



TOOLBOX

PRACTICAL STEPS FOR OUR DAILY WALK WITH GOD



including M'Cheyne reading plan

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Bible translations

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What is it all about?

You have decided to follow Jesus? Great! But what comes next? This booklet seeks to provide an orientation and overview on how to proceed on this journey. It is a practical help in addition to the [Young Kickstart course](#)¹. It is even suitable for kids and teens.



Young Kickstart

In this booklet you will find helpful tips and resources in order to enter into a lively and refreshing relationship with God right away. Some aspects we will cover are:

- ✓ What resources are available?
- ✓ How do I spend time with God?
- ✓ How do I read the Bible with excitement?

And now ... enjoy!

1 youngkickstart.thomaspilger.org

Jesus - what next?

Jesus was never interested in fans but radical followers. He was not looking for spectators watching from the stands, but for active players on the field. Like in sports, a life like this requires much training and good nutrition. So, what are the next steps? Here you find a general overview. Some areas are covered in more detail later – or by going through the **Young Kickstart course**.

1. Realize (again) that God is good. He is love. Therefore, you are loved unconditionally. This will give you confidence. Your self-esteem does not need to depend on the approval of people or your own performance. [[Young Kickstart, chapter 1](#)]
2. Realize (again) what Jesus has done for you and what your new identity in him looks like. [[Young Kickstart, chapter 2](#)]
3. Be baptized in water, making a public confession as to whom you belong from now on. [[Young Kickstart, chapter 3](#)]
4. Leave your past behind. Be delivered, forgive, let go, reconcile with others. Separate yourself from everything that does not belong to the kingdom of God. [[Young Kickstart, chapter 4](#)]
5. Be filled with the Holy Spirit. He is the power of God,

empowering you to become an effective witness of Jesus Christ and to be changed into his image.

[\[Young Kickstart, chapter 5\]](#)

6. Spend time with God daily in order to get to know and to build a relationship with him. In doing so, God's Word, the Bible, will play a vital role. Read and study it daily, ask the Holy Spirit to explain the will of God to you. During these times you will learn to hear God's voice for yourself. By this faith for miracles and healing will grow in your life. [\[Young Kickstart, chapters 6 - 9\]](#)
7. Ask God for a good church family where people believe and live his word. Christians cannot survive by being lone rangers. We need to be committed to a spiritual family. There we will get encouragement. By this we will grow and also encourage others. [\[Young Kickstart, chapters 10 - 11\]](#)
8. Become a strong follower of Christ, but also pass the good news of Jesus on to others. In case they want to follow him too, train and help them to do so. [\[Young Kickstart – "From fan to follower" and chapter 12\]](#)

The Jesus film

I highly recommend this film in order to become aware (again) of what Jesus has done for us and what God's plan of salvation for the world looks like. It tells the story of Jesus according to the Gospel of Luke.

What makes this film unique is the fact that it is available in more than **1.400 languages!** No matter what language one speaks – virtually everyone can watch and understand this film.

It is available for **free** on the internet. To watch it you can also install an app on your Android or iOS device.



Internet: jesusfilmmedia.org



The Chosen

This project is still in development and films the story of Jesus from the perspective of the people who followed him. The seasons and episodes are in English, but dubbing for many other languages will gradually follow.

This project uniquely fills the gaps left open by the biblical account without contradicting it. The result makes the Gospel come very much alive.

Apps on Android or iOS are required for playback. Absolutely recommended!



Internet: watch.angelstudios.com/thechosen



Get a Bible

Translations

These are just some examples of English translations that I have used. The selection is quite biased, but might be helpful.

KJV – King James Version

This translation contains many phrases that are quite old and might sound antiquated. Nevertheless, I found it to be pretty accurate. It is included in many apps for free and often comes with an extensive version of the Strong's concordance, making Hebrew and Greek keywords and their translations available even to the layperson that has not studied the original languages. Although it might not be a good choice for daily reading, I like using it as a reference.

NKJV – New King James Version

As my personal favorite, it keeps the accuracy of the KJV, but presents a more up-to-date language. I like using it during my daily Bible reading time. Unfortunately, in most cases, it is not free on Bible apps.

NIV – New International Version

This is a very popular translation. It uses contemporary language which makes it very useful – even for reading

longer passages. Some believe that accuracy has suffered due to the modern language. Personally, I like to read it while using the KJV or NKJV as a reference. Usually this translation comes with costs.

ESV – English Standard Version

The ESV is an "essentially literal" translation of the Bible in contemporary English. I found it easy to read. One of the benefits is the fact that it is available for free on many Bible software packages and apps. It is a good alternative for the NIV. In my opinion, it is even better and more accurate.

