

# FOUNDATION JOURNAL #1

Name: \_\_\_\_\_

# LUKE 6:46-49

**“WHY DO YOU CALL ME, ‘LORD, LORD,’ AND DO NOT DO WHAT I SAY? AS FOR EVERYONE WHO COMES TO ME AND HEARS MY WORDS AND PUTS THEM INTO PRACTICE, I WILL SHOW YOU WHAT THEY ARE LIKE. THEY ARE LIKE A MAN BUILDING A HOUSE, WHO DUG DOWN DEEP AND LAID THE FOUNDATION ON ROCK. WHEN A FLOOD CAME, THE TORRENT STRUCK THAT HOUSE BUT COULD NOT SHAKE IT, BECAUSE IT WAS WELL BUILT. BUT THE ONE WHO HEARS MY WORDS AND DOES NOT PUT THEM INTO PRACTICE IS LIKE A MAN WHO BUILT A HOUSE ON THE GROUND WITHOUT A FOUNDATION. THE MOMENT THE TORRENT STRUCK THAT HOUSE, IT COLLAPSED AND ITS DESTRUCTION WAS COMPLETE.”**



# WHAT IS THE POINT

Hey MSM students!

We are SO STOKED about this journal! Before we explain what it is and how to use it, we want to explain our thoughts behind why you should take advantage of the opportunity.

Over the past five years, we have seen an exponential growth in the amount of students struggling with problems that we believe come from “believing in lies”. For example, students might struggle with a low self worth and believe the lie that “I am not worthy”. Students who have difficult relationships with family might believe the lie that “I am not lovable”. Over time, these lies lead students to either turn to bad habits (what we might call sin), or to battle painful thoughts (like anxiety).

However, this should not be a surprise! Here’s why- in the very beginning of the Bible, we see that God creates humans to live together with God, accomplishing good work throughout the Earth.

Then, a sneaky snake decides to fight back. How does he attack God’s children? With lies!! The serpent lies to Adam and Eve, leading them to sin and eventually death. Jesus tells us that satan still does this today! Jesus says that the enemy wants to steal, kill and destroy.

How does he do this? BY LYING! He is a liar! He fills the world with lies, and we all believe these lies all the time! (See John 8:31-45)

# WHAT IS THE POINT

So, if believing lies leads us to sin and pain, and satan is filling the world with lies, what do we do? We fill our minds with truth! Jesus says to Pilate before dying on the cross that He was born to tell the world the truth. He even says that truth “sets us free”! We need to know God and His words to fight the lies of the enemy, to run from sin, and to enjoy freedom.

Jesus tells His followers in Mark 6:46-49 that everyone who goes to Jesus, hears His words, and does what He says, is like a man who builds their house on a firm foundation. Our hope is that this journal will help inspire our entire ministry of middle school students to stand on the firm foundation of Christ, rather than fall into the lies of the enemy that steal our joy! Join us in developing the habit of turning to God each and every day as we learn to trust in His Word!

To make everything we said really short- Satan has lied and tricked humans from the beginning of the world. When we believe the lies he tells, it leads us to sin and takes joy away from us. To fight against these lies, we want to be a people who regularly read the Word of God to find the ultimate truth of who we are, who God is, and what He calls us to do! The purpose of this journal is to help you build this habit.

# HOW TO USE THIS JOURNAL?

Now you know WHY we are giving you this journal, but HOW do you use it?

After a few more "explainer" pages, you will see your first "rhythm". Each rhythm has 4 journal entries! For the first 3 parts of the rhythm, you will do what we call a Foundation SOAP. This will be the main part of your journaling experience, so in the next few pages we explain everything you need to know about it!

After doing three "SOAPs", you will write out a Psalm Prayer. On these days, read through a Psalm of the bible. Psalms are found near the middle of your bible, and are the lyrics to really old songs and poetry. In your journal space, we encourage you to write out a few of the verses you connected with. You can even pray those words yourself as a song to God from you today! If you don't want to write out a verse word for word, try reshaping the poetry into words you might use today!

We encourage you to finish one rhythm in a week, but the beautiful part about this journal is that you can go through it on your own time! If you miss a day, a week, or even a month, pick back up where you last left off!

