

A ONE WEEK COMMITMENT

So, we have spent some time looking at options and I'm sure you are thinking, "**What kind of Journal is best for me?**" What I'd like to do is spend this week exploring your options. We'll take what was discussed and make a trial journal. This will be unique to you, write what you want. *Give each method your time, talent and treasure for one day this week.* Feel out the process, find out what works and what doesn't. By the end of this week, you should have a good idea of how you will proceed in your journaling adventure with God. Maybe you'll, or create your own unique style. I think this is important- whichever lane best connects you to the Father, run in it.

I, _____, want to get on my own journaling path. That's why I attend this class. **Brian, only because you asked**, I will faithfully try your readings for the next seven days. Brian, after that, **I and the Lord are going our own way.**

Signed _____

Day 1: Nuts and Bolts Journaling

John 13: Jesus Washes His Disciples' Feet

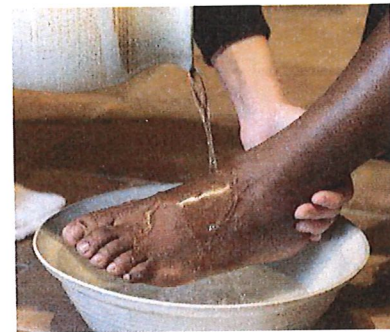
It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

²The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. ³Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; ⁴so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. ⁵After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

⁶He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" ⁷Jesus replied, "You do not realize now what I am doing, but later you will understand."

⁸"No," said Peter, "you shall never wash my feet." Jesus answered, "Unless I wash you, you have no part with me."

⁹"Then, Lord," Simon Peter replied, "not just my feet but my hands and my head as well!"



¹⁰Jesus answered, "Those who have had a bath need only to wash their feet; their whole body is clean. And you are clean, though not every one of you." ¹¹For he knew who was going to betray him, and that was why he said not everyone was clean.

¹²When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. ¹³"You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. ¹⁴Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. ¹⁵I have set you an example that you should do as I have done for you. ¹⁶Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. ¹⁷Now that you know these things, you will be blessed if you do them.

1. **Highlight** what sticks out to you as you read.
2. **Contemplate** these questions: What does this mean? What lesson does the Lord want me to learn from this? Why did my heart resonate with this scripture? How could I live out this word in my life?

Journal:

Prayer:

DAILY DEVOTION

DATE: Day 2 S M T W T F S

SCRIPTURE READING: John 1:35-42

VERSE OF THE DAY: John 1:39

KEY VERSES	QUESTIONS

REFLECTION

HOW WILL I APPLY THIS TO MY LIFE?	MY PRAYERFUL RESPONSE

www.studycart24.com

Day 2: Guided Journaling

I found this blank page on Esty (I chose the verses. I like in today's passage that Jesus says, "What do you want?" Often, I don't know the answer to that question.

³⁵ The next day John was there again with two of his disciples. ³⁶ When he saw Jesus passing by, he said, "Look, the Lamb of God!"³⁷ When the two disciples heard him say this, they followed Jesus. ³⁸ Turning around, Jesus saw them following and asked, "What do you want?" They said, "Rabbi" (which means "Teacher"), "where are you staying?" ³⁹ "Come," he

