
Spiritual Journal

A Kingdom Person Resource

TONY HOFFMAN

Spiritual Journal

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HOW TO USE THIS JOURNAL

Daily Bible reading, prayer, Scripture memorization, and journaling are vital disciplines for following Christ. Many people, however, do not practice these disciplines because they do not have a plan to follow and hold them accountable. This journal is designed to provide an easy to follow plan for reading the Bible, praying, Scripture memorization, and journaling. It includes a 52 week Bible reading plan that moves through the Bible chronologically along with a guide for using the ACTS of prayer. There are also Instructions on using the SOAP Bible study method the SOAP sermon note taking method, and SOAP journal pages. A Scripture memory plan and chart is also included

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52 Week Daily Bible Reading Plan

Week 1

Genesis 1:1-25	Creation of the World
Genesis 1:26-2:24	Adam and Eve
Genesis 3:1-24	Sin and the fall
Genesis 4:1-16	Cain & Abel
Genesis 6:5-22	Noah's righteousness

Week 2

Genesis 7:1-24	The Flood
Genesis 11:1-8	The Tower of Babel
Job 1:1-22	Job
Genesis 12:1-4; 13:1-17	Abram & Lot
Genesis 16:1-15	Ishmael

Week 3

Genesis 21:1-7	Isaac is born
Genesis 22:1-18	Abraham and Isaac
Genesis 25:19-34	Jacob & Esau
Genesis 27:1-41	Jacob steals Esau's blessing
Genesis 37:1-33	Joseph sold into slavery

Week 4

Genesis 39:1-23	Joseph sent to prison
Genesis 40:1-23	Joseph in prison
Genesis 41:17-43	Joseph leads Egypt
Genesis 42:1-17; 45:1-15	Joseph's brothers
Exodus 1:6-22; 2:1-10	Birth of Moses

Week 5

Exodus 3:1-22	The Burning bush
Exodus 7:1-24	The plagues
Exodus 12:1-36	Passover
Exodus 14:5-31	Israelites cross the Red Sea
Exodus 16:1-31	Manna in the desert

Week 6

Exodus 20:1-17	The Ten Commandments
Exodus 29:38-46	Sacrifices
Exodus 32:1-35	The Golden Calf
Exodus 33:12-23	The Glory of God
Leviticus 11:1-25	Unclean food

Week 7

Leviticus 16:1-22	Day of atonement
Numbers 6:22-27	Blessing
Numbers 13:17-33	Spies
Deuteronomy 6:1-18	Instructions
Deuteronomy 14:22-29	Tithes

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Week 8

Joshua 1:1-11
Joshua 2:1-21
Joshua 6:1-20
Judges 2:6-23
Judges 6:1-16

Joshua becomes a leader
Rahab
Battle of Jericho
Israel's disobedience
Call of Gideon

Week 9

Judges 6:36-7:25
Judges 13:1-7,24
Judges 16:4-30
Ruth 1:1-18
Ruth 2:1-23, 4:9-10

Gideon defeats the Midianites
Samson is born
Samson & Delilah
Naomi & Ruth
Ruth & Boaz

Week 10

1 Samuel 1:1-28
1 Samuel 3:1-18
1 Samuel 8:1-22
1 Samuel 9:15-17; 11:23-27
1 Samuel 13:1-14

Birth of Samuel
Call of Samuel
Israel asks for a king
Saul is king
Saul disobeys God

Week 11

1 Samuel 16:1-13
1 Samuel 17:4-50
1 Samuel 18:1-16
Psalm 27:1-14
Psalm 63:1-11

David anointed as king
David & Goliath
David & Saul
David's prayer for help
Song of worship

Week 12

Psalm 121:1-8
Psalm 6:1-10
Psalm 8:1-9
Psalm 14:1-7
Psalm 19:1-14

Where does help come from?
In hard times
How majestic is your name
The fool
Heavens declare God's glory

Week 13

Psalm 49:1-20
Psalm 73:1-28
Psalm 77:1-20
Psalm 92 & 93
Psalm 103:1-22

Wisdom about wealth
When we envy the wicked
When you cry for help
Making music to God
God's forgiveness

