



# *Promise Keeper*

## BIBLE DISCOVERY JOURNAL



[www.steamexecutive.com](http://www.steamexecutive.com)





# *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*



Before you begin, take a moment to prepare your heart and 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:

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Note the word or phrases that 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.

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Respond with a written prayer. Take a moment to thank and praise The Lord before launching into your prayer.

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Put your pen down. Sit quietly with God for a few minutes. Refrain from praying. Reign your mind in, keep it empty and still. Note any new thoughts or what you sense The Lord is saying, wants you to act on or stop doing.

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## Exodus 4:11-12

### *Today's Reading Is Exodus 4:11-12*



Before you begin, take a moment to prepare your heart and 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.

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## Jer 39:11-13

### *Today's Reading Is Jeremiah 39:11-13*



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- ☐ 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.

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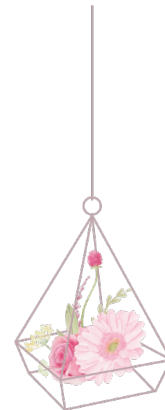
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# John 14:1



## Today's Reading Is John 14:1



Before you begin, take a moment to prepare your heart and 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.

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1 Sam 16:7



## Today's Reading Is 1 Samuel 16:7



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## Isa 43:1-2

### *Today's Reading Is Isaiah 43:1-2*



Before you begin, take a moment to prepare your heart and 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.

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## Deut 4:29

### *Today's Reading Is Jeremiah 39:11-13*



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2 Cor 5:17

## Today's Reading Is 2 Corinthians 5:17



Before you begin, take a moment to prepare your heart and 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.

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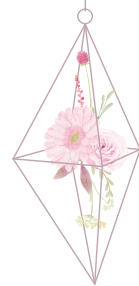
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## Deut 31:8



### *Today's Reading Is Deuteronomy 31:8*



Before you begin, take a moment to prepare your heart and 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.

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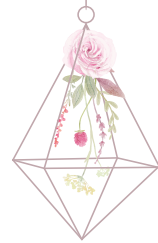
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## Phil 4:6-9



### *Today's Reading Is Philipians 4:6-9*



Before you begin, take a moment to prepare your heart and 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.

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Exo 14:14

## Today's Reading Is Exodus 14:14



Before you begin, take a moment to prepare your heart and 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.

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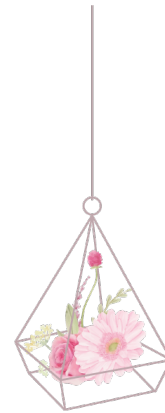
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Isa 41:13

## Today's Reading Is Isaiah 41:13



Before you begin, take a moment to prepare your heart and 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.

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## John 14:2-3



### *Today's Reading Is John 14:2-3*



Before you begin, take a moment to prepare your heart and 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.

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# John 10:28



## Today's Reading Is John 10 : 28



Before you begin, take a moment to prepare your heart and 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.

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Heb 10:23

## Today's Reading Is Hebrews 10:23



Before you begin, take a moment to prepare your heart and mind.

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Slowly read today's passage several times. Take your time with it.

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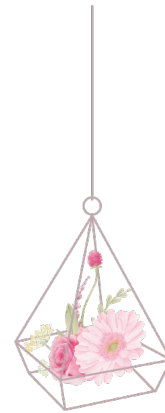
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## Zeph 3:17

### *Today's Reading Is Zephaniah 3:17*



Before you begin, take a moment to prepare your heart and mind.

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Slowly read today's passage several times. Take your time with it.

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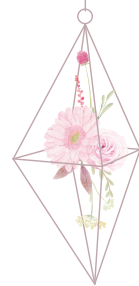
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## James 4:8



### *Today's Reading Is James 4:8*



Before you begin, take a moment to prepare your heart and mind.

- ☐ Get in a quiet space      ☐ Clear your mind      ☐ Pray and invite God to this time



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Rom 8:1

## Today's Reading Is Romans 8:1



Before you begin, take a moment to prepare your heart and 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.

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## Psalm 32:8

### *Today's Reading Is Psalm 32:8*



Before you begin, take a moment to prepare your heart and mind.

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## Isaiah 49:15

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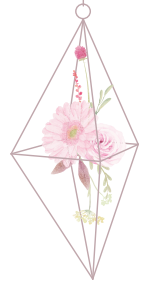






## Num 6:24-26

### *Today's Reading Is Numbers 6:24-26*



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