



How To Use This Journal

Congratulations for making time and effort to immerse yourself in the living Word of God. This is one of the best things you can do to grow your faith or even rediscover it.

This journal is designed to be reviewed a page a day. Each day, you will focus on one or several passages to help you remember, reflect and meditate on God's promise to you. The format used is loosely based on Lectio Divina.

Lectio Divina is a centuries-old, contemplative Bible reading method. It commonly has 4 parts. Lectio, meaning read. Meditatio, meaning meditation. Oratio, meaning prayer, and Contemplatio, meaning contemplation.

Do not let these Latin words scare you. The process is quite simple and requires little to no preparation. All you have to do is come as you are to the Lord, get still and let Him speak to you.



Matt 6:31-33

Today's Reading Is Matthew 6:31-33



(g)	Before you begin, take a moment to prepare your heart and mind.			
	Ofet in a quiet space	Clear your mind	O Pray and invite God to this time	
8	Slowly read today's passage	several times. Take your time	with it.	
	Read quietly	Read out loud	Write it down:	
	Note the word or phrases t	hat speak to you or are drawn	to. Don't analyze. Just notice them.	
	1	rases. What does it bring to mink God to clarify and speak clea	nd? Avoid going into 'study' mode. urly to you.	
Resp	pond with a written prayer. T	ake a moment to thank and pr prayer.	aise The Lord before launching into your	
	our pen down. Sit quietly wit	h God for a few minutes. Refra	iin from praying. Reign your mind in, keep Lord is saying, wants you to act on or stop	



Exodus 4:11-12

Today's Reading Is Exodus 4:11-12



	Before you begin, take a moment to prepare your heart and mind.				
	Of Get in a quiet space	Clear your mind	Pray and invite God to this time		
	Slowly read today's passage	several times. Take your time	with it.		
	Read quietly	Read out loud	Write it down:		
	Note the word or phrases the	nat speak to you or are drawn	to. Don't analyze. Just notice them.		
	Reflect on the word or phrases. What does it bring to mind? Avoid going into 'study' mode. Ask God to clarify and speak clearly to you.				
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Resp	pond with a written prayer. Ta	ake a moment to thank and propersion prayer.	raise The Lord before launching into your		
•	. ,		ain from praying. Reign your mind in, keep Lord is saying, wants you to act on or stop		



Jer 39:11-13

Today's Reading Is Jeremiah 39:11-13



	Before you begin, take a moment to prepare your heart and mind.			
	Oget in a quiet space	Clear your mind	O Pray and invite God to this time	
8	Slowly read today's passage	several times. Take your time	with it.	
	Read quietly	Read out loud	Write it down:	
	Note the word or phrases th	nat speak to you or are drawn	to. Don't analyze. Just notice them.	
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	•	ases. What does it bring to min a God to clarify and speak clea	nd? Avoid going into 'study' mode. arly to you.	
Res	pond with a written prayer. Ta	ike a moment to thank and pr prayer.	aise The Lord before launching into your	
•			in from praying. Reign your mind in, keep Lord is saying, wants you to act on or stop	



John 14:1

Today's Reading Is John 14:1



લું /	Before you begin, take a moment to prepare your heart and mind.			
	Ofet in a quiet space	Oclear your mind	Pray and invite God to this time	
	Slowly read today's passage	several times. Take your time	with it.	
	Read quietly	Read out loud	Write it down:	
	Note the word or phrases the	nat speak to you or are drawn	to. Don't analyze. Just notice them.	
	1	ases. What does it bring to mi k God to clarify and speak clea	nd? Avoid going into 'study' mode. arly to you.	
Resp	oond with a written prayer. Ta	ake a moment to thank and pr prayer.	raise The Lord before launching into your	
•			ain from praying. Reign your mind in, kee Lord is saying, wants you to act on or stop	



