

A LIFE THAT THRIVES
Growth Journaling



THE SANCTUARY

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As Christians, we accept the Bible as God's revelation of Himself to His people, the Church. That's probably why we have long been labeled "people of the book." This "book" is more than simply letters into words... words into sentences... sentences into paragraphs... and paragraphs into pages. Both the Old and New Testament become alive and fresh in this Present Testament when the Holy Spirit opens our minds and hearts to understand the pages of this sacred book.

Unfortunately, when it comes to reading today, our "Wikipedia-world" has trained us to always be looking for practical and useful information; we're scanning pages for data and intelligence. The next several pages will require a shift in our thinking because our goal has shifted. "Reading" the Bible (the "written Word") isn't meant to merely offer certain ideas, reflections, or solutions, it's meant to facilitate an encounter—through the Holy Spirit—with Jesus (the "living Word").

The ability to read and pray differently requires practice, and that's where GROWth Journaling comes in. GROWth Journaling originates from an ancient practice called "*lectio divina*" (that's Latin for "divine reading"). We've updated this practice, so you don't need to know Latin to enjoy its benefits.

As we read and pray with Scripture, we're not wanting to master the information, we're wanting the Master to inform us.

GROWth Journaling is a way of reading scripture that is reflective, meditative, receptive, and responsive. We've put together this reader to help Jesus followers of all ages-n-stages—new believers and seasoned disciples—hear God's voice through Scripture, pray about personal struggles, walk in consistent obedience, bond with others in maturity, and grow in intimacy with our Soul Shepherd, Jesus. With GROWth Journaling, we're not trying to be effective or efficient, but instead obedient and intimate.

Christian spiritual formation is about Christian spiritual TRANSformation—the changing of our heart as well as our mind.

The first thing you'll need is a *dedicated* journal; one specifically to be used for the exclusive purpose of ongoing conversational interaction with the *written* and *living* Word. *Keep in mind this is not a "diary" for recording daily events.* The journal can be anything from a leatherbound and embossed hardcover, to composition notebooks or paperback dollar deals from the local discount retailer. The pages need to be blank (lined, dotted, or plain) and considerable in size enough to write out 10-15 complete sentences/thoughts.

Keep this GROWth Journaling reader inside your journal as it outlines the components to create and enhance your journey in reading and studying God's *written* Word: The Bible

YOUR JOURNAL

CONTENTS: *date, focus details, page number*

It's a good idea to set aside some pages (2-3) in the beginning of your GROWth Journal for a Table of Contents as a record of each journal entry. Be sure to give a title to your daily writing and include the date and page number as well. This will be helpful when you want to return to something you've learned or want to review and re-read something you've processed at a later date. *(see sample on page 6)*

GRATTITUDES: *thankful appreciations*

Sometimes we forget our blessings. These are pages (3-4) where you can write down things for which you feel grateful. The things you list can be relatively small in importance ("The tasty sandwich I had for lunch today.") or relatively large ("My sister gave birth to a healthy baby boy."). The goal is to remember a good event, experience, person, or thing in your life—then enjoy the good emotions that come with it. *(see sample on page 6)*

PRAYERS: *needs, wants, desires & answers*

Following your Table of Contents, leave some pages for Prayer (3-4). Here you can record any specific prayer concerns you may have. Enter what or who you are praying for, the date you began praying, and the date God answers your prayer... pray until God answers! *(see sample on page 6)*

JOURNALING: *cultivating God's will into our lives*

As you walk with God and His Word on a daily basis, He will teach and guide you; growing you into all He wants you to be. Journaling may not start easily for you. The day-to-day discipline of recording your walk with God, may even seem tedious. **BREAK THROUGH ANYWAY!** *(see a detailed outline of these steps on page 4 and a sample on page 7)*

***The end result is not to create a devotional life...
God wants to create in us a life of devotion.***

Ask the Holy Spirit to reveal God's love to you through His Word. As you read, it's okay to 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).

READING SCHEDULE

Following a reading program is important for accountability, discipline, and systematic instruction in God's Word. You'll be making your GROWth Journal entries using the "Bible Reading Schedule" found at the end of this reader. (starting on page 10) You can also download and print a separate copy of the schedule at www.ALifeThatTHRIVES.com.