Amplified Version

The Amplified Bible is based on the ASV (American Standard Version). The language might not be the most contemporary. What makes it unique is the fact that it uses additional wording to bring out all shades of meaning present in the original text. These are often put in brackets. So, reading longer passages might become a little bit tedious. But for those who are not comfortable with using resources like Strong's concordance (Hebrew and Greek), this Bible edition often gives a good and more in-depth understanding of the original meaning. Therefore, it serves well as a reference.

NASB – New American Standard Bible

By some sources it is considered to be the most literally translated of major 20th-century English Bible translations (according to Wikipedia). While trying to avoid the very old fashioned language of the KJV, it has proven to be a very accurate translation. While many Bible apps include the older ASV (American Standard Version), published in 1901, this translation will usually not be free of charge.

Modern translations – easy to read

There are quite some Bible editions out there using very contemporary language. Examples like the "New Living Translation" (NLT) and "The Message" are widely known. Others like "Bible in Basic English" (BBE) or "Easy English Bible" (EE) are often among the freely available translations in many Bible apps.

They have some merit when it comes to reading longer and more extensive Bible passages. And they are helpful to understand the context, especially when children start reading their own Bible. But for in-depth Bible studies other translations are more suitable.

Bible apps and software

These are some examples I checked out myself. You might find them useful as well. Otherwise find your own favorites. There are many out there.

e-sword

- System:** Windows, Mac, iPad (e-sword HD), iPhone (e-sword LT, not free)
- Internet:** www.e-sword.net
- Description:** can be used offline, many translations are free of charge, many languages

Very useful app – all features available offline.



MyBible

System: Android

Description: can be used offline, many translations are free of charge, many languages, many different reading plans

The selection of free translations seems to be larger than those in many other apps. The Strong's concordance (Hebrew/Greek) is not just available with the KJV but also with a lot of other translations (e.g., ASV, NASB, WEB).

It is my personal favorite app for Android.



YouVersion

- System:** Windows (app), Web-Version, Android, iOS, Blackberry
- Internet:** www.youversion.com
- Description:** registration and internet connection are required for use of all features, many translations are free of charge, some translations are only available online, large online-community, many reading plans

Good Bible app with focus on online community and extensive features, reduced functionality offline.



Spending time with God

Planning



You can only develop a lively relationship with God when setting aside special time. If things are important to us, we will reserve time for them. This does not just come by chance. It must be managed on purpose. Here are some tips to do so.

Regularity: It is more effective to reserve shorter times **daily** than investing several hours just once a week.

Duration: You can start with **20 minutes** a day. Less is not really effective. In the long term, you may consider **one hour** a day as highly beneficial for steady spiritual growth. But always remember to only take one step at a time – no pressure.

Time: The **early morning hours** tend to be a good choice. People working shifts may want to plan differently – maybe late hours might work. Daniel, the prophet, prayed three times a day. This is highly effective too. Basically you have to find *your* time-slot.

Honesty: Be honest with yourself. What activities are **necessary**? Which ones are rather "**nice-to-have**"?

Priority: TV/social media/games should be **last on the list!**

Getting practical

*Put a plan together in order to find your time with God!
Maybe weekends need different planning.*

Example "high school student":

Get up:

Breakfast:

Leave house:

School incl. lunch meals: from _____ to _____

Back home:

Homework/study: from _____ to _____

Duties/sports/hobby: from _____ to _____

Dinner:

What next? How long?

Going to bed:

Maybe you need to get up a little earlier. And ... no one ever died because of lack of TV or computer games!

What time-slots did you find? _____

Time with God – "compact"

I have compiled four steps that will enable you to effectively spend 20 minutes a day with the Lord. If you are a structured person, this might work for you:

THANKFULNESS AND PRAISE: These are entry points into God's presence. We thank him for all that he does in our lives and praise him for who he is! [[Psalms 100:4](#)]

CAST YOUR CARES ON GOD: Anxiety paralyzes. So many times we try to do things in our own strength. Let's hand our cares over to the Father God! At this point we can also pray for others. [[1. Peter 5:7](#)]

LOOK TO JESUS: First, let's just be quiet and visualize Jesus going on a journey with us. Our focus will shift from our inadequacy towards him. Then, we can talk like a friend to him! [[Hebrews 12:1+2](#)]

READ THE BIBLE¹: God's Word is our food and weapon. What does it say? What promises can we find? What is God's will? What is his character like? What verse becomes important to us TODAY? Reading scripture out loud is a good idea. Let's meditate on it. We proclaim, *"God, what I read here shall happen! This is what I want! Thank you that this is the truth!"* [[Hebrews 4:12](#)]

1 To read the Bible with benefit, the next chapters will provide some useful strategies and tips.

Time with God – "extensive"

The "Lord's prayer"- Jesus did not show us how to pray in order for us just to memorize a prayer. It is rather a blueprint for our time of fellowship with God. It enables us to easily pray for an hour or more. We find it in [Matthew 6:9-13 \(MKJV\)](#):

OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME.