1 Sam 16:7

Today's Reading Is 1 Samuel 16:7



Get in a quiet space Slowly read today's passage	Clear your mind	Pray and invite God to this time		
Slowly read today's passage	several times. Take your time			
	several annes. Take your anne	with it.		
Read quietly	Read out loud	O Write it down:		
Note the word or phrases the	hat speak to you or are drawn	to. Don't analyze. Just notice them.		
Reflect on the word or phrases. What does it bring to mind? Avoid going into 'study' mode. Ask God to clarify and speak clearly to you.				
and with a written prayer. T	ake a moment to thank and p prayer.	raise The Lord before launching into your		
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1]	Note the word or phrases to Reflect on the word or phrases and with a written prayer. To pen down. Sit quietly with	Note the word or phrases that speak to you or are drawn Reflect on the word or phrases. What does it bring to m Ask God to clarify and speak cle nd with a written prayer. Take a moment to thank and p prayer. r pen down. Sit quietly with God for a few minutes. Refr y and still. Note any new thoughts or what you sense The		



Isa 43:1-2

Today's Reading Is Isaiah 43:1~2



	Before you begin, take a moment to prepare your heart and mind.				
	Oget in a quiet space	Clear your mind	Pray and invite God to this time		
8	Slowly read today's passage several times. Take your time with it.				
	Read quietly	Read out loud	O Write it down:		
	Note the word or phrases th	nat speak to you or are drawn	to. Don't analyze. Just notice them.		
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	Reflect on the word or phrases. What does it bring to mind? Avoid going into 'study' mode. Ask God to clarify and speak clearly to you.				
Resp	pond with a written prayer. Ta	ake a moment to thank and p prayer.	raise The Lord before launching into your		
-			rain from praying. Reign your mind in, keep e Lord is saying, wants you to act on or stop		



Deut 4:29

Today's Reading Is Jeremiah 39:11-13



	Before you begin, take a moment to prepare your heart and mind.			
	Ofet in a quiet space	Clear your mind	O Pray and invite God to this time	
8	Slowly read today's passage	several times. Take your time	with it.	
	Read quietly	Read out loud	O Write it down:	
*	Note the word or phrases the	hat speak to you or are drawn	to. Don't analyze. Just notice them.	
	•	ases. What does it bring to mi k God to clarify and speak cle	nd? Avoid going into 'study' mode. arly to you.	
Res	pond with a written prayer. Ta	ake a moment to thank and pr prayer.	raise The Lord before launching into your	
-			ain from praying. Reign your mind in, keep Lord is saying, wants you to act on or stop	



2 Cor 5:17

Today's Reading Is 2 Corinthians 5:17



	Before you begin, take a moment to prepare your heart and mind.				
	Of Get in a quiet space	Clear your mind	O Pray and invite God to this time		
	Slowly read today's passage	Slowly read today's passage several times. Take your time with it.			
	Read quietly	Read out loud	Write it down:		
	Note the word or phrases the	hat speak to you or are drawn	to. Don't analyze. Just notice them.		
	Reflect on the word or phrases. What does it bring to mind? Avoid going into 'study' mode. Ask God to clarify and speak clearly to you.				
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Kesj	pond with a written prayer. 13	ake a moment to thank and pr prayer.	raise The Lord before launching into your		
-			ain from praying. Reign your mind in, keep Lord is saying, wants you to act on or stop		



Deut 31:8

Today's Reading Is Deuteronomy 31:8



Before you begin, take a moment to prepare your heart and mind			nd mind.		
	Of Get in a quiet space	Clear your mind	O Pray and invite God to this time		
	Slowly read today's passage several times. Take your time with it.				
	Read quietly	Read out loud	Write it down:		
	Note the word on physics t	and mark to you on one drawn	to Don't analyza Just notice them		
		iat speak to you or are drawn	to. Don't analyze. Just notice them.		
	Reflect on the word or phrases. What does it bring to mind? Avoid going into 'study' mode. Ask God to clarify and speak clearly to you.				
Resp	oond with a written prayer. Ta	ake a moment to thank and pr prayer.	raise The Lord before launching into your		
-			ain from praying. Reign your mind in, keep Lord is saying, wants you to act on or stop		



Phil 4:6-9

Today's Reading Is Philippians 4:6~9



	Before you begin, take a moment to prepare your heart and mind.				
	Oet in a quiet space	Clear your mind	O Pray and invite God to this time		
8	Slowly read today's passage several times. Take your time with it.				
	Read quietly	Read out loud	Write it down:		
	Note the word or phrases the	hat speak to you or are drawn	to. Don't analyze. Just notice them.		
	Reflect on the word or phrases. What does it bring to mind? Avoid going into 'study' mode. Ask God to clarify and speak clearly to you.				
Res	pond with a written prayer. Ta	ake a moment to thank and p prayer.	raise The Lord before launching into your		
-			rain from praying. Reign your mind in, keep e Lord is saying, wants you to act on or stop		



