BIBLE JOURNALING

Stren uge and

November

A four-week Bible reading plan with step-by-step journaling instructions. Includes bonus scripture cards.



[hank you!

Thank you for downloading November's Bible Journaling:Refuge + Strength. My hope is that this guide helps you to get into a consistent routine of opening God's work each day, anchoring your life in His promises. To get started, all you need is a pen and access to a Bible.

Nhat's (Included?

- a short introduction to Bible Journaling
- step by step instructions on how to Bible Journal using the *STORY method.*
- examples using this acronym
- Bible Journaling pages in different styles. Choose one that appeals to you.
- a four-week reading plan (Mon-Fri) for November.
- blank reading plan if you want to choose your own readings.
- bonus scripture verses cards taken from each reading.

Coupor Code

Use the code **NOVEMBER** to get 25% off the purchase of the "God is Still Writing My Story" Journal at www.terminaljoy.com



Bible Journaling

When you think of journaling, you might picture writing about your day or how you're feeling. After my mother-in-law, Bev, passed away, I poured over her journals and was surprised. They weren't an account of her stage 4 cancer journey; they were a collection of verses and takeaways from the many devotions she read and sermons she listened to.

This daily, focused time with God helped her to live her life with joy, thanksgiving, and peace. Bible journaling is a simple, yet very powerful way to grow in your faith and relationship with God. My sincere hope is that it gives you strength for whatever you are facing.

> One of Bev's favorite sayings was "God is still writing my story, and it is good." To make it easy to remember, our Bible journaling steps follow the acronym **STORY**.

il at un God is still at work even in the silence. Even in the unknown.

Bible Journaling - Bev's Journal A glimpse at Bev's journals



Handful for day home for For fordy weeking in de woods. family plates expansing gogles comiles proce a alue pursets Beautiful weather for the farm, warmth in bed! warm chinook wis Ju amazing warmet a planative This Dec 3rd day! haircuts neighbors Sitting Outside, no coat, Cat atomy And ful to lay down my ide, leatening to her pur Shortful for the sponens! Sortful for my bible & destines Shartful for last day (it cycle) B chemo tobs before livet not burdens hard you for levery me gust as Honkful for the goy of laughter # advent 2 thankful for new mercus wery morning antful you never let me go. Hont you Jours, 2 am free. Agent you Jours for depe. Hend you John for depe. Sind you John you are a gove Sod hank ful your love never ends. thankful for sunny winter dup its prints, firepts, good cheese a meat! Sand you that my west purch Hand you that my love is healed Hand you for this day, every day that I have be state in my long Harkful for an amonging moon verled with curtain like weil ! Sturning Bods letteres , squalle

only beauty 'comfort? Shally in faith digorous on the Third - deep rosts maintalment beyond comp. from Sol He left the 99 to rescue me Luke 15:4 Jolan gene' lead ! Hen we will be led somfidently . Doste me puting beatin down notion - too for for And to reach, I gust wont to vision mark 8:22 Jolans his example - get your ision back! you that the still leaves the 99 gust to find the one. Palm 32:8 The doed parp. "I will guide our along the best pothing We can withstand the storm for your life . I will advice if we focus make cross. you a watch aver you Dearnot for I have redeemed your grovest dange is woning you, you have been salled by my name you are mired shout tomorrow. If you try my tomorrow's burdens it will stagger unsurale lo bet my life averylaw with thanks eventually fue flat . you me guing for deyen have dove. discipline yourself to live d'in is obedience to Dod.

Bible Journaling Steps

As you read a Psalm each day in November, you will be using these steps as a guide on your journaling journey. Please remember, they are just a guide. As you get more comfortable with Bible journaling, you are free to use them in any way that suits you.

> **SCRIPTURE**: Read the Bible passage. Choose a verse or verses that resonate with you. Copy them down and include the reference. This helps you focus on the words and remember His promises. After time, you will have a collection of scriptural truths to come back to. **If you would like help understanding the verses, I recommend using the commentary at www.enduringword.com.

> **TRUTH**: Think about what speaks to you from your reading. Is God saying something to you? Is there something you learned or do you have new questions? If you are unsure, narrate what you read. This means to tell it back in your own words.Write down your take aways, observations, or questions. Consider how they apply to your life and current circumstances.