(verse 9)

First, we focus on our Father and his greatness. We thank him, praise and worship him – for how he is, who he is and the good things he has done. This also relates to [Matthew 6:33](#). This verse confirms that God will take care of our needs, when we give him the first priority in our lives.

YOUR KINGDOM COME, YOUR WILL BE DONE, ON EARTH AS IT IS IN HEAVEN. (verse 10)

Before we bring all of OUR petitions and requests before his throne, we take interest in HIS will first. Here we pray that his will and lordship will be manifested in all aspects of life – heaven shall come to earth. This includes our own life, our family, relatives, neighborhood, school, job, church, city, nation and even more. Maybe we pray for the salvation of our schoolmates or neighbors, for wisdom to be given to the government or that our children discover God's calling on their lives.

GIVE US THIS DAY OUR DAILY BREAD. (verse 11)

Now we can ask our Father God for daily provision, casting our cares upon him. Maybe we need wisdom for a test or a meeting with our boss. Maybe we need financial provision or a word of encouragement in difficult times. Our Father God is interested in the big and small cares, needs and burdens of his children.

When God speaks to us, we receive spiritual bread ([Matthew 4:4](#)). Therefore, it is a good idea to also ask him to speak to us today in a new and fresh way.

AND FORGIVE US OUR DEBTS, AS WE FORGIVE OUR DEBTORS. (verse 12)

Jesus paid for every sin at the cross. It is our responsibility to receive and apply that gift in our daily lives by confession and forgiving others, who might have wronged us. Jesus pointed out that receiving and granting forgiveness belong together ([Matthew 6:14-15](#)). Because our words have power ([Proverbs 18:21](#)), verbalizing forgiveness towards others before God is a very powerful way of releasing people and ourselves into freedom.

AND LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM THE EVIL. (verse 13a)

God does not tempt us to do evil ([James 1:13](#)). But we can be tempted by the devil, by people, circumstances or even by our own untrained, still weak character. So, we can ask our Father God to protect us and to deliver us from evil character traits – call it sanctification.

Maybe we still have the tendency to become angry, saying unwise things. If we are going to have a meeting with a person who has provoked us in the past over and over again, it might be a good idea to ask the Father for supernatural peace, wisdom and careful words.

Maybe we need strength and boldness to not deny our faith. Or we pray for the protection of our whole family from spiritual attacks.

FOR YOURS IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER. AMEN. (verse 13b)

It is wise to get God's perspective again at the close of our prayer. Therefore, we focus on his greatness and supremacy. Our Father God reigns, he has all the power and glory. Even small faith in a mighty God will result in great miracles ([Luke 17:6](#))! And what we look at shapes us.

After we have used the "**Lord's prayer**" as a blueprint, given by Jesus for our time of prayer and fellowship with God, we can now ask the Holy Spirit to give us understanding and revelation while reading the Bible, God's Word.

We will talk about this much more in some of the following chapters.

Time with God – "proclamation"

The Bible places great promises on our confession. When we speak God's truths, we preach to ourselves, strengthen our faith and promote signs and wonders in our lives. Therefore, it is a good habit to proclaim God's Word daily, just when peace and rest are hard to come by, emotions are sluggish or distractions intrude.

Even if not every biblical truth is visible in your life yet, proclaim it anyway. An apple tree will also bear apples only after a certain level of maturity has been reached and only at a certain time of the year. But it would make no sense at all, if it did not call itself an apple tree until then.

On the next few pages you will find a selection¹ of biblical truths that you can declare. **Appendix D of the Young Kickstart course** contains more details and proclamations:

1. Building faith ...
2. Planting (the invisible) in faith ...
3. Speaking in faith (to obstacles) ...

1 Inspired by the "Declaration Set" by Steve Backlund. Some adaptations were made.

Building faith ...	
When I pray, God hears and things start to happen.	The prayer of a righteous person has great effectiveness. (James 5:16b, NET)
God will provide for me today.	And my God will supply your every need according to his glorious riches in Christ Jesus. (Philippians 4:19, NET)
I do not have to sin today, but can live victoriously.	So you too consider yourselves dead to sin, but alive to God in Christ Jesus. (Romans 6:11, NET)
I get healthier every day.	He himself bore our sins in his body on the tree, that we may cease from sinning and live for righteousness. By his wounds you were healed. (1. Peter 2:24, NET) He is the one who forgives all your sins, who heals all your diseases. (Psalm 103:3, NET)
Divine protection is my portion today.	For he will order his angels to protect you in all you do. They will lift you up in their hands, so you will not slip and fall on a stone. (Psalm 91:11-12, NET)