This is only one plan, there are many others available. As you check off the box for each day of reading, you will read through 365 important passages on living the Christian life, as well as an inspirational verse to think about throughout the day. The Bible is essential in the process of Christian Spiritual Formation and maturity.

IT'S ABOUT MATURITY AND GROWTH

A journal is a great place to document our relationship with God, His Word, and the world around us. GROWth Journaling records our personal growth and obedience as a Christian. When God reveals a special lesson of life, turn to a blank page in your journal and process what He's just shown you.

The 4 Steps in GROWth Journaling will take around 15 +/- minutes to complete. We've also included a couple of minutes of aligning silence at the beginning and the same for quiet contemplation at the end. Altogether GROWth Journaling takes a total of 20 +/- minutes. Keep in mind this is NOT designed to be a time of Bible Study or take the place of more in-depth Bible reading.

GROWth Journaling is like the chips-n-salsa before a good taco/enchilada combo; it's the "appetizer" before the main course. You may use GROWth Journaling as a *supplement* to reading through the Bible in a year or alongside a Bible study you've engaged for maturity in a certain area. GROWth Journaling is designed to get your day started with God.

REMEMBER

A GROWth Journal is designed as a tool to equip us to mature with Christ. We can be flexible in how we use it, but more importantly is the need to develop a healthy habit of spending time **daily** with God. Though we may not have journal entries on a daily basis at the beginning, with intentionality we must choose to spend time each day in God's Word – daily journal entries will follow.

Some have asked, "When is the best time to use my GROWth Journal? The simple answer is, "The best time is when we're at our best!" The majority of people are sharpest and most productive in the morning hours. *(Although some may require a cup of "kick-starter" to get out of bed!)*

***Listen to my voice in the morning, LORD.
Each morning I bring my requests to you and wait expectantly.
— Psalm 5:3***

Although our minds might move toward preparation and tasking first thing in the morning, do your devotions **before** you start that part of your day. You will then be able to **align** what you want your day to look like. If you're more mentally creative at night, utilize your GROWth Journal in the evening.

God deserves our best, so let's give Him the best part of our day.

4 STEPS TO DAILY GROWTH

Each step begins with the original Latin word along with its English translation followed by the GROWth Journal's modern rendering. We've purposefully written these instructions/steps in the first person **making it personal**. Instead of reading what "YOU need to do" it's what "I'm choosing to do" today.

STEP #1 (Lectio—reading)

GOD'S WORD: "I'm reading and writing out Scripture." (3-4 minutes / reading 10-20 verses)

What does the biblical text—from the GROWth Journal schedule—say in itself? I'm **only** writing out 1-2 verses/sentences that stand out to me and I want to process. If I want/need context, I can look at surrounding verses (maybe 2 before/after). If I want to go deeper, I can always come back after I've completed the GROWth steps.

STEP #2 (Meditatio—meditation)

REFLECT ON IT: "I'm processing what I've observed!" (2-3 minutes / 3-5 sentences)

What stands out to me? Is this something I see in my present situation? In what areas of my life does God desire change? What principle for a fruitful life is God trying to disclose here? Stopping to reflect gives me a greater ability to be taught through God's Word. Writing down my thoughts helps me communicate my feelings.

STEP #3 (Oratio—speech)

OFFER IT UP: "I'm praying about what concerns me!" (2-3 minutes / 3-4 sentences)

When I write out my prayers to God, I'm able to think through what I'm saying. I'm releasing to God the task to accomplish those things which are burdening me. I'm responding in prayer to what I've just read; I'm asking God to help me walk in obedience to His higher ways.

STEP #4 (Actio—action)

WALK IT OUT: "I'm committing to a practical step of obedience!" (4-5 minutes / 2-3 sentences)

Where do I need to apply this wisdom from God? What is a step I can take to transform my current situation? Writing down God's direction for me makes me accountable to Him. I'm learning to "flip" the negative (insight) in the reflection (from step 2), to a positive (intuition).

To further grow your life of devotion, consider these additional practices to add depth before, during, and after this daily discipline.