Exo 14:14

Today's Reading Is Exodus 14:14



	Before you begin, take a moment to prepare your heart and mind.			
	Ofet in a quiet space	Clear your mind	Pray and invite God to this time	
	Slowly read today's passage	several times. Take your time	with it.	
	Read quietly	Read out loud	Write it down:	
—	Note the word or phrases th	aat speak to you or are drawn	to. Don't analyze. Just notice them.	
	•	ases. What does it bring to min	nd? Avoid going into 'study' mode. arly to you.	
Res	pond with a written prayer. Ta	ike a moment to thank and pr prayer.	raise The Lord before launching into your	
-			ain from praying. Reign your mind in, keep Lord is saying, wants you to act on or stop	



Isa 41:13

Today's Reading Is Isaiah 41:13



(d)	Before you begin, take a moment to prepare your heart and mind.					
	Oet in a quiet space	Clear your mind	Pray and invite God to this time			
	Slowly read today's passage several times. Take your time with it.					
	Read quietly	Read out loud	Write it down:			
	Note the word or phrases that speak to you or are drawn to. Don't analyze. Just notice them.					
	Reflect on the word or phrases. What does it bring to mind? Avoid going into 'study' mode. Ask God to clarify and speak clearly to you.					
Resp			raise The Lord before launching into your			
			ain from praying. Reign your mind in, keep Lord is saying, wants you to act on or stop			



John 14:2-3

Today's Reading Is John 14:2-3



etly	Clear your mind several times. Take your time Read out loud	Pray and invite God to this time with it. Write it down:		
etly	·			
	Read out loud	Write it down:		
rd or phrases th				
	at speak to you or are drawi	n to. Don't analyze. Just notice them.		
Reflect on the word or phrases. What does it bring to mind? Avoid going into 'study' mode. Ask God to clarify and speak clearly to you.				
itten prayer. Ta	ike a moment to thank and p prayer.	praise The Lord before launching into your		
		rain from praying. Reign your mind in, keep e Lord is saying, wants you to act on or stop		
	Ask itten prayer. Ta	Ask God to clarify and speak claitten prayer. Take a moment to thank and parayer. Sit quietly with God for a few minutes. Refore any new thoughts or what you sense Th		



John 10:28

Today's Reading Is John 10:28



	Before you begin, take a moment to prepare your heart and mind.			
	Oget in a quiet space	Clear your mind	Pray and invite God to this time	
	Slowly read today's passage several times. Take your time with it.			
	Read quietly	Read out loud	Write it down:	
	Note the word or phrases the	nat speak to you or are drawn	to. Don't analyze. Just notice them.	
	1	ases. What does it bring to mix God to clarify and speak cle	ind? Avoid going into 'study' mode. early to you.	
Resp	pond with a written prayer. Ta	ake a moment to thank and p prayer.	raise The Lord before launching into your	
•			rain from praying. Reign your mind in, keep e Lord is saying, wants you to act on or stop	



Heb 10:23

Today's Reading Is Hebrews 10:23



Get in a quiet spaceSlowly read today's passage sRead quietly	Clear your mind	O Pray and invite God to this time
	several times. Take your time	
Read quietly		with it.
	Read out loud	Write it down:
Note the word or phrases th	at speak to you or are drawn	to. Don't analyze. Just notice them.
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oond with a written prayer. Ta	ke a moment to thank and pr prayer.	raise The Lord before launching into your
	Reflect on the word or phra Ask ond with a written prayer. Ta	our pen down. Sit quietly with God for a few minutes. Refra oty and still. Note any new thoughts or what you sense The