Planting in faith ...	
My words will affect what happens today.	Death and life are in the power of the tongue, and those who love its use will eat its fruit. (Proverbs 18:21, NET)
Because of God, everything is possible for me today. I cannot be defeated.	I can do all things through him who strengthens me. (Philippians 4:13, ESV)
I will not lag behind others today. I will go ahead and have power over the enemy.	Look, I have given you authority to tread on snakes and scorpions and on the full force of the enemy, and nothing will hurt you. (Luke 10:19, NET)
My family and I are protected from all evil today.	The whole of Psalm 91 relates to this. If you want, you can read all or part of it.
I remind God of his promises today. He will keep his word.	He was fully convinced that what God promised he was also able to do. (Romans 4:21, NET)
Today I have strength, love, discipline and a sound mind.	For God did not give us a Spirit of fear but of power and love and self-control. (2. Timothy 1:7, NET)
I expect today to be the best day of my life.	I have come so that they may have life, and may have it abundantly. (John 10:10b, NET)

Speaking in faith ...	
Thank you, Father, that your angels are working on my behalf today.	Are they [<i>the angels</i>] not all ministering spirits, sent out to serve those who will inherit salvation? (Hebrews 1:14, NET)
No attack on me will succeed today.	No weapon forged to be used against you will succeed [...]. (Isaiah 54:17a, NET)
Just like Jesus spoke to the wind, I speak to my emotions, thoughts and body, "God's peace reigns over you!"	So he got up and rebuked the wind, and said to the sea, "Be quiet! Calm down!" Then the wind stopped, and it was dead calm. (Mark 4:39, NET)
I speak to every discouragement, bad mood, sadness, frustration, and stress, "Off you go into the sea, in Jesus' name!"	I tell you the truth, if someone says to this mountain, 'Be lifted up and thrown into the sea,' and does not doubt in his heart but believes that what he says will happen, it will be done for him. (Mark 11:23, NET)
I declare that this day is blessed. I serve a good God who can do much more than I can imagine.	Now to him who by the power that is working within us is able to do far beyond all that we ask or think, to him be the glory [...]. (Ephesians 3:20-21a, NET)

Time with God – "freestyle"

Of course, we can spend time with God in a more spontaneous way – without any concept or blueprint. Let's be creative. Why not try something like this:

- ◆ Just lay down or sit in your favorite place. You could listen to good worship music while meditating on his word or goodness. Or just be quiet, detecting and enjoying God's presence. Many will really feel it. Some call this way of experiencing the presence of God "soaking".
- ◆ You could **sing, dance** or **play your instrument**.
- ◆ Envision Jesus in your **imagination**. Your imagination is like a canvas that you can paint on. After a while you will realize that the inner pictures change, because Jesus will take his brush and paint on your canvas too. Those pictures and visions that remain usually come from him. The Bible tells us that we are changed into Jesus' image when we behold his glory (2. Corinthians 3:18).
- ◆ You can **just talk** to God the same way you would talk to a good human friend. He is not interested in long formal prayers but rather a lively relationship.
- ◆ Contemplate how to **bring joy to God's heart** today. Ask the Holy Spirit for inspiration. One of our major

callings on earth is to make God happy. Sometimes it may be spending time alone with him. On other occasions it may be his desire for you to bring help and encouragement to others or to share the Gospel. No matter what is on his heart at a particular moment, if we bring joy to God, his joy will become our strength ([Nehemia 8:10](#)).

- ◆ Feel free to ask **questions** that are really important to you. God loves that. If you persist, he will answer more of your questions than you can ever imagine. He loves sharing his secrets with his true friends ([Psalms 25:14](#)).
- ◆ **Pray scripture!** It is written ([Isaiah 55:11](#)) that God's Word will accomplish its purpose, when it returns to him. How can it return? It does when God's people read and proclaim it, agreeing with him. It could sound like, "*Father, this is what you said. I agree. Let this happen in my sphere of influence (family, nation ...).*"

Let's go beyond what is written above and become creative on our own. God is the most creative being in the whole universe. He enjoys inspiring us through his Holy Spirit. Uninspired repetition of formal prayers is not his domain.

Reading the Bible

The Bible is God's Word. It shows us his nature and his will. When you read the Bible alone or with others, ask simple questions (see below) and seek the Holy Spirit to give you answers (see Romans 8:14). *Usually these answers are accompanied by peace or a special clarity and certainty.*

It is important that we change our lives practically and put into practice what God has shown us. And we should tell others about Jesus and what He is doing in our lives.

Reading does not require faith – but doing does!

"RAD" = read – ask – do

1. *Read the Bible text once or twice. Then summarize it in your own words.*
2. *What does the passage reveal about God's nature and about people?*
3. *What is God saying to you¹ through the text²? What changes will you make in your life because of this?*
4. *Who can you share what you have learned with – or who can you share Jesus with?*

1 The same text may speak differently to different people.

2 Avoid wild interpretations. Answers should be provable from the biblical text. Write down open questions. Later you will come across Bible passages that provide answers.

Bible reading plans

There are many Bible reading plans out there – just search the internet. You will find one that fits you.

