



Regular bible reading and journaling.

Faith comes from hearing the Word [Romans 10]. Attached are some bible readings you can explore during the week.

Written.

Read what is written in God's Word. Have a pen or pencil to mark what stands out to you.

Observe.

What is a verse or phrase or point that jumps out at you? Write it down

Reflect.

Write down some thoughts. Writing helps slow down our thoughts and to reflect with a prayer to God. What do you want to say to God? What do you feel he is saying to you? Write it down.

Discern.

How does this apply to your life today? What is the headline of God's news to you today? Write it down.



W.O.R.D Example....

Thursday May 14 2009 Andy's Journal...

WORD:

2 Corinthians 4

OBSERVE:

"But we have this treasure in jars of clay to show this all surpassing power is from God and not from us" 2 Cor 4:7

REFLECT:

This treasure – Christ. I feel myself slowing down as I reflect on this. The adrenalin is releasing from my body and I am aware of my tiredness. I feel fragile today. And the thought that comes to me is that God's power is all surpassing. It surpasses all things. Even my mistakes and failures. Even my tiredness and simply humanity. It's good to slow down. It's good to be aware of Christ's promise and power.

DISCERN:

This is the source of my life. Family, church, ministry, friends... I just need to trust Christ and his power present in my today. It's all centred on Jesus. I just need to focus on Jesus.