18; 1 Chronicles 6; Psalm 11; Matthew 3
17. 1 Samuel 19; 1 Chronicles 7; Psalm 59; Matthew 4
18. 1 Samuel 20-21; Psalm 34, Matthew 5
19. 1 Samuel 22; Psalms 17, 35; Matthew 6
20. 1 Samuel 23; Psalms 31, 54; Matthew 7
21. 1 Samuel 24; Psalms 57-58; 1 Chronicles 8; Matthew 8
22. 1 Samuel 25-26; Psalm 63; Matthew 9
23. 1 Samuel 27; Psalm 141; 1 Chronicles 9; Matthew 10
24. 1 Samuel 28-29; Psalm 109; Matthew 11
25. 1 Samuel 30-31; 1 Chronicles 10; Matthew 12
26. 2 Samuel 1; Psalm 140; Matthew 13
27. 2 Samuel 2; 1 Chronicles 11; Psalm 142; Matthew 14
28. 2 Samuel 3; 1 Chronicles 12; Matthew 15
29. 2 Samuel 4-5; Psalm 139; Matthew 16
30. 2 Samuel 6; 1 Chronicles 13; Psalm 68; Matthew 17

May

1. 1 Chronicles 14-15; Psalm 132; Matthew 18
2. 1 Chronicles 16; Psalm 106; Matthew 19
3. 2 Samuel 7; 1 Chronicles 17; Psalm 2; Matthew 20
4. 2 Samuel 8-9; 1 Chronicles 18-19; Matthew 21
5. 2 Samuel 10; 1 Chronicles 20; Psalm 20; Matthew 22
6. 2 Samuel 11-12; Psalm 51; Matthew 23
7. 2 Samuel 13-14; Matthew 24 25
8. 2 Samuel 15-16; Psalm 32; Matthew
9. 2 Samuel 17; Psalm 71; Matthew 26
10. 2 Samuel 18; Psalm 56; Matthew 27
11. 2 Samuel 19-20; Psalm 55; Matthew 28
12. 2 Samuel 21-23; 1 Thessalonians 1
13. 2 Samuel 24; 1 Chronicles 21; Psalm 30; 1 Thessalonians 2
14. 1 Chronicles 22-24; 1 Thessalonians 3
15. 1 Chronicles 25-27; 1 Thessalonians 4
16. 1 Kings 1; 1 Chronicles 28; Psalm 91; 1 Thessalonians 5
17. 1 Kings 2; 1 Chronicles 29; Psalm 95; 2 Thessalonians 1
18. 1 Kings 3; 2 Chronicles 1; Psalm 78; 2 Thessalonians 2
19. 1 Kings 4-5; 2 Chronicles 2; Psalm 101; 2 Thessalonians 3
20. 1 Kings 6; 2 Chronicles 3; Psalm 97; Romans 1
21. 1 Kings 7; 2 Chronicles 4; Psalm 98; Romans 2
22. 1 Kings 8; 2 Chronicles 5; Psalm 99; Romans 3
23. 2 Chronicles 6-7; Psalm 135; Romans 4
24. 1 Kings 9; 2 Chronicles 8; Psalm 136; Romans 5
25. 1 Kings 10-11; 2 Chronicles 9; Romans 6
26. Proverbs 1-3; Romans 7
27. Proverbs 4-6; Romans 8
28. Proverbs 7-9; Romans 9
29. Proverbs 10-12; Romans 10
30. Proverbs 13-15; Romans 11
31. Proverbs 16-18; Romans 12

June

1. Proverbs 19-21; Romans 13
2. Proverbs 22-24; Romans 14
3. Proverbs 25-27; Romans 15
4. Proverbs 28-29; Psalm 60; Romans 16
5. Proverbs 30-31; Psalm 33; Ephesians 1
6. Ecclesiastes 1-3; Psalm 45; Ephesians 2
7. Ecclesiastes 4-6; Psalm 18; Ephesians 3
8. Ecclesiastes 7-9; Ephesians 4
9. Ecclesiastes 10-12; Psalm 94; Ephesians 5
10. Song 1-4; Ephesians 6
11. Song 5-8; Philippians 1
12. 1 Kings 12; 2 Chronicles 10-11; Philippians 2
13. 1 Kings 13-14; 2 Chronicles 12; Philippians 3
14. 1 Kings 15; 2 Chronicles 13-14; Philippians 4
15. 1 Kings 16; 2 Chronicles 15-16; Colossians 1
16. 1 Kings 17-19; Colossians 2
17. 1 Kings 20-21; 2 Chronicles 17; Colossians 3
18. 1 Kings 22; 2 Chronicles 18-19; Colossians 4
19. 2 Kings 1-3; Psalm 82; 1 Timothy 1
20. 2 Kings 4-5; Psalm 83; 1 Timothy 2
21. 2 Kings 6-7; 2 Chronicles 20; 1 Timothy 3
22. 2 Kings 8-9; 2 Chronicles 21; 1 Timothy 4
23. 2 Kings 10; 2 Chronicles 22-23; 1 Timothy 5
24. 2 Kings 11-12; 2 Chronicles 24; 1 Timothy 6
25. Joel 1-3; 2 Timothy 1
26. Jonah 1-4; 2 Timothy 2
27. 2 Kings 13-14; 2 Chronicles 25; 2 Timothy 3
28. Amos 1-3; Psalm 80; 2 Timothy 4
29. Amos 4-6; Psalms 86, 87; Titus 1
30. Amos 7-9; Psalm 104; Titus 2