BEFORE YOU BEGIN (*Silencio—silence*)

CENTERING: “I’m focusing my mind and heart.” (1-2 minutes)

This is my preparation before I begin. I’m finding a place of quiet, peace, and solitude; I’m taking the time to consider and center my thoughts toward God; moving them... and myself...

- **from** control **to** receptivity
- **from** authority **to** surrender
- **from** information **to** formation
- **from** observing **to** obeying
- **from** determination **to** submission
- **from** clenching **to** releasing

DURING ACTION STEP #4

Choose only **one** action item, and be sure it’s S.M.A.R.T. by asking yourself these questions:

- **S**pecific:
 - what do I want to accomplish? (may involve a who or where)
- **M**easurable:
 - how will I evaluate if it’s been completed?
- **A**chievable:
 - is it challenging, yet within my ability?
- **R**elevant:
 - does it align with my life objectives?
- **T**ime-bound:
 - can I start and finish TODAY? (start your Walk It Out with, “Today I will...”)

AFTER YOU FINISH (*Contemplatio—contemplation*)

THINK ABOUT IT: “I’m quietly considering and waiting.” (1-2 minutes)

This is an opportunity to practice listening to what God (the Holy Spirit) might be saying. I’m asking, “How will I be different today because of what I have read in God’s Word and written in my journal?” “Are there other areas this reflection could be walked out?” “Is there anything I need to be ready for today?” This is where I’m stopping and listening because this is a conversation involving my mind, my heart, and my life.

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 — LOST IN EXILE
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 12/26 1JHN 5:1 CHECK IT TWICE
 I BELIEVE/I LOVE — 11
 1.1 GEN 1:1 I CAN DO

GRATTITUDES 😊

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 1.3 THANKFUL FOR DAN'S FRIENDSHIP
 1.4 PERFECTLY TIMED PROVISION!!
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NO MATTER HOW SMALL

G SO NOAH DID EVERYTHING AS THE LORD
COMMANDER HIM. — GEN 7:5

R I KNOW WHAT I NEED TO DO. HOW MANY
REMINDERS WILL I ~~BEGET~~ DISREGARD
BEFORE I DO WHAT I KNOW
I'M SUPPOSED TO DO? UGH EVERY
DAY I WAIT — IT ONLY GETS HARDER
TO DO! THEY SAY — IF YOU GOTTA EAT
CROW... DON'T WAIT TILL IT'S COLD!

