



By your words I can see where I'm going; they throw a beam of light on my dark path. Psalm 119:105

## 5 Steps to Bible Journaling:

- Take 15 minutes each day, early morning and late evening work well.
- Find a quiet place.
- Decide where to start. Consider reading slowly through the Psalms or one of the Gospels (Matthew, Mark, Luke or John).
- Find someone to take this challenge with you.
- If you get behind, it's ok; start again!

Here's one way to meditate on your Bible reading and learn from what you read:

- Pray before you begin and ask God to guide you.
  - Read the chosen section of the Bible and find a phrase or verse that you want to remember or that reached out to you as you read. Copy it into your journal. Ask yourself these questions and write down your thoughts.
1. What does God ask of me in these words? (Is it a promise to believe? Is it something to obey? Is it both?)
  2. After reading, for what do I have reason to give thanks?
  3. What sins do these words of the Bible lead me to confess? (Have I failed to trust God's promise? Ignored God's direction for my life? Have I forgotten to be thankful for blessings I've received?)
  4. What am I led to pray about after reading these words of the Bible?

method adapted from Martin Luther's *A Simple Way to Pray*