The last few pages of this journal you can use to take notes during our weekend MSM services! Make sure to bring your journal with you to church each Sunday!

# WHAT IS A SOAP?

SOAP stands for Scripture, Observation, Application, and Prayer. Each day, we give you the "S". or Scripture. Go grab your bible, open up to the passage, and read the verses of the day. After reading through the verses, you will write out your Observations. Answer these types of questions: What happened in the passage? Who was there? What do I learn about God? What do I learn about "people/man"? These are just things you observe or notice in the verses.

Now comes the fun part- write out an Application. Think about what you just wrote about, and write out some ideas for how it applies to your life! If you observed Jesus loving a sinful person, you can apply that to your life by reminding yourself of the sins Jesus forgave you of! If you observed God's power in creation, you can apply that by reminding yourself to trust in God, because he is in control!. Answer these types of questions: What can I do with what I have learned? How does this affect me? What can I do differently today? How can I think differently about someone or something?

Finally, you end by writing out a Prayer. You can pray about anything you want! Most days you will probably pray about the things you just learned, but it can be about anything that is on your heart.

# WHAT IS A SOAP?

## **S** cripture

Read the verses of the day!

## **O** bservation

Write out your Observations. These are just things you observe or notice in the verse. Answer these types of questions: What happened in the passage? Who was there? What did Jesus do or say? How did others respond?

## **A** pplication

Think about what you just wrote in your observations. Then think about how you could apply what you learned in your own life. Answer these types of questions: What can I do with what I have learned? How does this affect me? What can I do differently today? How can I think differently about someone or something?

## **P** rayer

Write down a prayer. It can be directly related to what you just read and learned or it can be anything on your heart.

## Scripture

**Mark 1:1-11**

## Observation

*John the baptist seems to spend all of his time talking about Jesus. It sounds like all of Judea and Jerusalem heard about what he said, so he was a big deal! Even though he was so popular, he still spoke with humility and thinks he is unworthy to even untie the sandals of Jesus.*

## Application

*If I live for Jesus in everything I do, I can have an impact on others just like John did! Even when I make an impact on others for Jesus, I should always live with humility like John as well. I wonder why it lets us know about his clothing and food? Interesting, I should ask someone about that.*

## Prayer

*God helps me to live with humility in all that I do.*

\*\*Did you notice how in the application piece I even wrote a question down? I know when I read the bible, I get a lot of questions I do not know the answers to! It helps me write them down so I can look into it more later or ask someone I trust.



# SAMPLE SOAPS

\*\*Here is another example of a SOAP from the same passage. Notice how there are no “right answers” when doing this!

## S

cripture

**Mark 1:1-11**

## O

bservation

God is pleased with Jesus, and sends the Holy Spirit to be with him! That is cool that all three persons in the trinity are here in one passage!

## A

pplication

I know God sends the Holy Spirit to Christians, just like he sent the Spirit to Jesus! I should remember more that God can guide me and encourage me with his Spirit.

## P

rayer

God thank you for giving your Spirit to me as a gift. I pray that I am more open to your guidance as you help me to love you and others well.

We know the bible is a big book, and sometimes it can get confusing. If you ever have questions, talk to your parent/guardian, small group leader, or anyone from MSM and we would love to help! The following info is just some starting info that we hope you find helpful!

Although your bible is written in english, that is not how it was first written! The bible was actually written in three different languages thousands of years ago. Because of this, there are many different bible translations. Normally on the front cover or spine of your bible you will see some letters like NIV, ESV, NKJV, or NLT. Those are all different translations! On Sundays in MSM, we almost always read from NIV. But, at home, I (Connor) read from ESV! They are all accurate and very similar! We would encourage you to NOT use the New King James Version (NKJV or KJV), because it makes you feel like you are reading something Shakespeare wrote.

We highly recommend buying a “study bible” when embarking on this journey! Study bibles are filled with notes and helpful resources and explanations of different parts of Scripture. Most of the time if I (Connor again) have a question about what I am reading, the study notes can help me answer that question. Calvary’s book store has many available, so swing by on a Sunday!

