

## Sample SOAP Journal Entry

Scripture: Proverbs 3:5–6

*Trust in the Lord with all your heart,  
and do not lean on your own understanding.  
In all your ways acknowledge him,  
and he will make straight your paths*

Observation: This is such a simple and powerful two verses of scripture! It mirrors what is said in other places such as what Jesus says in the Sermon on the Mount that if we simply place our trust in God for our needs then he will provide for them and in this verse, we are promised that have our paths laid out before us.

Application: If I am to be serious about my faith then I must start with the question of to whom do I place my trust in? Placing my trust wholly in Jesus is hard in some areas of my life as many others would attest to as well. But, if I am serious about having God continue to lay out a path for my life then I must start with trusting God with my life and not myself.

Prayer: Father, my prayer today is that I would seek out areas of my life where I am trusting on my own understanding and not trusting you. Reveal those areas to me and help me to begin to turn those areas over to your control so that as a result my path will be made plain before me. Amen