OFFERING: Gratitude can transform our perspective. Reflect on your blessings, big and small, and thank God for them. Write a few sentences expressing your thankfulness to God for specific things, people, or experiences. Or, write them in list form.

REQUEST: Consider what you need or hope for from God today. These could be personal needs, prayers for others, or guidance on specific issues. List your prayer requests. Be honest and specific about what you are asking from God. In time, you will be able to look back and see how God has answered your prayers.

YEILD: Reflect on the worries, fears, or plans you need to surrender to God. Trust in His purpose and timing. Is there something God is asking you to do? Write a prayer or statement offering these things to God and trusting Him with the outcome.

Bible Journaling Examples

SCRIPTURE: example

• "Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." John 14:27

TRUTH: example

- "I need to connect with God as soon as I wake up in the morning and remind myself that He is with me always. This will give me confidence and keep anxiety at bay."
- "The battle is not mine, it's God's."

OFFERING: example

- "Today I am thankful for the support of my family and the strength to face each day."
- "I am thankful for my husband."
- "I am thankful for the beautiful sunset."

REQUEST: example

- "Lord, please give me peace and strength as I receive treatment tomorrow. Help me feel Your presence and comfort."
- "Lord, please help me to feel well enough to attend and enjoy the family dinner on Friday."

YEILD: example

- "Lord, I give You my fears for the future. I trust that You have a plan and purpose for me and I place my hope in Your promises."
- "Lord, I give you my appointment tomorrow. Whatever happens, I trust You."

Bible Journaling	date
	verses
Offer Thanks	Request
Yield	ANSWERS TO PRAYERS

Bible Journaling

date

verses

SCRIPTURE	
OFFER THANKS	
OFFER THANKS	REQUEST
YIELD	
	ANSWERS TO PRAYERS
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Bible	, Jour	nafing	date verses		
SCRIPTURE	TRUTH	OFFER THANKS	REQUEST/ANS	SWERS TO PRAYERS	YIELD

Bible Reading	date started date completed
Week One	Week Two
Psalm 18	Psalm 91
Psalm 34	Psalm 116
Psalm 100	Psalm 29
Psalm 73	Psalm 139
Psalm 27	Psalm 63
Week Three	Week Four
Psalm 118	Psalm 23
Psalm 46	Psalm 37
Psalm 31	Psalm 145
Psalm 62	Psalm 28
Psalm 16	Psalm 25

Bille Deading	date started
Bible Reading	date completed

Psalm 18:32-33

God arms me with strength, and he makes my way perfect. He makes me as surefooted as a deer, enabling me to stand on mountain heights.

Psalm 34:8

Taste and see that the Lord is good; blessed is the one who takes refuge in him

Psafm 100:5

For the Lord is good and his love endures forever; his faithfulness continues through all generations.

Psafm 73:26

My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

Psafm 27:14

Wait for the Lord; be strong and take heart and wait for the Lord.

Psafm 118:5-6

In my distress I prayed to the Lord, and the Lord answered me and set me free. The Lord is for me, so I will have no fear. What can mere people do to me?

Psalm 46:2

Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea

Psafm 31:24

Be strong and take heart, all you who hope in the Lord.

Psalm 62:1-2

Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken.

Psa/m 91:4

He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection.

Psalm 16:11

You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

Psafm 116:5-6

How kind the Lord is! How good he is! So merciful, this God of ours! The Lord protects those of childlike faith; I was facing death, and he saved me.

Psafm 29:11

The Lord gives strength to his people; the Lord blesses his people with peace

Psafm 139:23-24

Search me, O God, and know my heart, test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.

Psalm 63:3-4

Your unfailing love is better than life itself; how I praise you! I will praise you as long as I live, lifting up my hands to you in prayer.

Psalm 23:4

Even when I walk through the darkest valley, I will not be afraid, for you are close beside me.Your rod and your staff protect and comfort me.

Psalm 37:5

Commit everything you do to the Lord.Trust him, and he will help you.

Psafm 145:13-14

The Lord is trustworthy in all he promises and faithful in all he does. The Lord upholds all who fall and lifts up all who are bowed down.

Psafm 28:7

The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.

Psalm 25

Lead me by your truth and teach me, for you are the God who saves me. All day long I put my hope in you.