The last piece of info we want you to know about is the table of contents! The bible is full of 66 different books, 39 in the old testament and 27 in the new testament. The table of contents will tell you what page a book (Like Mark or Psalms) is in your bible. Often you will see the bible written like "Mark 1:1-11". The first number is the chapter. You can find this in your bible as really large numbers every page or so. After the chapter are the verses. Each chapter is broken into a lot of verses which can be as short as a few words, or as long as a sentence or two. You will find little numbers written in the middle of paragraphs/sentences to let you know what verse you are reading.

\*\*\*Bonus: Scan these QR codes when you see them for fun and helpful videos about what you are reading that day!

SCAN ME



# MEMORY VERSES

## **Word of God**

Psalm 1:1-2  
2 Timothy 3:16-17  
Hebrews 4:12  
James 1:22

## **Greatness of God**

Exodus 34:6-7  
Proverbs 3:5-6  
Romans 8:28

## **Sin**

Romans 3:23  
Romans 6:23

## **Jesus**

Colossians 2:9  
Isaiah 9:6  
Mark 2:17  
Mark 10:45

## **Gospel**

Isaiah 53:5-6  
2 Corinthians 5:21  
Ephesians 2:8-10  
John 14:6  
Revelation 21:4

## **Total Surrender**

Romans 12:1-2  
Ecclesiastes 12:13

## **Prayer**

Psalm 5:3  
Philippians 4:6-7

## **Love**

Mark 12:30-31  
Proverbs 27:17  
Colossians 3:13  
Proverbs 12:18  
Matthew 6:24

## **Humility**

Micah 6:8  
2 Corinthians 12:9-10  
Psalm 73:26

## **Temptation**

1 Corinthians 10:13  
Psalm 119:9-11

## **Mission and Ministry**

1 Corinthians 10:13  
Psalm 119:9-11

# FOUNDATION SOAP

**S**cripture

Mark 1:1-11

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**O**bservation

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**A**pplication

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**P**rayer

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**S**cripture

**Mark 1:12-28**

**O**bservation

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**P**rayer

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**S**cripture

Mark 1:29-45

**O**bservation

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**P**rayer

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**Read Psalm 1**

Take some time to copy down a verse that stood out to you  
as a personal prayer.

OR

Rewrite a verse in you own words.

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# FOUNDATION SOAP

**S**cripture

**Mark 2:1-12**

SCAN ME

**O**bservation



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**A**pplication

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**P**rayer

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Rhythm 2.2 **FOUNDATION SOAP**

**S**cripture

**Mark 2:13-22**

**O**bservation

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**A**pplication

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**P**rayer

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# FOUNDATION SOAP

**S**cripture

Mark 2:23-3:6

SCAN ME



**O**bservation

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**A**pplication

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**P**rayer

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### Read Psalm 3

Take some time to copy down a verse that stood out to you as a personal prayer.

OR

Rewrite a verse in your own words.

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**S**cripture

**Mark 3:7-21**

**O**bservation

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**A**pplication

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**P**rayer

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# Rhythm 3.2 FOUNDATION SOAP

**S**cripture

**Mark 3:22-35**

**O**bservation

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**A**pplication

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**P**rayer

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# FOUNDATION SOAP

**S**cripture

**Mark 4:1-20**

SCAN ME



**O**bservation

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**A**pplication

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**P**rayer

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**Read Psalm 4**

Take some time to copy down a verse that stood out to you  
as a personal prayer.

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Rewrite a verse in you own words.

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**S**cripture

Mark 4:21-34

**O**bservation

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**P**rayer

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# Rhythm 4.2 FOUNDATION SOAP

**S**cripture

**Mark 4:35-40**

**O**bservation

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**A**pplication

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**P**rayer

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**S**cripture

**Mark 5:1-20**

**O**bservation

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**A**pplication

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**P**rayer

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**Read Psalm 20**

Take some time to copy down a verse that stood out to you  
as a personal prayer.

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Rewrite a verse in your own words.

