

# Journaling

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## Growing in God's Word

God wants us to grow as He speaks to us everyday through His Word. We should expect God to be teaching us every day, as we make a habit of reading the Bible and journaling.

## The Word of God

How do the following verses encourage and challenge you to read God's Word?

### Psalm 1:1-3 (NIV)

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers.

### Matthew 4:4 (NIV)

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

### Hebrews 4:12 (NIV)

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

## Hearing From God

Everyday we need to be hungry to receive a fresh Word from God for that day. God will speak to our hearts through His Word as we wait on Him. Read the verses below. What should reading the Bible involve? Give examples of how we can do this.

### Joshua 1:8 (NIV)

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

### Psalm 38:15 (NIV)

Lord, I wait for you; you will answer, Lord my God.

### Matthew 7:24-27 (NIV)

"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."

### Mark 4:9 (NIV)

Then Jesus said, "Whoever has ears to hear, let them hear."

## Journaling Activity

Before reading the Bible, it is a good idea to pray!

Pre-journaling prayer model:

Lord Jesus, Please speak to me today through Your Word. My heart is open and ready to receive. Please show me what to do in my life.

Read the text, and start to make notes below.

Date:

Theme: (write last)

Text: Matthew 13:1-23

Thoughts

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- -
- Summary  
Prayer

## Ask a Friend

What theme did God speak to you about through the passage?

## Application

What do you need to do to make journaling a part of your daily routine?

## Prayer Model

Use this prayer time to pray about what you learnt from God's Word today.

## Key Verse

Matthew 13:23 (NIV)

“But the one who received the seed that fell on good soil is the man who hears the word and understands it. He produces a crop, yielding a hundred, sixty or thirty times what was sown.”

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