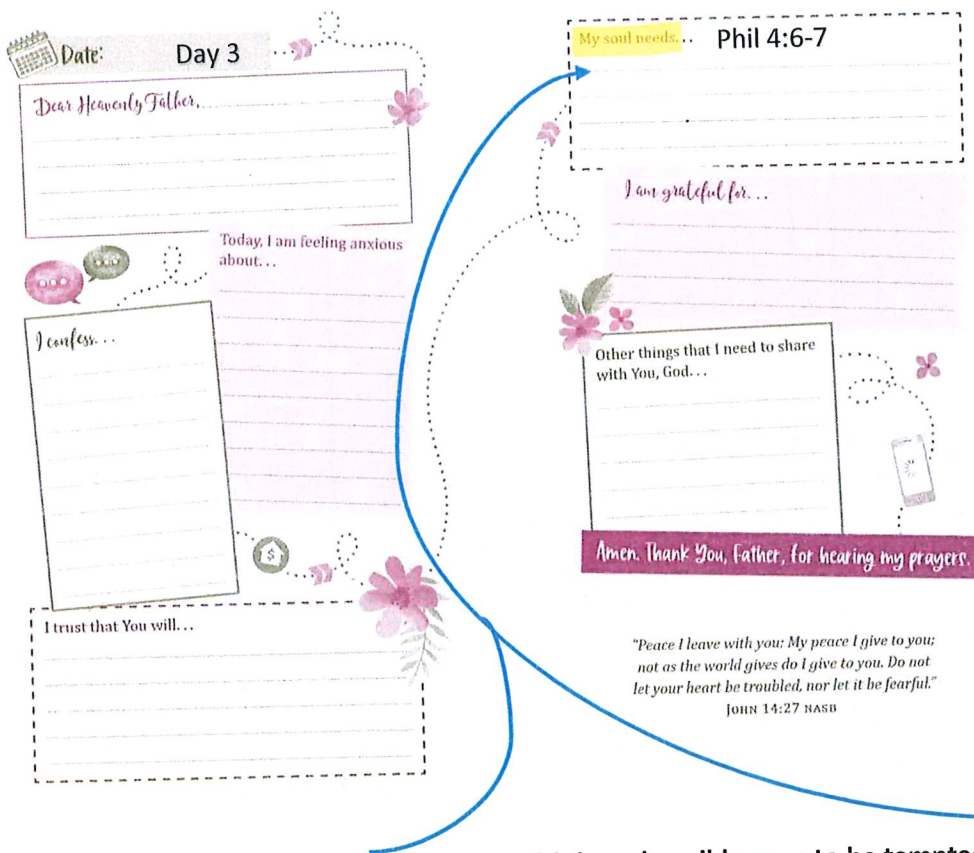
replied, "and you will see."

So, they went and saw where he was staying, and they spent that day with him. It was about four in the afternoon.

⁴⁰ Andrew, Simon Peter's brother, was one of the two who heard what John had said and who had followed Jesus. ⁴¹ The first thing Andrew did was to find his brother Simon and tell him, "We have found the Messiah" (that is, the Christ). ⁴² And he brought him to Jesus.

Jesus looked at him and said, "You are Simon son of John. You will be called Cephas" (Peter).

Contemplate: What does this mean? What lesson does the Lord want me to learn from this? Why did my heart resonate with this scripture? How could I live out this word in my life?



Day 3: Prayer Maps

This is a sample of the DAILY **Prayer Map** Series which has “maps” for men, kids, and teens as well.

This style ignites your prayer life. For me, it gets me out of my “woe” and into a spirit of “go.”

It takes a little creativity to do a bible study with this, but

remember:

Matthew 4: 1-4 Then Jesus was led by the Spirit into the wilderness to be tempted^[a] by the devil. ² After fasting forty days and forty nights, he was hungry. ³ The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” ⁴ Jesus answered, “It is written: ‘**Man shall not live on bread alone, but on every word that comes from the mouth of God.**’”

Today's Word

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

Contemplate: What does this mean? What lesson does the Lord want me to learn from this? Does my heart resonate with this scripture? How could I live out this word in my life?

Day 4: Manuscripts

Day 4

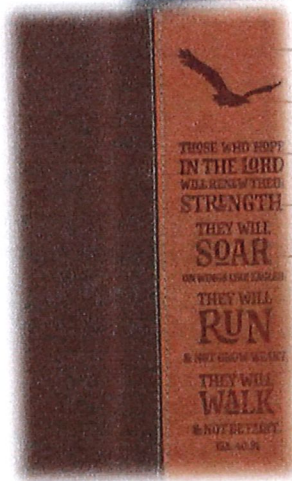
This is my journal. You can find it on christianartgifts.com. I love the encouragement on the bottom every day. Right now, I'm reading a chapter a day of the New Testament and doing the "Nuts and Bolts" method of journaling for idiots.