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**S**cripture

**Mark 5:21-43**

**O**bservation

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**P**rayer

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**S**cripture

**Mark 6:1-13**

**O**bservation

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**A**pplication

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**P**rayer

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**S**cripture

**Mark 6:14-29**

**O**bservation

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**A**pplication

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**P**rayer

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**S**cripture

**Mark 6:30-44**

**O**bservation

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**P**rayer

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# Rhythm 6.2 FOUNDATION SOAP

**S**cripture

**Mark 6:45-56**

**O**bservation

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**A**pplication

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**P**rayer

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**S**cripture

**Mark 7:1-23**

**O**bservation

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**P**rayer

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**Read Psalm 23**

Take some time to copy down a verse that stood out to you as a personal prayer.

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Rewrite a verse in your own words.

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**S**cripture

**Mark 7:24-37**

**O**bservation

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**P**rayer

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**S**cripture

**Mark 8:1-13**

**O**bservation

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**A**pplication

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**P**rayer

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**S**cripture

**Mark 8:14-21**

**O**bservation

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**P**rayer

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**Read Psalm 27**

Take some time to copy down a verse that stood out to you as a personal prayer.

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Rewrite a verse in you own words.

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**S**cripture

Mark 8:22-30

**O**bservation

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# Rhythm 8.2 FOUNDATION SOAP

**S**cripture

**Mark 8:31-9:1**

SCAN ME

**O**bservation



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**A**pplication

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**P**rayer

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**S**cripture

**Mark 9:2-13**

**O**bservation

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**P**rayer

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**Read Psalm 30**

Take some time to copy down a verse that stood out to you  
as a personal prayer.

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Rewrite a verse in you own words.

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**S**cripture

Mark 9:14-32

**O**bservation

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**A**pplication

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**P**rayer

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Rhythm 9.2 **FOUNDATION SOAP**

**S**cripture

**Mark 9:33-50**

**O**bservation

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**A**pplication

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**P**rayer

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**S**cripture

**Mark 10:1-16**

**O**bservation

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**P**rayer

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**Read Psalm 40**

Take some time to copy down a verse that stood out to you as a personal prayer.

OR

Rewrite a verse in your own words.

Multiple horizontal lines for writing.



Rhythm 10.1 **FOUNDATION  
SOAP**

**S**cripture

**Mark 10:17-31**

**O**bservation

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**P**rayer

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Rhythm 10.2 **FOUNDATION  
SOAP**

**S**cripture

**Mark 10:32-45**

**O**bservation

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**P**rayer

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Rhythm 10.3 **FOUNDATION  
SOAP**

**S**cripture

**Mark 10:46-11:11**

**O**bservation

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**A**pplication

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**P**rayer

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**Read Psalm 46**

Take some time to copy down a verse that stood out to you  
as a personal prayer.

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Rewrite a verse in you own words.

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**S**cripture

**Mark 11:12-26**

**O**bservation

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**A**pplication

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**P**rayer

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Rhythm 11.2 **FOUNDATION SOAP**

**S**cripture

**Mark 11:27-33**

**O**bservation

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**P**rayer

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Rhythm 11.3 **FOUNDATION SOAP**

**S**cripture

**Mark 12:1-17**

**O**bservation

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**A**pplication

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**P**rayers

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**Read Psalm 62**

Take some time to copy down a verse that stood out to you  
as a personal prayer.

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Rewrite a verse in you own words.

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Rhythm 12.1 **FOUNDATION  
SOAP**

**S**cripture

**Mark 12:18-34**

**O**bservation

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**A**pplication

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**P**rayer

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# Rhythm 12.2 FOUNDATION SOAP

**S**cripture

**Mark 12:35-44**

**O**bservation

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**A**pplication

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**P**rayer

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Rhythm 12.3 **FOUNDATION SOAP**

**S**cripture

**Mark 13:1-13**

**O**bservation

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**A**pplication

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**P**rayers

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**Read Psalm 84**

Take some time to copy down a verse that stood out to you as a personal prayer.

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Rewrite a verse in you own words.