July

1. Isaiah 1-3; Titus 3
2. Isaiah 4-5; Psalms 115-116; Jude
3. Isaiah 6-7; 2 Chronicles 26-27; Philemon
4. 2 Kings 15-16; Hosea 1; Hebrews 1
5. Hosea 2-5; Hebrews 2
6. Hosea 6-9; Hebrews 3
7. Hosea 10-12; Psalm 73; Hebrews 4
8. Hosea 13-14; Psalms 100, 102; Hebrews 5
9. Micah 1-4; Hebrews 6
10. Micah 5-7; Hebrews 7
11. Isaiah 8-10; Hebrews 8
12. Isaiah 11-14; Hebrews 9
13. Isaiah 15-18; Hebrews 10
14. Isaiah 19-21; Hebrews 11
15. Isaiah 22-24; Hebrews 12
16. Isaiah 25-28; Hebrews 13
17. Isaiah 29-31; James 1
18. Isaiah 32-35; James 2
19. 2 Kings 17; 2 Chronicles 28; Psalm 46; James 3
20. 2 Chronicles 29-31; James 4
21. 2 Kings 18-19; 2 Chronicles 32; James 5
22. Isaiah 36-37; Psalm 76; 1 Peter 1
23. 2 Kings 20; Isaiah 38-39; Psalm 75; 1 Peter 2
24. Isaiah 40-42; 1 Peter 3
25. Isaiah 43-45; 1 Peter 4
26. Isaiah 46-49; 1 Peter 5
27. Isaiah 50-52; Psalm 92; 2 Peter 1
28. Isaiah 53-56; 2 Peter 2
29. Isaiah 57-59; Psalm 103; 2 Peter 3
30. Isaiah 60-62; John 1
31. Isaiah 63-64; Psalm 107; John 2

August

1. Isaiah 65-66; Psalm 62; John 3
2. 2 Kings 21; 2 Chronicles 33; John 4
3. Nahum 1-3; John 5
4. 2 Kings 22; 2 Chronicles 34; John 6
5. 2 Kings 23; 2 Chronicles 35; John 7
6. Habakkuk 1-3; John 8
7. Zephaniah 1-3; John 9
8. Jeremiah 1-2; John 10
9. Jeremiah 3-4; John 11
10. Jeremiah 5-6; John 12
11. Jeremiah 7-9; John 13
12. Jeremiah 10-12; John 14
13. Jeremiah 13-15; John 15
14. Jeremiah 16-17; Psalm 96; John 16
15. Jeremiah 18-20; Psalm 93; John 17
16. 2 Kings 24; Jeremiah 22; Psalm 112; John 18
17. Jeremiah 23, 25; John 19
18. Jeremiah 26, 35-36; John 20
19. Jeremiah 45-47; Psalm 105; John 21
20. Jeremiah 48-49; Psalm 67; 1 John 1
21. Jeremiah 21, 24, 27; Psalm 118; 1 John 2
22. Jeremiah 28-30; 1 John 3
23. Jeremiah 31-32; 1 John 4
24. Jeremiah 33-34; Psalm 74; 1 John 5
25. Jeremiah 37-39; Psalm 79; 2 John
26. Jeremiah 50-51; 3 John
27. Jeremiah 52; Revelation 1; Psalms 143-144
28. Ezekiel 1-3; Revelation 2
29. Ezekiel 4-7; Revelation 3
30. Ezekiel 8-11; Revelation 4
31. Ezekiel 12-14; Revelation 5

