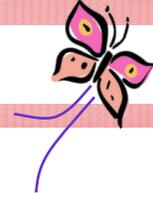


31 Days of Journaling Through Scripture.



1. Friendship

Proverbs 17:17 "A friend loves at all times, and a brother is born for adversity."

Write about your friends and the blessing they have been to you.

2. Smile

Job 9:27 "If I say, 'I will forget my complaint, I will put off my sad face and wear a smile,'"

Today write about the complaints you will put aside and then write about the things you have to smile about.

3. Curiosity

The definition of curiosity is: "the desire to learn or know about anything; inquisitiveness." In a negative sense it is being overly curious about things which may be none of your business.

1 Peter 4:15 "But let none of you suffer as a murderer, a thief, an evildoer, or as a busybody in other people's matters."

Think about times you may have overheard something you should not have or when someone has eavesdropped on you. Also consider if you are overly "inquisitive" in regards to other peoples lives. Write your thoughts on this or possibly your prayer of confession.

4. Optimism

Psalms 42:5 "Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance."

Write about this week being careful not to overly focus on things which only drag you down. Try to be optimistic in your journal entry today and "praise Him for the help of His countenance."

5. Blooming

John 15:1-2 "I am the true vine, and My Father is the vinedresser. Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit."

Write about the things you feel the Lord may be pruning or removing in your life so that you may bloom to bear more fruit.

6. You

1 Corinthians 6:19 "Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?"

If your body is the temple of the Holy Spirit, you should treat it as such. Consider and write about any changes you may need to make in this area of your life.

7. Caring

Philippians 2:4 "Let each of you look not only to his own interests, but also to the interests of others."

Today make a list and write about all the people who come to mind for whom you could do a caring act. But remember, a list is no good without action following the creation of the list.

8. Stars

Psalms 8:3-4 "When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him?"

Write today describing the beauty of the Lord's handiwork in the heavens. Thank Him for this and for caring for you. Tonight take a look at the stars and praise Him for their beauty.

Because L.i.a.d.a.

Life is a daring adventure - or nothing at all.
Helen Keller

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9. Victory

1 Corinthians 15:57 "But thanks [be] to God, which giveth us the victory through our Lord Jesus Christ."

Today do an online search for the lyrics to the hymn "Victory in Jesus", or look it up in a hymnal. Then write out some of the lyrics which mean the most to you and write any other thoughts which come to mind regarding our victory in Jesus Christ.

10. Loyalty

Proverbs 3: 2-4 "My teaching will give you a long and prosperous life. Never let go of loyalty and faithfulness. Tie them around your neck; write them on your heart. If you do this, both God and people will be pleased with you."

Consider those who have been most loyal to you and thank the Lord for them. Then consider if you have been loyal and faithful in your relationships and write your thoughts on how you can improve in this area.

11. Quote

Psalms 119:11 "Your word I have hidden in my heart, That I might not sin against You!"

Today quote and write out your favorite bible verses and why they are meaningful to you. Thank the Lord for His word.

12. Brave

Joshua 1:9 "Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go."

Journal about the things which cause you to fear. Ask the Lord for courage and bravery to stand against them.

13. Priorities

Matthew 6:33 "But seek first the kingdom of God and His righteousness, and all these things shall be added to you."

It is important to keep our priorities straight. Today make a list of the things which are most important in your life.

14. Cheerfulness

Proverbs 17:22 "A merry heart does good, like medicine, But a broken spirit dries the bones."

Today write out all the things which make you happy and cheerful, the things which bring you joy.

15. Bridge

Psalms 127:1a. "Unless the Lord builds the house, They labor in vain who build it;"

Write out your thoughts on the Lord being the builder in your life. Have you let Him have this role?

16. Embrace

Ecclesiastes 3:1 "For everything there is a season, and a time for every matter under heaven:"

Write about the changes you have had to face in your life. Consider how you handled them, did the changes rock your world or were you able to embrace them trusting the Lord that "for everything there is a season".

