

GROWth Journaling

Your journal is a place where you can document your journey with God, His Word and the world around you. Journaling records your life's adventure and your personal growth as a Christian. One way to journal is by following the GROWth journal model.

What you'll need:

A Bible

A journal (any journal will do!)

Steps to Daily Growth:

Find the verses corresponding to today's date from the Bible Reading Schedule. Ask the Holy Spirit to reveal God's love to you through His Word. As you read, highlight or underline anything God impresses on your heart as a word to be personally applied. When you read with an open heart, the Lord will give you words of correction, direction, and encouragement (2 Timothy 3:16). Check off the box for each daily reading to keep yourself on track.

When God reveals a special lesson of life to you, record what God has just shown you. (See example) • Write out the key scripture. • Write your personal observation(s) about the scripture(s). • Write your personal prayer. • Write your personal application for growth. • Title the page. • Date it.

God's Word | Write it down!

Not only does writing out the scripture - word for word - help me apply God's instructions in my existing situation but, it also helps me take the truth to heart and learn it for a lifetime.

Reflecting | Take it in!

What stands out to me? What is God revealing in this verse? Who am I in this story? Stopping to reflect gives God the chance to speak more clearly. Writing down my thoughts helps me express how His Word meets my circumstance.

Offering | Give it up!

Writing out personal prayer has immense benefits because it requires me to think through what I am trying to say to God. Rather than just speak and forget what I was asking, I can look back and see how He has answered me.

Walking | Live it out!

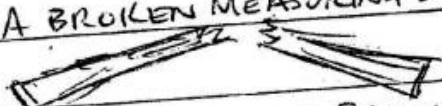

How can I apply what I've read? What part of my life should change? How can this transform my current situation?

thinking | consider it now!


How will I be different today because of what I've read and written?


GROWTH HAPPENS on purpose

TODAY'S TITLE A BROKEN MEASURING STICK # 46 3/29/19

G  BUT THE LORD SAID TO SAMUEL, "DON'T JUDGE BY HIS APPEARANCE OR HEIGHT, ~~FOR~~ FOR I HAVE REJECTED HIM. THE LORD DOESN'T SEE THINGS THE WAY YOU SEE THEM. PEOPLE JUDGE BY OUTWARD APPEARANCE, BUT THE LORD LOOKS AT THE HEART. 
- 1 SAMUEL 16:7 "MOLD MY

R I'M SO GLAD GOD DOESN'T JUDGE ME BY HOW "PUT TOGETHER" I AM ... SO OFTEN I'M QUITE A MESS, BUT GOD LOOKS ~~THROUGH~~ THROUGH ALL THAT TO THE DEPTHS OF MY HEART WHERE ~~MY~~ I LONG FOR HIM. I WANT TO LOOK BEYOND THE OUTWARD APPEARANCE IN OTHERS LIKE GOD DOES FOR ME.

O I THANK YOU GOD FOR HOW YOU SEE ME! I DON'T MEASURE UP, ~~PUT YOU~~ ON THE OUTSIDE, BUT YOU'RE MORE INTERESTED IN MY HEART. I'M SO GRATEFUL. FORGIVE ME FOR JUDGING OTHERS BY THEIR APPEARANCE. PLEASE HELP ME TO LOVE MORE ... I WANT TO BE MORE LIKE JESUS EVERY DAY. I LOVE YOU LORD 
02

W I NEED TO APOLOGIZE TO JOE. I HAVE JUDGED HIM BY HIS ACTIONS AND WORDS AND HAVEN'T TRIED TO LOOK DEEPER. I WILL TEXT HIM TODAY AND ASK HIM TO COFFEE. 

TH How am I gonna be different today; based on what I read in my Bible, and wrote here in my journal?!