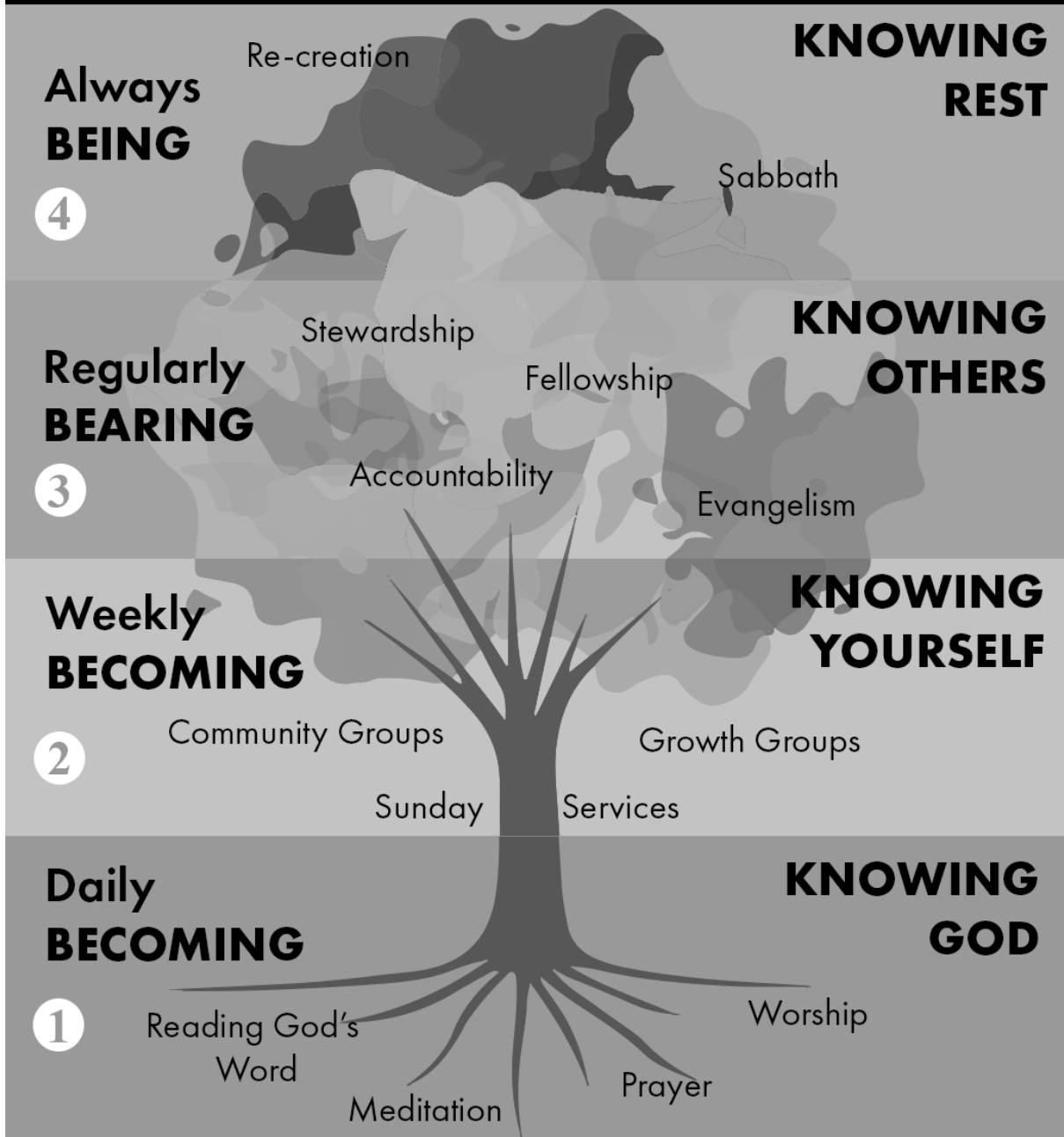
O FATHER, I'M SORRY FOR NOT FOLLOWING
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FRANK. HOLY SPIRIT GIVE ME COURAGE
AND THE RIGHT THINGS TO SAY — AT THE
RIGHT TIME!

W TODAY I WILL GO AND APOLOGIZE TO
PASTOR FRANK FOR MY ATTITUDE
LAST WEEK.
I WILL PRAY FOR HIM & HIS FAMILY
RIGHT THERE — BEFORE I LEAVE.

(15)



THRIVE TREE



For more on the THRIVE TREE go to www.ALifeThatTHRIVES.com

God's greatest desire in this GROWth process is that you experience the Christian life as a daily adventure – not an obligatory duty. The Christian life must be substantially rooted in God's principles, formed in the soil of His love, all found in the pages of His Word. Your GROWth Journal will help you actively create and sustain a healthy spiritual root system. Every component of a spiritual life builds upon the other and cannot function independently.

Without the roots there will be no fruits

GROWth JOURNAL BIBLE READING SCHEDULE

A MAP TO FOLLOW

If you picked up a Bible and started reading it straight through from Genesis to Revelation, it could take you more than a year to finish. One reason this is true is that it is hard to know how much you should read each day. GROWth Journaling solves this problem. Every day, you'll get a great Bible story or an important passage on living the Christian life. After a year, you will have read an assortment of passages from both the Old and New Testaments. You will have read of the incredible journeys of many biblical characters; real people who were a lot like us. Nearly everyone in the Bible struggled daily to be faithful and obedient to a Holy God. Lastly, but most importantly, you will discover the love of our Heavenly Father revealed in and through His Son, Jesus Christ. With a map like this, we're sure to reach our destination!

LOOK FOR:
Lessons to be Learned!

LOOK FOR:
Examples to be Followed!

LOOK FOR:
Promises to be Enjoyed!

LOOK FOR:
Love to be Revealed!



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- 3 Genesis 4:3-16
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December

NOTES

We exist as a *community*
to be a *safe place* FOR
each person to grow in
God's love + truth.



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