September

1. Ezekiel 15-16; Psalm 70; Revelation 6
2. Ezekiel 17-19; Revelation 7
3. Ezekiel 20-21, Psalm 111; Revelation 8
4. Ezekiel 22-24; Revelation 9
5. Ezekiel 25-28, Revelation 10
6. Ezekiel 29-32; Revelation 11
7. 2 Kings 25; 2 Chronicles 36; Jeremiah 40-41; Revelation 12
8. Jeremiah 42-44; Psalm 48; Revelation 13
9. Lamentations 1-2; Obadiah; Revelation 14
10. Lamentations 3-5; Revelation 15
11. Daniel 1-2; Revelation 16
12. Daniel 3-4; Psalm 81; Revelation 17
13. Ezekiel 33-35; Revelation 18
14. Ezekiel 36-37; Psalm 110; Revelation 19
15. Ezekiel 38-39; Psalm 145; Revelation 20
16. Ezekiel 40-41; Psalm 128; Revelation 21
17. Ezekiel 42-44; Revelation 22
18. Ezekiel 45-46; Luke 1
19. Ezekiel 47-48; Luke 2
20. Daniel 5-6; Psalm 130; Luke 3
21. Daniel 7-8; Psalm 137; Luke 4
22. Daniel 9-10; Psalm 123; Luke 5
23. Daniel 11-12; Luke 6
24. Ezra 1; Psalms 84-85; Luke 7
25. Ezra 2-3; Luke 8
26. Ezra 4; Psalms 113, 127; Luke 9
27. Haggai 1-2; Psalm 129; Luke 10
28. Zechariah 1-3; Luke 11
29. Zechariah 4-6; Luke 12
30. Zechariah 7-9; Luke 13

October

1. Zechariah 10-12; Psalm 126; Luke 14
2. Zechariah 13-14; Psalm 147; Luke 15
3. Ezra 5-6; Psalm 138; Luke 16
4. Esther 1-2; Psalm 150; Luke 17
5. Esther 3-8; Luke 18
6. Esther 9-10; Luke 19
7. Ezra 7-8; Luke 20
8. Ezra 9-10; Psalm 131; Luke 21
9. Nehemiah 1-2; Psalms 133, 134; Luke 22
10. Nehemiah 3-4; Luke 23
11. Nehemiah 5-6; Psalm 146; Luke 24
12. Nehemiah 7-8; Acts 1
13. Nehemiah 9-10; Acts 2
14. Nehemiah 11-12; Psalm 1; Acts 3
15. Nehemiah 13; Malachi 1-2; Acts 4
16. Malachi 3-4; Psalm 148; Acts 5
17. Job 1-2; Acts 6-7
18. Job 3-4; Acts 8-9
19. Job 5; Psalm 108; Acts 10-11
20. Job 6-8; Acts 12
21. Job 9-10; Acts 13-14
22. Job 11-12; Acts 15-16
23. Job 13-14; Acts 17-18
24. Job 15; Acts 19-20
25. Job 16; Acts 21-23
26. Job 17; Acts 24-26
27. Job 18; Psalm 114; Acts 27-28
28. Job 19; Mark 1-2
29. Job 20; Mark 3-4
30. Job 2l; Mark 5-6
31. Job 22; Mark 7-8

November

1. Psalm 121; Mark 9-10
2. Job 23-24; Mark 11-12
3. Job 25; Mark 13-14
4. Job 26-27; Mark 15-16
5. Job 28-29; Galatians 1-2
6. Job 30; Psalm 120; Galatians 3-4
7. Job 31-32; Galatians 5-6
8. Job 33; 1 Corinthians 1-3
9. Job 34; 1 Corinthians 4-6
10. Job 35-36; 1 Corinthians 7-8
11. Psalm 122; 1 Corinthians 9-11
12. Job 37-38; 1 Corinthians 12
13. Job 39-40; 1 Corinthians 13-14
14. Psalm 149; 1 Corinthians 15-16
15. Job 41-42; 2 Corinthians 1-2
16. 2 Corinthians 3-6
17. 2 Corinthians 7-10
18. Psalm 124; 2 Corinthians 11-13
19. Matthew 1-4
20. Matthew 5-7
21. Matthew 8-10
22. Matthew 11-13
23. Matthew 14-16
24. Matthew 17-19
25. Matthew 20-22
26. Matthew 23-25
27. Psalm 125; Matthew 26-27
28. Matthew 28; 1 Thessalonians 1-3
29. 1 Thessalonians 4-5; 2 Thessalonians 1-3
30. Romans 1-4

December

1. Romans 5-8
2. Romans 9-12
3. Romans 13-16
4. Ephesians 1-4
5. Ephesians 5-6; Psalm 119:1-80
6. Philippians 1-4
7. Colossians 1-4
8. 1 Timothy 1-4
9. 1 Timothy 5-6; Titus 1-3
10. 2 Timothy 1-4
11. Philemon; Hebrews 1-4
12. Hebrews 5-8
13. Hebrews 9-11
14. Hebrews 12-13; Jude
15. James 1-5
16. 1 Peter 1-5
17. 2 Peter 1-3; John 1
18. John 2-4
19. John 5-6
20. John 7-8
21. John 9-11
22. John 12-14
23. John 15-18
24. John 19-21
25. 1 John 1-5
26. Psalms 117; 119:81-176; 2 John; 3 John
27. Revelation 1-4
28. Revelation 5-9
29. Revelation 10-14
30. Revelation 15-18
31. Revelation 19-22