In the past I have used this style of manuscript when I've read books that are good for my soul. One of my absolute favorite accompany books is Tony Dungy's Uncommon Life. It's a great daily devotional word, written by a truly humble Man of God.

Going back through my old journals makes me laugh. On 2-28-22 Tony Dungy said (and I wrote this in my journal) "Whenever you start something big or small, act on your desire to help and see where it takes you."

I was once reading a book by Andy Stanley called Visioneering and on 3-10-22 wrote down, "Vision is born when one is consumed with tension between what is and what could be."

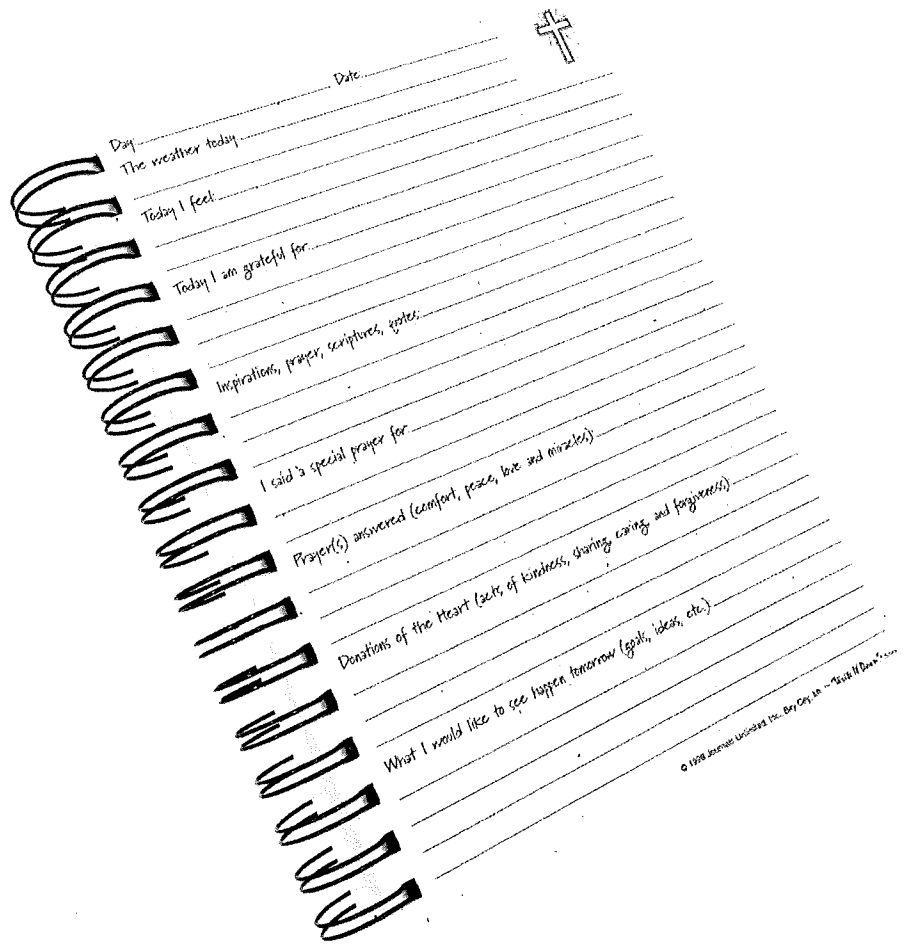
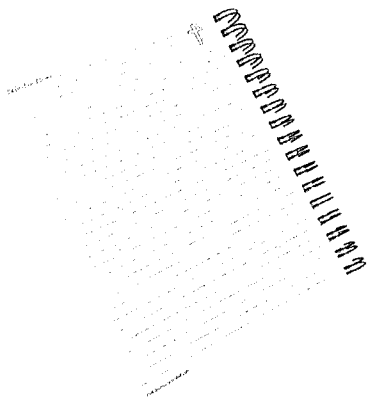
Today's passage and journal assignment is to read and pray over Psalm 103 (v 1-22). Enjoy!