17. Service

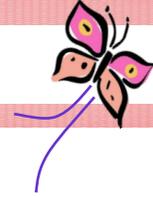
John 12:26 "If anyone serves Me, let him follow Me; and where I am, there My servant will be also. If anyone serves Me, him My Father will honor."

Think about and journal about the acts of service which make you feel the most fulfilled or consider some acts of service which you would like to begin participating in.

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18. Rainbow

Genesis 9:12-13 And God said: "This is the sign of the covenant which I make between Me and you, and every living creature that is with you, for perpetual generations: I set My rainbow in the cloud, and it shall be for the sign of the covenant between Me and the earth."

Today write a list of things which are meaningful to you and are also related in some way to each of the colors of the rainbow: Red, Orange, Yellow, Green, Blue, Violet.

19. Dance

Psalms 150:4 "Praise him with tambourine and dance; praise him with strings and pipe"

Make a list of all the ways you can think of to praise the Lord.

20. Spontaneous

John 10:10 "The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly."

Be spontaneous! Write about when you have lived life to the fullest and about those times you wished you had stepped out of your comfort zone and been spontaneous. Then write a commitment to live more spontaneously. Then when you're done writing go splash in a puddle or something.

21. Journey

Hebrews 11:8 "By faith Abraham obeyed when he was called to go out to the place which he would receive as an inheritance. And he went out, not knowing where he was going."

Write about the different journeys God has brought you on. Remember the good and the bad and consider what you have learned through these journeys.

22. Sadness

Matthew 5:4 "Blessed are those who mourn, For they shall be comforted."

Make a list of anyone you think could use some comfort or cheering up. Then write your action plans for how you plan to cheer them up.

23. Blessings

Psalms 3:8 "Salvation belongs to the Lord. Your blessing is upon Your people. Selah"

Do an internet search for the words to the hymn "Come Thou Fount of Every Blessing" or use a hymnal. Write down any words which stand out to you. Then make a list of all the blessings the Lord has given you.

24. Neighbors

Galatians 5:14 "For all the law is fulfilled in one word, even in this: "You shall love your neighbor as yourself."

In your journal today, thank the Lord for all your wonderful neighbors, then pray for patience and understand for those who are a bit more challenging.

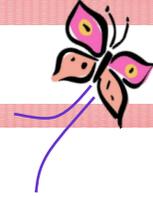
25. Communication

Psalms 19:14 "May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer."

Today make a list of all those you feel you should have kept closer contact with. Make it a point over the next week to communicate with these people.



31 Days of Journaling Through Scripture.



26. Delicious

Genesis 1: 29-30 "And God said, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food. 30 Also, to every beast of the earth, to every bird of the air, and to everything that creeps on the earth, in which there is life, I have given every green herb for food"; and it was so."

Write the word delicious in all capital letters down the left edge of your paper. Then, thinking about your favorite food, write an acrostic poem about that food item. Don't be afraid to be silly with this, have fun and be creative. Afterward thank God for His provision.

27. Success

Proverbs 16:3 "Commit to the LORD whatever you do, and your plans will succeed."

Journal about your plans for the future. Consider whether you have committed these plans to the Lord and pray about them.

28. Perseverance

James 1:12 "Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him."

James 1:2-4 "Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything."

Write about the trials you have been through in your life and how you have persevered through them. How have you seen the Lord's hand in helping you and what lessons have you learned.

29. Peace

John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Write a list of all the places you have been where you have experienced the peace of the Lord. Alternatively, write descriptively about one of those peaceful places. Where are those places you go "to get away from it all"?

30. Newness

2 Corinthians 5:17 "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come."

Journal about all the ways you are a new creation in Christ. What changes has Christ brought about in your life?

31. Questions

Deuteronomy 29:29 "The secret things belong to the Lord our God, but those things which are revealed belong to us and to our children forever, that we may do all the words of this law."

Make a list of all the questions you want to ask the Lord when you get to heaven.



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