

Get the most out of your time spent in the Bible!

Eagle Brook recommends a simple tool—a journaling method called SAP (Scripture, Application, Prayer).

The SAP Method



SCRIPTURE

Read a passage from God's Word each day. Focus and write down one key thought from that scripture in your journal.

APPLICATION

Take some time to reflect on how you can put into practice what you have just read and observed. What does this verse mean? Write down some thoughts on how you can apply it. The most important thing is to ask yourself: "How will I be different today because of what I've just read?"

PRAYER

Write out a prayer stemming from what you have just read, observed and chosen to apply. Then pray it silently or out loud.