Using a reading plan prevents us from limiting our experience by staying only within a small selection of favorite passages. Instead, we will gain a good overview and orientation. Of course, there is the danger of exposing ourselves to pressure, turning Bible reading into a religious ritual. This would be fatal. Therefore, everyone has to find a suitable style and balance.

There is no "official way" of reading the Bible. But if you start from scratch, this strategy could work for you:

1. Read the **Gospel of Mark** in five weeks (half a chapter a day, spiced with some Psalms/Proverbs).
2. Read the **New Testament** in nine months (one chapter a day).
3. Read the **whole Bible** in a year (three to four chapters a day).
4. After that, find your own pace, style and plan.

For more reading plans see also:

<https://www.biblegateway.com/reading-plans/>

Starting with a 5-week plan

The Gospel of Mark is pretty short and full of action (mixed with some Psalms/Proverbs for diversity):

Day 1	Mark 1:1-20	Day 2	Mark 1:21-45
Day 3	Mark 2:1-17	Day 4	Mark 2:18-28
Day 5	Mark 3:1-19	Day 6	Mark 3:20-35
Day 7	Psalms 8	Day 8	Mark 4:1-20
Day 9	Mark 4:21-41	Day 10	Mark 5:1-20
Day 11	Mark 5:21-43	Day 12	Mark 6:1-29
Day 13	Mark 6:30-56	Day 14	Psalms 46
Day 15	Mark 7:1-23	Day 16	Mark 7:24-37
Day 17	Mark 8:1-21	Day 18	Mark 8:22-9:1
Day 19	Mark 9:2-29	Day 20	Mark 9:30-50
Day 21	Proverbs 18	Day 22	Mark 10:1-31
Day 23	Mark 10:32-52	Day 24	Mark 11
Day 25	Mark 12:1-27	Day 26	Mark 12:28-44
Day 27	Mark 13:1-23	Day 28	Mark 13:24-37
Day 29	Psalms 121	Day 30	Mark 14:1-31
Day 31	Mark 14:32-52	Day 32	Mark 14:53-72
Day 33	Mark 15:1-20	Day 34	Mark 15:21-47
Day 35	Mark 16		

Reading the New Testament

By reading one chapter a day you can go through the New Testament in not even nine months. Of course, you can read it straight from beginning to end. For those who like more diversity and balance, check out this reading order:

1	Gospel of Luke	2	Acts
3	Romans	4	Galatians
5	Hebrews	6	James
7	Gospel of Matthew	8	Ephesians
9	Philippians	10	Colossians
11	1. Corinthians	12	2. Corinthians
13	Gospel of John	14	1. John
15	2. John	16	3. John
17	1. Peter	18	2. Peter
19	1. Thessalonians	20	2. Thessalonians
21	Gospel of Mark	22	1. Timothy
23	2. Timothy	24	Titus
25	Philemon	26	Jude
27	Revelation		

Reading the whole Bible

This plan, according to *M'Cheyne*, provides four chapters a day (1. - 4.). By this you will read the New Testament (NT) twice a year, the Old Testament (OT) once a year.¹²

1. OT	2. NT+Psalms	3. OT	4. NT+Psalms
Genesis 1	Matthew 1	Ezra 1	Acts 1
Genesis 2	Matthew 2	Ezra 2	Acts 2
Genesis 3	Matthew 3	Ezra 3	Acts 3
Genesis 4	Matthew 4	Ezra 4	Acts 4
Genesis 5	Matthew 5	Ezra 5	Acts 5
Genesis 6	Matthew 6	Ezra 6	Acts 6
Genesis 7	Matthew 7	Ezra 7	Acts 7
Genesis 8	Matthew 8	Ezra 8	Acts 8
Genesis 9–10	Matthew 9	Ezra 9	Acts 9
Genesis 11	Matthew 10	Ezra 10	Acts 10
Genesis 12	Matthew 11	Nehemia 1	Acts 11
Genesis 13	Matthew 12	Nehemia 2	Acts 12
Genesis 14	Matthew 13	Nehemia 3	Acts 13
Genesis 15	Matthew 14	Nehemia 4	Acts 14
Genesis 16	Matthew 15	Nehemia 5	Acts 15
Genesis 17	Matthew 16	Nehemia 6	Acts 16

- 1 If you prefer a more stress-free experience, you can extend this plan to two years. *Example: Day 1: 1+2, Day 2: 3+4, Day 3: 1+2 ...*
- 2 Some passages of the Old Testament (OT) might be hard to understand at the beginning. In this case I suggest to start with Psalms, Proverbs and the stories. Later you may add the prophetic texts, gaining a better understanding of how they fit into the historic context. You find the more narrative passages of the Old Testament colored in **orange**. New Testament and Psalms are marked **yellow**.

