

S **Scripture:** Open your Bible to the reading found under today's date of your Bible bookmark. Take time reading and allow God to speak to you. When you are done, look for a verse that particularly spoke to you that day, and write it in your journal.

O **Observation:** What do you think God is saying to you in this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you. Paraphrase and write this Scripture down in your own words in your journal.

A **Application:** Personalize what you have read, by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or corrections for a particular area of your life. Write how this Scripture can apply to you today.

P **Prayer:** This can be as simple as asking God to help you use this Scripture, or it may be a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say! Now, write it out.

Finally, write down the Date, Title and Topic, and Page for that day in the front of your notebook, creating a running Table of Contents.

If this seems a little overwhelming, take it slow and keep it simple. No matter how you decide to do your devotions, the important thing is to show up for your daily appointment, because God is always waiting for you!

How this Life Journal can help you:

L **Listen:** "I will teach you and instruct you in the way that you should go..." (Psalm 32:8)

God is speaking and He wants to walk daily with you! This life journal will help you to capture and catalog the lessons He teaches in a way that will help you to grow!

I **Inquire:** "you will seek Me and find Me when you seek Me with all your heart" (Jer. 29:13).

God wants us to seek Him with all our hearts, and when we do, He meets us right where we're at. This journal will encourage and remind you daily that He waits for you.

F **Faith:** "Discipline yourself for the purpose of godliness" (1 Tim. 4:7).

Our faith will grow as we get to know Him more. This journal will help add the substance of faith to your life.

E **Experience:** "If you know these things, you are blessed if you do them" (Jn. 13:17)

It is not just knowing things that builds our faith. It is doing them! It is applying the lessons God is teaching us that brings a blessing.