Week 14

1 Chronicles 11:1-10
Psalm 107
2 Samuel 6
Psalm 1 & 15
Psalm 23

David becomes king
Give thanks to the Lord
The Ark of God is returned
God's blessing
The Lord is my Shepherd

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Week 15

Psalm 96 & 100
Psalm 101
2 Samuel 7
Psalm 33
Psalm 53

Sing to the Lord
Love & Justice
God blesses David
Praise the Lord
The fool says there is no God

Week 16

2 Samuel 11
2 Samuel 12:1-14
Psalm 51
Psalm 32
Psalm 26

David's sin with Bathsheba
Nathan reveals David's sin
David's confession
Forgiveness
Living a holy life

Week 17

Psalm 40
Psalm 28
Psalm 139
Psalm 145
1 Chronicles 28

The Lord restores us
The Lord is my strength
Created by God
Great is our God
Plans for the temple

Week 18

1 Chronicles 29
Psalm 111
Psalm 37
Psalm 119:1-40
Psalm 119:89-112

Solomon becomes king
Praise to the Lord
Don't worry about evil men
God's Word
God's Word

Week 19

2 Chronicles 1
Proverbs 1:1-19
Proverbs 3:1-26
Proverbs 6
Proverbs 10

Solomon's request for wisdom
The importance of wisdom
The benefits of wisdom
Warnings against danger
Sayings of Solomon

Week 20

Proverbs 15
1 Kings 6
2 Chronicles 7:11-22
Ecclesiastes 1 & 2
Ecclesiastes 12

Sayings of Solomon
Solomon builds the temple
Promise to Solomon
Meaningful Life?
Remember your Creator

Week 21

1 Kings 18:16-39
Jonah 1 & 3
Isaiah 9:1-7
Isaiah 11:1-10
Isaiah 40

Elijah vs. prophets of Baal
Jonah runs from God
God promises a Messiah
The coming rule of Christ
The greatness of God

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Week 22

Isaiah 41:1-20
Psalm 46
Isaiah 53
Isaiah 55
Nahum 1

God will help
We need not fear
The promised Messiah
God's invitation
God is awesome

Week 23

Jeremiah 7:1-13
Jeremiah 17:1-18
Jeremiah 18:1-12
Jeremiah 29:4-14
Jeremiah 30

A call for justice
The heart is deceitful
The potter and the clay
God's plan for His people
Promise of restoration

Week 24

Jeremiah 31:31-37
2 Chronicles 36:15-23
Ezekiel 2
Ezekiel 18
Ezekiel 34

The New Covenant
Judah taken captive
Call of Ezekiel
Personal responsibility
Accountability

Week 25

Daniel 1
Daniel 3
Daniel 6
Daniel 9:1-19
Daniel 12

Daniel in Babylon
The fiery furnace
The lion's den
Daniel's prayer
The end times

Week 26

Ezra 6
Esther 2 & 3
Esther 4 & 5
Esther 6 & 7
Nehemiah 1 & 2

Rebuilding the temple
Esther becomes queen
A plot uncovered
God rescues his people
Nehemiah rebuilds the walls

Week 27

John 1:1-14
Luke 1:26-45
Matt. 1:18-25
Luke 2:1-20
Matthew 2

The Word became flesh
The angel comes to Mary
The angel appears to Joseph
Jesus is born
Visit of the wise men

Week 28

Matthew 3
Matthew 4:1-11
John 1:35-51
Luke 5:12-32
John 3:1-21

John the Baptist
Temptation of Jesus
Jesus calls the first disciples
Jesus heals the needy
Jesus teaches Nicodemus

Week 29

John 4:1-26, 39-42
Matthew 5:1-16
Matthew 6
Luke 6:27-42
Luke 7:36-50

The Samaritan woman
How to be blessed
True worship
Loving Enemies
Forgiven much

Week 30

Mark 2:18 - 3:6
Luke 11:1-13
Matthew 13:1-13
Matthew 9:18-38
Mark 6:30-56

Following rules
Jesus' teaching on prayer
Parable of the sower
Jesus has compassion
The power of Jesus