1. OT	2. NT+Psalms	3. OT	4. NT+Psalms
Genesis 18	Matthew 17	Nehemia 7	Acts 17
Genesis 19	Matthew 18	Nehemia 8	Acts 18
Genesis 20	Matthew 19	Nehemia 9	Acts 19
Genesis 21	Matthew 20	Nehemia 10	Acts 20
Genesis 22	Matthew 21	Nehemia 11	Acts 21
Genesis 23	Matthew 22	Nehemia 12	Acts 22
Genesis 24	Matthew 23	Nehemia 13	Acts 23
Genesis 25	Matthew 24	Esther 1	Acts 24
Genesis 26	Matthew 25	Esther 2	Acts 25
Genesis 27	Matthew 26	Esther 3	Acts 26
Genesis 28	Matthew 27	Esther 4	Acts 27
Genesis 29	Matthew 28	Esther 5	Acts 28
Genesis 30	Mark 1	Esther 6	Romans 1
Genesis 31	Mark 2	Esther 7	Romans 2
Genesis 32	Mark 3	Esther 8	Romans 3
Genesis 33	Mark 4	Esther 9–10	Romans 4
Genesis 34	Mark 5	Job 1	Romans 5
Genesis 35–36	Mark 6	Job 2	Romans 6
Genesis 37	Mark 7	Job 3	Romans 7
Genesis 38	Mark 8	Job 4	Romans 8
Genesis 39	Mark 9	Job 5	Romans 9
Genesis 40	Mark 10	Job 6	Romans 10
Genesis 41	Mark 11	Job 7	Romans 11
Genesis 42	Mark 12	Job 8	Romans 12
Genesis 43	Mark 13	Job 9	Romans 13
Genesis 44	Mark 14	Job 10	Romans 14
Genesis 45	Mark 15	Job 11	Romans 15
Genesis 46	Mark 16	Job 12	Romans 16
Genesis 47	Luke 1,1–38	Job 13	1 Corinthians 1
Genesis 48	Luke 1,39–80	Job 14	1 Corinthians 2
Genesis 49	Luke 2	Job 15	1 Corinthians 3
Genesis 50	Luke 3	Job 16–17	1 Corinthians 4

1. OT	2. NT+Psalms	3. OT	4. NT+Psalms
Exodus 1	Luke 4	Job 18	1 Corinthians 5
Exodus 2	Luke 5	Job 19	1 Corinthians 6
Exodus 3	Luke 6	Job 20	1 Corinthians 7
Exodus 4	Luke 7	Job 21	1 Corinthians 8
Exodus 5	Luke 8	Job 22	1 Corinthians 9
Exodus 6	Luke 9	Job 23	1 Corinthians 10
Exodus 7	Luke 10	Job 24	1 Corinthians 11
Exodus 8	Luke 11	Job 25–26	1 Corinthians 12
Exodus 9	Luke 12	Job 27	1 Corinthians 13
Exodus 10	Luke 13	Job 28	1 Corinthians 14
Ex 11–12,20	Luke 14	Job 29	1 Corinthians 15
Ex 12,21–50	Luke 15	Job 30	1 Corinthians 16
Exodus 13	Luke 16	Job 31	2 Corinthians 1
Exodus 14	Luke 17	Job 32	2 Corinthians 2
Exodus 15	Luke 18	Job 33	2 Corinthians 3
Exodus 16	Luke 19	Job 34	2 Corinthians 4
Exodus 17	Luke 20	Job 35	2 Corinthians 5
Exodus 18	Luke 21	Job 36	2 Corinthians 6
Exodus 19	Luke 22	Job 37	2 Corinthians 7
Exodus 20	Luke 23	Job 38	2 Corinthians 8
Exodus 21	Luke 24	Job 39	2 Corinthians 9
Exodus 22	John 1	Job 40	2 Corinthians 10
Exodus 23	John 2	Job 41	2 Corinthians 11
Exodus 24	John 3	Job 42	2 Corinthians 12
Exodus 25	John 4	Proverbs 1	2 Corinthians 13
Exodus 26	John 5	Proverbs 2	Galatians 1
Exodus 27	John 6	Proverbs 3	Galatians 2
Exodus 28	John 7	Proverbs 4	Galatians 3
Exodus 29	John 8	Proverbs 5	Galatians 4
Exodus 30	John 9	Proverbs 6	Galatians 5
Exodus 31	John 10	Proverbs 7	Galatians 6
Exodus 32	John 11	Proverbs 8	Ephesians 1

