

EMPTY S.O.A.P. JOURNAL

Journal Day 1 :: Mon.

Background

This is part of the creation story and we are a central part of it. The fact that you are created in His image should help us by replacing emptiness with worthiness!

Scripture: Genesis 1:27

Observation

Application

Prayer

Father, help me replace my emptiness with Your worthiness. I know you love me. Help me to believe it and feel it today.

Journal Day 2 :: Tues.

Background

The Psalmist is simply writing about his perspective of how intricately involved the Creator is in our lives.

Scripture: Psalm 139:13-16

Observation

Application

Prayer

Father, I am fearfully and wonderfully made. Thank you for paying such close attention.

Journal Day 3 :: Wed.

Background

Peter is writing to the church about how much God loves them.

Scripture: 1 Peter 2:9

Observation

Application

Prayer

Thank you! Thank you! Thank you! You chose me as part of Your royal priesthood. Help me to walk in your glorious light.

Journal Day 4 :: Thurs.

Background

Ephesians is a book that helps believers understand “who” they are in Christ.

Scripture: Ephesians 2:10

Observation

Application

Prayer

Thank you for making me your handiwork. Help me to walk worthy of this calling!

Journal Day 5 :: Fri.

Background

Paul was struggling to feel like he was enough. Apparently, he was!

Scripture: 2 Corinthians 12:9-10

Observation

Application

Prayer

I want Your strength to fill my emptiness and weakness. I will face hardship and doubts.

Remind me during these times to know that You are enough.

Journal Day 6 :: Sat.

Background

This is a reminder that there is nothing that can separate from the love of God.

Scripture: Romans 8:38-39

Observation

Application

Prayer

Father, if I am ever feeling empty, please remind me that there is literally nothing that can separate me from You. I am in Christ and He is in me!