



BIBLE JOURNALING

Refuge and Strength

November

A four-week Bible reading plan with step-by-step journaling instructions.

Includes bonus scripture cards.



TERMINALJOY.COM

Thank 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.

What'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.

Coupon Code

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

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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.

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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**.

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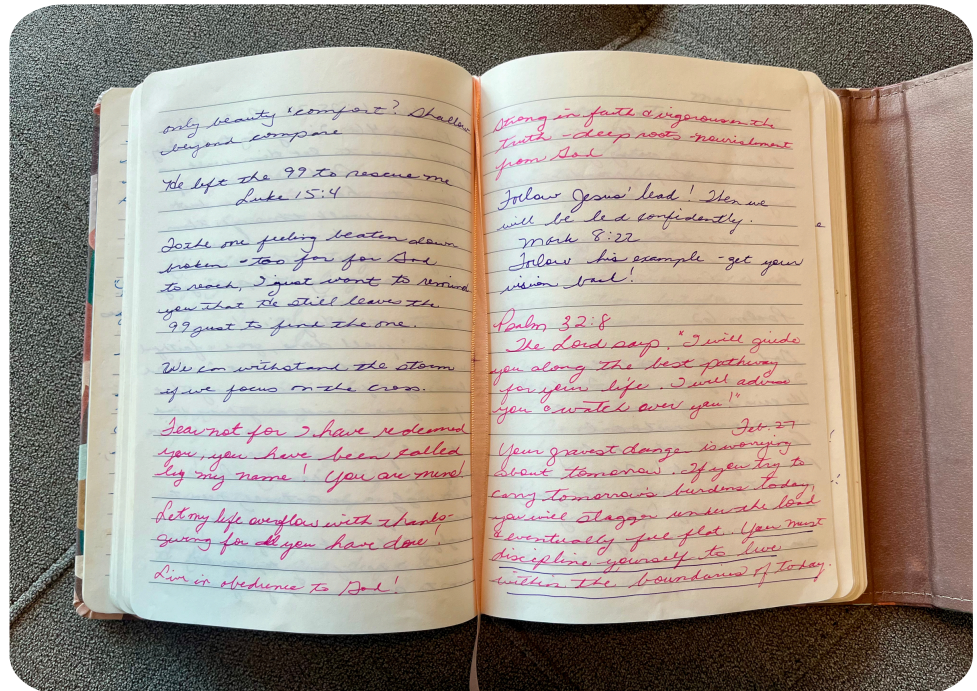
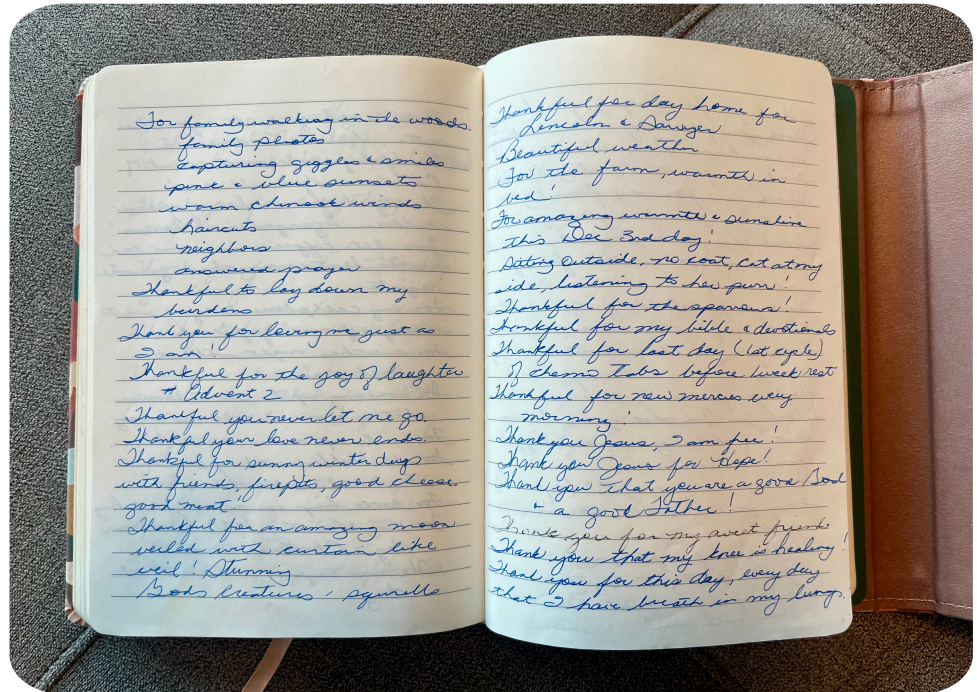
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Bible Journaling - Bev's Journal

A glimpse at Bev's journals



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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.

S

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.

T

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.

O

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.

R

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.

Y

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

S

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

T

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."

O

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."

R

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."

Y

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

S

Scripture

T

Truth

O

Offer Thanks

R

Request

Y

Yield

ANSWERS TO PRAYERS

Bible Journaling

date

verses

SCRIPTURE

TRUTH

OFFER THANKS

REQUEST

YIELD

ANSWERS TO PRAYERS

Bible Journaling

date

verses

SCRIPTURE

TRUTH

OFFER THANKS

REQUEST/ANSWERS TO PRAYERS

YIELD

Bible Reading

date started

date completed

Week One



Psalm 18



Psalm 34



Psalm 100



Psalm 73



Psalm 27

Week Two



Psalm 91



Psalm 116



Psalm 29



Psalm 139



Psalm 63

Week Three



Psalm 118



Psalm 46



Psalm 31



Psalm 62



Psalm 16

Week Four



Psalm 23



Psalm 37



Psalm 145



Psalm 28



Psalm 25

Bible Reading

date started

date completed

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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 100:5

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

Psalm 27:14

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

Psalm 34:8

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

Psalm 73:26

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

Psalm 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

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.

Psalm 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 31:24

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

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.

Psalm 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.

Psalm 29:11

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

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 37:5

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

Psalm 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 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 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.



Psalm 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.