1. OT	2. NT+Psalms	3. OT	4. NT+Psalms
Exodus 33	John 12	Proverbs 9	Ephesians 2
Exodus 34	John 13	Proverbs 10	Ephesians 3
Exodus 35	John 14	Proverbs 11	Ephesians 4
Exodus 36	John 15	Proverbs 12	Ephesians 5
Exodus 37	John 16	Proverbs 13	Ephesians 6
Exodus 38	John 17	Proverbs 14	Phillipians 1
Exodus 39	John 18	Proverbs 15	Phillipians 2
Exodus 40	John 19	Proverbs 16	Phillipians 3
Leviticus 1	John 20	Proverbs 17	Phillipians 4
Leviticus 2–3	John 21	Proverbs 18	Colossians 1
Leviticus 4	Ps 1–2	Proverbs 19	Colossians 2
Leviticus 5	Ps 3–4	Proverbs 20	Colossians 3
Leviticus 6	Ps 5–6	Proverbs 21	Colossians 4
Leviticus 7	Ps 7–8	Proverbs 22	1 Thess 1
Leviticus 8	Ps 9	Proverbs 23	1 Thess 2
Leviticus 9	Ps 10	Proverbs 24	1 Thess 3
Leviticus 10	Ps 11–12	Proverbs 25	1 Thess 4
Leviticus 11–12	Ps 13–14	Proverbs 26	1 Thess 5
Leviticus 13	Ps 15–16	Proverbs 27	2 Thess 1
Leviticus 14	Ps 17	Proverbs 28	2 Thess 2
Leviticus 15	Ps 18	Proverbs 29	2 Thess 3
Leviticus 16	Ps 19	Proverbs 30	1 Timothy 1
Leviticus 17	Ps 20–21	Proverbs 31	1 Timothy 2
Leviticus 18	Ps 22	Eccl 1	1 Timothy 3
Leviticus 19	Ps 23–24	Eccl 2	1 Timothy 4
Leviticus 20	Ps 25	Eccl 3	1 Timothy 5
Leviticus 21	Ps 26–27	Eccl 4	1 Timothy 6
Leviticus 22	Ps 28–29	Eccl 5	2 Timothy 1
Leviticus 23	Ps 30	Eccl 6	2 Timothy 2
Leviticus 24	Ps 31	Eccl 7	2 Timothy 3
Leviticus 25	Ps 32	Eccl 8	2 Timothy 4
Leviticus 26	Ps 33	Eccl 9	Titus 1

1. OT	2. NT+Psalms	3. OT	4. NT+Psalms
Leviticus 27	Ps 34	Eccl 10	Titus 2
Numbers 1	Ps 35	Eccl 11	Titus 3
Numbers 2	Ps 36	Eccl 12	Philemon
Numbers 3	Ps 37	Songs 1	Hebrews 1
Numbers 4	Ps 38	Songs 2	Hebrews 2
Numbers 5	Ps 39	Songs 3	Hebrews 3
Numbers 6	Ps 40–41	Songs 4	Hebrews 4
Numbers 7	Ps 42–43	Songs 5	Hebrews 5
Numbers 8	Ps 44	Songs 6	Hebrews 6
Numbers 9	Ps 45	Songs 7	Hebrews 7
Numbers 10	Ps 46–47	Songs 8	Hebrews 8
Numbers 11	Ps 48	Isaiah 1	Hebrews 9
Numbers 12–13	Ps 49	Isaiah 2	Hebrews 10
Numbers 14	Ps 50	Isaiah 3–4	Hebrews 11
Numbers 15	Ps 51	Isaiah 5	Hebrews 12
Numbers 16	Ps 52–54	Isaiah 6	Hebrews 13
Numbers 17–18	Ps 55	Isaiah 7	James 1
Numbers 19	Ps 56–57	Isaiah 8,1–9,7	James 2
Numbers 20	Ps 58–59	Isaiah 9,8–10,4	James 3
Numbers 21	Ps 60–61	Isaiah 10,5–34	James 4
Numbers 22	Ps 62–63	Isaiah 11–12	James 5
Numbers 23	Ps 64–65	Isaiah 13	1 Peter 1
Numbers 24	Ps 66–67	Isaiah 14	1 Peter 2
Numbers 25	Ps 68	Isaiah 15	1 Peter 3
Numbers 26	Ps 69	Isaiah 16	1 Peter 4
Numbers 27	Ps 70–71	Isaiah 17–18	1 Peter 5
Numbers 28	Ps 72	Isaiah 19–20	2 Peter 1
Numbers 29	Ps 73	Isaiah 21	2 Peter 2
Numbers 30	Ps 74	Isaiah 22	2 Peter 3
Numbers 31	Ps 75–76	Isaiah 23	1 John 1
Numbers 32	Ps 77	Isaiah 24	1 John 2
Numbers 33	Ps 78,1–39	Isaiah 25	1 John 3