Week 31

John 6:25-59
Matthew 16:13-28
Matthew 18:15-35
John 7:25-52
John 8:12-59

Jesus the bread of life
Jesus predicts His death
Forgiveness
Who is Jesus?
Jesus tells the truth

Week 32

John 9
John 10:1-21
Luke 9:28-36
Luke 10:25-37
Luke 11:37-54

Jesus heals the blind man
The Good Shepherd
The Transfiguration
The Good Samaritan
False Spirituality

Week 33

Luke 13:22-35
Luke 15:1-10
Luke 15:11-32
John 11:1-44
Matthew 21:1-17

Following rules
The lost sheep and coin
The lost son
The raising of Lazarus
Jesus enters Jerusalem

Week 34

Mark 12:28-34
Matthew 24:1-44
Matthew 25:31-46
Luke 22:1-38
John 14

The great commandment
The end times
The sheep and the goats
The Lord's supper
Jesus comforts the disciples

Week 35

John 15:1-17
John 17
Matthew 26:36-68
Matthew 26:68-75
Luke 23:1-25

The vine and the branches
Jesus' prayer for believers
Arrest of Jesus
Peter's Denial
Jesus before Pilate

Week 36

Luke 23:26-49
John 19:16-42
John 20
John 21
Luke 24:13-49

Jesus is crucified
Death and burial of Jesus
Resurrection of Jesus
Jesus forgives Peter
Jesus appears to the disciples

Week 37

Matthew 28:1-15
Acts 1:1-11
Acts 2:1-41
Acts 2:42-47
Acts 5:12-42

Resurrection and Ascension
Ascension of Jesus
The Holy Spirit comes
The early church
Christians persecuted

Week 38

Acts 8:26-40
Acts 9:1-19
Acts 12:1-19
Acts 15:1-35
Acts 16:16-34

Phillip and the Ethiopian
Saul (Paul) is converted
Peter escapes prison
The church's disagreement
Paul & Silas in prison

Week 39

Acts 20:13-38
Acts 27
James 1
James 3:1-12
Galatians 5

Paul says goodbye
Paul is shipwrecked
Trials & temptations
Watch what you say
Life in Christ

Week 40

1 Thessalonians 4:13-18
1 Corinthians 1:18-31
1 Corinthians 11:23-34
1 Corinthians 13
1 Corinthians 15:1-19

Christ will return
God's wisdom
Lord's supper
Love
Resurrection of Christ

Week 41

1 Corinthians 15:20-58
2 Corinthians 5:14-21
2 Corinthians 8:1-5; 9:1-15
Romans 1:1-17
Romans 1:18-32

The resurrection
Ambassadors
Giving to God
The power of the Gospel
The fall into sin

Week 42

Romans 3:1-23
Romans 5
Romans 6
Romans 7:14-25
Romans 8:1-25

All are guilty
Justified by faith
Dead to sin
Inner conflict
Deliverance

Week 43

Romans 8:26-39
Romans 10
Romans 12:1-8
Romans 12:9-21
Colossians 1:1-12

Victory in Christ
Preaching the Gospel
Service to God
Overcoming evil
Thanks to God

Week 44

Colossians 1:13-29
Colossians 2
Colossians 3:1-17
Colossians 3:18-4:6
Ephesians 1

Mystery of Christ
Built up in Christ
The new you
Relationships
God chose us

Week 45

Ephesians 2
Ephesians 4:1-16
Ephesians 4:17-32
Ephesians 5:22-6:4
Ephesians 6:10-24

God at work in you
God's plan for the church
Walking in Christ
Christian families
The armor of God

Week 46

Philippians 1:12-30
Philippians 2:1-18
Philippians 3
Philippians 4
1 Timothy 2:1-8

Purpose in life
Being like Christ
Goal of life
Controlling our minds
Call to prayer

Week 47

1 Timothy 3
1 Timothy 4:6-16
Titus 2:11-3:11
1 Peter 1
1 Peter 2:21-25; 3:18

Leadership in the church
Priorities of ministry
Godly living
Be holy
Christ's death for us