"God blesses those who work for peace, for they will be called the children of God."

MATT. 5-9

Be sure to write down the verses that stick out and highlight key words. This scripture will create great prayer.



Day 5: Prompted Journaling

This is the “Write it Down” Daily Devotional from Journalsunlimited.com. I like how this one pushes the journal-er towards gratitude and goal setting.

Today’s passage is:

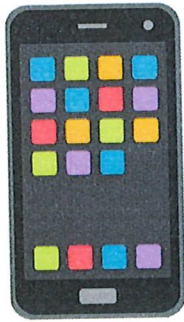
Hebrews 4:14-16

Therefore, since we have a great high priest who has ascended into

heaven, Jesus the Son of God, let us hold firmly to the faith we profess. ¹⁵ For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. ¹⁶ Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Reflections/Notes:

Please Answer the questions in the right-hand picture of the Daily Devotional



Day 6: AD"App"ted Journal

This is an old school meets new school method. There are a lot of apps available that have bible studies on them. Here are just a few:

- Pray.com
- YouVersion
- Abide
- Right Now Media

I got today's word off of the *Chip Ingram* app from his sermon series "Spiritual Simplicity." It's Free, give it a listen.

Take your phone, plus any piece of paper and create. You can doodle, scratch out, add pages, pause, repeat, ask questions you can't answer, whatever. Just connect with the Lord.

Basketball Coach John Wooden says, "The cornerstones of success are industriousness and enthusiasm." I want you to passionately embrace this page.

¹If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. ²If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. ³If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing."

1 Corinthians 13:1-3



Doctor

2 Diagnostic Questions:

1.) What do you want to be known for?



2.) If you could only be known for one thing, what would it be?



1 Overarching Principle:

Anything minus _____ = Nothing



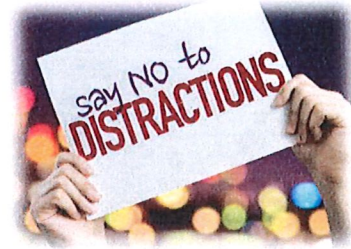
Everything minus _____ = Nothing



Day 7: Reflection

Genesis 2:3 **Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.**

So, you've worked hard this week. You've found time to do all you have to do in this busy world of distractions and still carved out some precious moments with the Creator of the universe. Remember, HIS number one desire is to be in an eternal relationship with you.



Your Spiritual Journal is private to you. You don't have to share anything about it that you don't want to. That is your private testimony with the Lord and no one else.

But if you feel confident in sharing with the class, please be prepared to discuss the following questions:

What surprised you this week as you began this journaling road?

What did you like or dislike about the different Journaling methods?

Most importantly, what did God show you this week?



Did you feel more connected to the Lord this week when you prayed?

Did you find it difficult to scratch out some personal writing time with God this week?

Which method have you decided on using? Why? Did you go out and make any journal related purchases or sign up for any App studies?

Can you commit to daily connecting with God through journaling for the rest of this session?

Please?

Signature: _____

Sharing your knowledge:

Now that you all have had some time to develop your own journaling style let's share in your success.

Over the last few weeks, you've tried new things. You've been stretched and grown. We'd love hear about your personal writing path and cheer you on.

Write down any response you hear that you think you'd like to apply to your Journaling life.



What are some devotionals you've tried that you like?

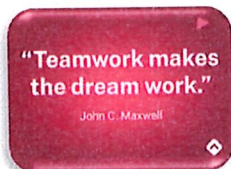
Where and when have you been most successful in finding time to journal?

Have you had any answered prayer that you wrote about in your journal?

What are you struggling with in journaling? In life (need our prayer)?

What is God telling you when you reflect and contemplate?

What new authors, accompany books, or media have you used that has really helped you write?



What makes you get into writing each day?