Zeph 3:17

Today's Reading Is Zephaniah 3:17



Before you begin, take a moment to prepare your heart and mind.		d mind.	
	Oget in a quiet space	Oclear your mind	Pray and invite God to this time
	Slowly read today's passage	several times. Take your time	with it.
	Read quietly	Read out loud	Write it down:
	Note the word or phrases the	nat speak to you or are drawn t	to. Don't analyze. Just notice them.
	-	ases. What does it bring to ming God to clarify and speak clea	nd? Avoid going into 'study' mode. urly to you.
Resp		ake a moment to thank and propressions.	aise The Lord before launching into your
-			in from praying. Reign your mind in, kee Lord is saying, wants you to act on or stop
ic ciii	ory and sun. From any new th	·	Lord is saying, wants you to act on or sto



James 4:8

Today's Reading Is James 4:8



	Before you begin, take a moment to prepare your heart and mind.			
	Of Get in a quiet space	Clear your mind	O Pray and invite God to this time	
8	Slowly read today's passage several times. Take your time with it.			
	Read quietly	Read out loud	O Write it down:	
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	Reflect on the word or phr	ases. What does it bring to m k God to clarify and speak cle	ind? Avoid going into 'study' mode. early to you.	
Res	pond with a written prayer. Ta	ake a moment to thank and p prayer.	raise The Lord before launching into your	
-			rain from praying. Reign your mind in, keep e Lord is saying, wants you to act on or stop	



Rom 8:1

Today's Reading Is Romans 8:1



	Before you begin, take a moment to prepare your heart and mind.			
	Ofet in a quiet space	Clear your mind	Pray and invite God to this time	
	Slowly read today's passage	several times. Take your time	with it.	
	Read quietly	Read out loud	Write it down:	
	Note the word or phrases the	nat speak to you or are drawn	to. Don't analyze. Just notice them.	
	-	ases. What does it bring to mik God to clarify and speak cle	ind? Avoid going into 'study' mode. arly to you.	
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Resp	pond with a written prayer. Ta	ake a moment to thank and proper prayer.	raise The Lord before launching into your	
•			ain from praying. Reign your mind in, keep Lord is saying, wants you to act on or stop	



Psalm 32:8

Today's Reading Is Psalm 32:8



	Before you begin, take a moment to prepare your heart and mind.			
	Of Get in a quiet space	Clear your mind	O Pray and invite God to this time	
	Slowly read today's passage	several times. Take your time	with it.	
	Read quietly	Read out loud	Write it down:	
<u> </u>	Note the word or phrases the	nat speak to you or are drawn	to. Don't analyze. Just notice them.	
	•	ases. What does it bring to mink God to clarify and speak clea	nd? Avoid going into 'study' mode. arly to you.	
Res	pond with a written prayer. Ta	ake a moment to thank and pr prayer.	raise The Lord before launching into your	
-			ain from praying. Reign your mind in, keep Lord is saying, wants you to act on or stop	



Isaiah 49:15

Today's Reading Is Isaiah 49:15



Before you begin, take a moment to prepare your heart and mind.		nd mind.	
	Get in a quiet space	Clear your mind	Pray and invite God to this time
	Slowly read today's passage	several times. Take your time	with it.
	Read quietly	Read out loud	Write it down:
	Note the word or phrases the	hat speak to you or are drawn	to. Don't analyze. Just notice them.
	•	ases. What does it bring to mink God to clarify and speak clea	nd? Avoid going into 'study' mode. arly to you.
Resp	pond with a written prayer. Ta	ake a moment to thank and pr prayer.	raise The Lord before launching into your
-			ain from praying. Reign your mind in, keep Lord is saying, wants you to act on or stop



Num 6:24-26

Today's Reading Is Mumbers 6:24-26



	Before you begin, take a moment to prepare your heart and mind.			
	Ofet in a quiet space	Clear your mind	Pray and invite God to this time	
Z	Slowly read today's passage	several times. Take your time	with it.	
	Read quietly	Read out loud	O Write it down:	
	Note the word or phrases t	hat speak to you or are drawn	to. Don't analyze. Just notice them.	
7 7	Reflect on the word or phrases. What does it bring to mind? Avoid going into 'study' mode. Ask God to clarify and speak clearly to you.			
Res	pond with a written prayer. T	ake a moment to thank and pa	raise The Lord before launching into your	
-			ain from praying. Reign your mind in, keep e Lord is saying, wants you to act on or stop	
		donig.		