Week 48

1 Peter 4
1 Peter 5:1-11
Hebrews 1
Hebrews 4
Hebrews 5

Suffering for Christ
Serving God
God is revealed in Jesus
The believer's resources
Jesus the perfect high priest

Week 49

Hebrews 7:23 - 8:13
Hebrews 9:11-28
Hebrews 10:10-25
Hebrews 11
Hebrews 12:1-17

A better way
The perfect sacrifice
Christ's sacrifice
Faith
God's discipline

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Week 50

2 Timothy 2
2 Timothy 3:14 - 4:8
2 Peter 1:1-15
1 John 1
1 John 2:1-14

Be strong
The Word of God
Diligent to grow
God is light
Christ our advocate

Week 51

1 John 2:15-29
1 John 3
1 John 4
1 John 5
Revelation 1:1-8

Do not love the world
Love one another
God is love
Overcoming the world
Revelation of Jesus Christ

Week 52

Revelation 2
Revelation 3
Revelation 20
Revelation 21:1-7
Revelation 22

Warnings to the churches
Warnings to the churches
Satan is judged
New heaven & new earth
Heaven

Bible reading plan adapted from Family Bible Reading Plan at
www.bibleplan.org.

Additional Bible reading plans can be found at www.bibleplan.org

ACTS of Prayer

ACTS of Prayer is an acronym that represents a plan for praying. Following this simple plan can help develop a prayer life that is intentional and is consistent with Jesus' teaching about prayer.

A stands for **Adoration**, which is praising and exalting God for who He is and what he has done. Begin each time of prayer by thinking about God's goodness and righteousness and focusing on Him alone. During this time, we can praise and exalt God through words, singing songs and hymns, and reading Bible passages.

Psalms 100:1-5 (NIV) - Shout for joy to the LORD, all the earth. Worship the LORD with gladness; come before him with joyful songs. Know that the LORD is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the LORD is good and his love endures forever; his faithfulness continues through all generations.

C is for **Confession** which is admitting to God that we have fallen short of His standard. During this time, we should ask God to bring to mind anything that we have done or failed to do that stands in the way of our relationship with Him. We also need to ask God to forgive of us for these things and restore us to a strong and steadfast spiritual walk.

1 John 1:8-9 (NIV) - If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

T is for **Thanksgiving** which is a time to celebrate the blessings of God in our lives. A great way to give thanks is by recalling specific things in our lives for which we can be thankful.

1 Thessalonians 5:16-18(NIV) - Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.

S is for **Supplication** which is a time to bring our requests and petitions before God.

Philippians 4:6-7(NIV) - Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

SOAP: DAILY BIBLE STUDY METHOD

SOAP Bible study involves reading a Scripture passage each day, then writing observations and applications for life based on an understanding of that passage.

SOAP is an acronym that guides us through 4 essential steps of daily Bible study: Scripture, Observation, Application, and Prayer.

Here is a summary of the SOAP Bible study method:

Scripture: Open your Bible to the daily reading passage. Read the passage and allow God to speak to you through His word. Look for a short passage or verse that speaks to you in a particular way and write it in the S section of your journal.

Observation: What does this passage mean? What principles is the passage teaching. What is God saying to you through this passage? Write what the passage means in your own words in the O section of your journal.

Application: Personalize what you have read by asking yourself how it applies to your life. What actions do you need to take in your life based on what you have learned from this passage? Write this down in the A section of your journal.

Prayer: In your journal, write a prayer to God. This can be as simple as asking God to help you use this scripture in your life, or it may be a greater insight on what He is revealing to you. Remember, prayer is a two way conversation. Be sure to listen to what God is saying and write it in the P section of your journal. Spend time praying, using the ACTS of prayer.

SOAP Bible Study Method was created by Wayne Cordeiro
<http://www.enewhope.org/aboutus/pastorwayne/>

SOAP: Sermon Note Taking Method

*The SOAP Journal pages are also a great way to take sermon notes.

In the **S** section of your journal, write the title of the sermon and the main **Scripture** passage for the sermon. You do not need to write all the words of the passage. Write where the passage is found. Then, summarize or abbreviate the passage so that you can understand the main ideas.

