

The SAP Method

Get the most out of reading your Bible!

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

Scripture

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

Application

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

Prayer

Write a prayer stemming from what you've just read. Then pray it silently or out loud.