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Rhythm 13.1 **FOUNDATION SOAP**

**S**cripture

**Mark 13:14-27**

**O**bservation

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**A**pplication

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**P**rayer

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# Rhythm 13.2 FOUNDATION SOAP

**S**cripture

**Mark 13:28-37**

**O**bservation

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**A**pplication

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**P**rayer

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Rhythm 13.3 **FOUNDATION SOAP**

**S**cripture

**Mark 14:1-31**

**O**bservation

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**A**pplication

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**P**rayer

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**Read Psalm 121**

Take some time to copy down a verse that stood out to you  
as a personal prayer.

OR

Rewrite a verse in you own words.

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Rhythm 14.1 **FOUNDATION SOAP**

**S**cripture

**Mark 14:32-72**

**O**bservation

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**A**pplication

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**P**rayer

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# Rhythm 14.2 FOUNDATION SOAP

**S**cripture

Mark 15:1-47

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**O**bservation

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**A**pplication

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**P**rayer

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Rhythm 14.3 **FOUNDATION SOAP**

**S**cripture

**Mark 16:1-20**

**O**bservation

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**A**pplication

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**P**rayer

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**Read Psalm 138**

Take some time to copy down a verse that stood out to you as a personal prayer.

OR

Rewrite a verse in you own words.

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**Sunday**  
**Date:** \_\_\_\_\_

# SERMON NOTES

Series title: \_\_\_\_\_

Bible passages read: \_\_\_\_\_

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**Sunday**  
**Date:** \_\_\_\_\_

**SERMON**  
**NOTES**

Series title: \_\_\_\_\_

Bible passages read: \_\_\_\_\_

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**Sunday**

**Date:** \_\_\_\_\_

# SERMON NOTES

**Series title:** \_\_\_\_\_

**Bible passages read:** \_\_\_\_\_

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**Sunday**

**Date:** \_\_\_\_\_

# **SERMON NOTES**

**Series title:** \_\_\_\_\_

**Bible passages read:** \_\_\_\_\_

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Sunday

Date: \_\_\_\_\_

# SERMON NOTES

Series title: \_\_\_\_\_

Bible passages read: \_\_\_\_\_

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**Sunday**  
**Date:** \_\_\_\_\_

# SERMON NOTES

**Series title:** \_\_\_\_\_

**Bible passages read:** \_\_\_\_\_

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**Sunday**  
**Date:** \_\_\_\_\_

# SERMON NOTES

**Series title:** \_\_\_\_\_

**Bible passages read:** \_\_\_\_\_

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**Sunday**

**Date:**\_\_\_\_\_

# SERMON NOTES

Series title: \_\_\_\_\_

Bible passages read: \_\_\_\_\_

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Sunday  
Date: \_\_\_\_\_

# SERMON NOTES

Series title: \_\_\_\_\_

Bible passages read: \_\_\_\_\_

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**Sunday**  
**Date:** \_\_\_\_\_

# SERMON NOTES

Series title: \_\_\_\_\_

Bible passages read: \_\_\_\_\_

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**Sunday**  
**Date:** \_\_\_\_\_

# SERMON NOTES

Series title: \_\_\_\_\_

Bible passages read: \_\_\_\_\_

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**Sunday**  
**Date:** \_\_\_\_\_

# **SERMON NOTES**

**Series title:** \_\_\_\_\_

**Bible passages read:** \_\_\_\_\_

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**Sunday**

**Date:** \_\_\_\_\_

# SERMON NOTES

**Series title:** \_\_\_\_\_

**Bible passages read:** \_\_\_\_\_

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**Sunday**

**Date:** \_\_\_\_\_

# **SERMON NOTES**

**Series title:** \_\_\_\_\_

**Bible passages read:** \_\_\_\_\_

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# SERMON NOTES

**Series title:** \_\_\_\_\_

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**Sunday**  
**Date:** \_\_\_\_\_

# SERMON NOTES

**Series title:** \_\_\_\_\_

**Bible passages read:** \_\_\_\_\_

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# YOU DID IT!!

Congratulations! You made it through the first Foundation Journal! Show off your completed Journal to an MSM staff member, and we will get you Journal #2 that will take you through Ephesians, Genesis 1-4, and John 13-17!!

And remember...

God loves you

We love you

And there is nothing you can do about it!