In the **O** section, record your observations by writing the main points of the sermon. This can be in outline form, or it can be a brief summary of the main idea or ideas of the message.

In the **A** section of your journal, write out how you will **apply** the sermon to your life. Make specific applications to your life situation and circumstances. Record specific actions you will take in your life to live out God's word.

Finally, in the **P** section of your journal, write a **prayer** asking God to help you live out what you have learned through the preaching of His word.

Spiritual Journal

Bible Passage _____ Date _____

S: _____

O: _____

A: _____

P: _____

Spiritual Journal

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Key Scripture Passages to Memorize
(Waylon B. Moore www.mentoring-disciples.org)

Scripture — Matthew 4:4; Hebrews 4:12; Psalm 119:105

Prayer — John 16:24; Matthew 21:22; Philippians 4:6, 7

Obedience — Romans 12:1; John 14:21; Hebrews 5:8

Witnessing — Matthew 4:19; Proverbs 24:11, 12; Acts 1:8; Romans 1:16; Matthew 28:19, 20

Salvation — Romans 3:23; Romans 6:23; Hebrews 9:27; Romans 5:8; Ephesians 2:8, 9; John 5:24; John 1:12; Revelation 3:20

Assurance of Salvation — 1 John 5:13; John 5:24

Guidance — James 1:5; Isaiah 30:18; Proverbs 3:5, 6

Victory — 1 Corinthians 10:13; Romans 8:37

Christ the Lord — John 3:30; Galatians 2:20; John 13:13, 14; 2 Corinthians 5:15

The Holy Spirit — 1 Corinthians 3:16, 17; 1 Corinthians 6:19, 20; John 14:26

The Father — John 4:23; Psalm 103:13, 14

God's Love — John 3:16; Jeremiah 31:3

God's Presence — Isaiah 49:15, 16; Hebrews 13:5

God's Peace — Isaiah 26:3; John 14:2, 3

God's Provision — Romans 8:32; Philippians 4:19; Luke 6:38

God's Power — Psalm 147:3-5; Psalm 62:11; 1 Chronicles 29:11, 12

Christ — Matthew 11:28-30; John 1:14; Hebrews 1:9

God's Faithfulness — 2 Thessalonians 3:3; 1 Corinthians 1:9

God's Grace — 2 Corinthians 9:8; 2 Corinthians 12:9; 2 Peter 1:2, 3; Hebrews 4:15, 16

God's Strength — Psalm 18:2; 2 Corinthians 12:9

God's Attitude — Colossians 3:23, 24; Proverbs 13:10; Philippians 4:13

Humility — Philippians 2:3, 4; John 13:13, 14

Handling Pressure — Isaiah 26:3; Psalm 46:1, 10; Psalm 18:1, 2

Disaster — Isaiah 63:9; Psalm 61:2; 2 Chronicles 14:11

Provision — Psalm 1; Psalm 23; Psalm 84:11

Waiting on God — Psalm 62:5; Psalm 27:14; Isaiah 40:31

Return of Christ — 2 Peter 3:14; 1 Thessalonians 4:16-17;
Revelation 20:15

Praise and Adoration — 1 Chronicles 16:10-12;
1 Chronicles 29:11, 12

The Tongue — Ephesians 4:29; Proverbs 17:27, 28;
James 1:19, 20

Faith — Hebrews 11:6; Romans 4:17b, 20, 21; Hebrews 10:38

Christ's Disciple — Luke 9:23; Matthew 28:19, 20; John 8:31

Holy Walk — Isaiah 32:17; Colossians 2:6, 7

Seeking God — Psalm 107:9; Psalm 27:4, 8

Multiply Your Life — Isaiah 43:4; Deuteronomy 1:11

Family Promises — Deuteronomy 6:6, 7; Genesis 22:18;
Isaiah 59:21

Consequences — Galatians 6:7; Ecclesiastes 10:1;
Ecclesiastes 8:11; 1 Samuel 15:22, 23

Scripture Memorization Chart

VERSE	WRITE OUT THE VERSE	DATE
Matthew 4:4 (NIV)	Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"	10/20/2011

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