

## JOURNAL PAGES

A quiet-time journal records your life journey. It helps track your growth and reminds you of what God has done along the way. Each journal page reveals your day's experiences, feelings, and ideas.

The following explains the journal page in more detail.

Morning—Record your quiet-time experiences.

Enter God's Presence: *First thoughts*—Humble yourself and focus on God.

Enjoy God's Fellowship: *Scripture Read*—Read your Bible!

*Insights*—Record your thoughts from reading.

*Prayer Requests*—Pray from your heart! Record your requests so that you may track God's responses.

Walk in God's Victory: *Action Plan*—Jot down "must do" items for today.

Through the day—Keep walking victoriously: rely on the Holy Spirit; resolve to obey; claim Christ's power!

Evening—Review your day.

*Key Events*—Summarize things you did—people you saw—places you went.

*Thoughts & Feelings*—Capture your insights about life, God, people, yourself, etc.

*Victories & Failures*—Note ways you succeeded and where you "missed the mark."

*Talk with God*—Close by praying about your day.

These journal pages are offered in two formats for your convenience. Feel free to create your own pages instead—personalize your quiet-time experiences!

# JOURNAL

DATE:

ENTER  
GOD'S  
PRESENCE

FIRST THOUGHTS:



SCRIPTURE READ:  
★ INSIGHTS:

ENJOY  
GOD'S  
FELLOWSHIP

PRAYER REQUESTS:

WALK  
IN  
VICTORY

ACTION PLAN:

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REVIEW YOUR DAY  
KEY EVENTS:

PM ★★

THOUGHTS & FEELINGS:

VICTORIES & FAILURES:

TALK WITH GOD:

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DATE: \_\_\_\_\_



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REVIEW YOUR DAY  
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PM ★

THOUGHTS & FEELINGS:

VICTORIES & FAILURES:

TALK WITH GOD:

Discipleland™

# JOURNAL

DATE: \_\_\_\_\_



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GOD'S  
PRESENCE

SCRIPTURE READ:  
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PRAYER REQUESTS:

ENJOY  
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ACTION PLAN:

WALK  
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REVIEW YOUR DAY  
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THOUGHTS & FEELINGS:

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TALK WITH GOD:

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