

OPTIONAL JOURNAL FORMAT

The goal of this template is to give you an idea of what it could look like to spend time in the word, prayer, and with God himself. Pick a time and place in your house to come and meet with God everyday. This repeated meeting with God will lead to greater devotion and heart change as we center our lives around Christ. Simply grab a notebook, your bible, a pen and jump right in! Feel free to tailor this template to your liking as time goes by.

DATE

Today's Gratitude:

Here is a great chance to start off quiet time with some prayer and gratitude. This is a great spot to thank God for the day or anything else and then ask for his help in understanding the scriptures.

At the beginning of a book:

Who: Author of the book & key people/people groups

What: Goal of the authors writing

When: When was it written (year or historical context)

Where: Key locations

Why: motives behind the authors writing

How: Writing style (narrative, poetry, prophecy, gospel, epistle(letters), and apocalyptic)

Notes:

- Use this space to write down anything that you question, connections to other parts of scripture, thoughts on what stood out to you.
- Encourage them to highlight/underline while they take notes if that's something they want to do
 - This is great for themes, repetitive phrases, key words, or phrases, if/then statements throughout the text that will help them gain a deeper understanding of the words they read
- Feel free to summarize and paraphrase here
- "Challenges" to try:
 - Read in a different translation
 - Do a word study
 - Read the passage aloud

- Follow at least one cross reference and read a few verses from that chapter
- Read a commentary

What I Am Learning About God:

Write how this applies to the character and attributes of God, how it changes the way you see God, what you're learning about his plans or covenants, or anything else you're learning about Him here.

How This Changes The Way I Live:

Here's your chance to look inward and apply the word to your own life. Write how this impacts the way you interact with God, the way you live your life, or even something you notice in yourself that you struggle to apply and need God's help in.

Prayer:

- Adoration/recognition
 - This can be things like recognizing who God is, Jesus' sacrifice, adoration of his mercy and faithfulness
- Confession
 - This is making right anything the Spirit brings to mind - things you've done or said that need to be repented of and reconciled with people and/or God
- Thanksgiving
 - Praising God for what he's done for you, the world, loved ones
- Supplication
 - This is making your requests known to God. Bringing to him anything on your heart