1. OT	2. NT+Psalms	3. OT	4. NT+Psalms
Numbers 34	Ps 78,40–72	Isaiah 26	1 John 4
Numbers 35	Ps 79	Isaiah 27	1 John 5
Numbers 36	Ps 80	Isaiah 28	2 John
Deut 1	Ps 81–82	Isaiah 29	3 John
Deut 2	Ps 83–84	Isaiah 30	Jude
Deut 3	Ps 85	Isaiah 31	Revelation 1
Deut 4	Ps 86–87	Isaiah 32	Revelation 2
Deut 5	Ps 88	Isaiah 33	Revelation 3
Deut 6	Ps 89	Isaiah 34	Revelation 4
Deut 7	Ps 90	Isaiah 35	Revelation 5
Deut 8	Ps 91	Isaiah 36	Revelation 6
Deut 9	Ps 92–93	Isaiah 37	Revelation 7
Deut 10	Ps 94	Isaiah 38	Revelation 8
Deut 11	Ps 95–96	Isaiah 39	Revelation 9
Deut 12	Ps 97–98	Isaiah 40	Revelation 10
Deut 13–14	Ps 99–101	Isaiah 41	Revelation 11
Deut 15	Ps 102	Isaiah 42	Revelation 12
Deut 16	Ps 103	Isaiah 43	Revelation 13
Deut 17	Ps 104	Isaiah 44	Revelation 14
Deut 18	Ps 105	Isaiah 45	Revelation 15
Deut 19	Ps 106	Isaiah 46	Revelation 16
Deut 20	Ps 107	Isaiah 47	Revelation 17
Deut 21	Ps 108–109	Isaiah 48	Revelation 18
Deut 22	Ps 110–111	Isaiah 49	Revelation 19
Deut 23	Ps 112–113	Isaiah 50	Revelation 20
Deut 24	Ps 114–115	Isaiah 51	Revelation 21
Deut 25	Ps 116	Isaiah 52	Revelation 22
Deut 26	Ps 117–118	Isaiah 53	Matthew 1
Deut 27–28,19	Ps 119,1–24	Isaiah 54	Matthew 2
Deut 28,20–68	Ps 119,25–48	Isaiah 55	Matthew 3
Deut 29	Ps 119,49–72	Isaiah 56	Matthew 4
Deut 30	Ps 119,73–96	Isaiah 57	Matthew 5

1. OT	2. NT+Psalms	3. OT	4. NT+Psalms
Deut 31	Ps 119,97–120	Isaiah 58	Matthew 6
Deut 32	Ps 119,121–144	Isaiah 59	Matthew 7
Deut 33–34	Ps 119,145–176	Isaiah 60	Matthew 8
Joshua 1	Ps 120–122	Isaiah 61	Matthew 9
Joshua 2	Ps 123–125	Isaiah 62	Matthew 10
Joshua 3	Ps 126–128	Isaiah 63	Matthew 11
Joshua 4	Ps 129–131	Isaiah 64	Matthew 12
Joshua 5	Ps 132–134	Isaiah 65	Matthew 13
Joshua 6	Ps 135–136	Isaiah 66	Matthew 14
Joshua 7	Ps 137–138	Jermiah 1	Matthew 15
Joshua 8	Ps 139	Jermiah 2	Matthew 16
Joshua 9	Ps 140–141	Jermiah 3	Matthew 17
Joshua 10	Ps 142–143	Jermiah 4	Matthew 18
Joshua 11	Ps 144	Jermiah 5	Matthew 19
Joshua 12–13	Ps 145	Jermiah 6	Matthew 20
Joshua 14–15	Ps 146–147	Jermiah 7	Matthew 21
Joshua 16–17	Ps 148	Jermiah 8	Matthew 22
Joshua 18–19	Ps 149–150	Jermiah 9	Matthew 23
Joshua 20–21	Acts 1	Jermiah 10	Matthew 24
Joshua 22	Acts 2	Jermiah 11	Matthew 25
Joshua 23	Acts 3	Jermiah 12	Matthew 26
Joshua 24	Acts 4	Jermiah 13	Matthew 27
Judges 1	Acts 5	Jermiah 14	Matthew 28
Judges 2	Acts 6	Jermiah 15	Mark 1
Judges 3	Acts 7	Jermiah 16	Mark 2
Judges 4	Acts 8	Jermiah 17	Mark 3
Judges 5	Acts 9	Jermiah 18	Mark 4
Judges 6	Acts 10	Jermiah 19	Mark 5
Judges 7	Acts 11	Jermiah 20	Mark 6
Judges 8	Acts 12	Jermiah 21	Mark 7
Judges 9	Acts 13	Jermiah 22	Mark 8
Judges 10	Acts 14	Jermiah 23	Mark 9

1. OT	2. NT+Psalms	3. OT	4. NT+Psalms
Judges 11	Acts 15	Jermiah 24	Mark 10
Judges 12	Acts 16	Jermiah 25	Mark 11
Judges 13	Acts 17	Jermiah 26	Mark 12
Judges 14	Acts 18	Jermiah 27	Mark 13
Judges 15	Acts 19	Jermiah 28	Mark 14
Judges 16	Acts 20	Jermiah 29	Mark 15
Judges 17	Acts 21	Jermiah 30–31	Mark 16
Judges 18	Acts 22	Jermiah 32	Ps 1–2
Judges 19	Acts 23	Jermiah 33	Ps 3–4
Judges 20	Acts 24	Jermiah 34	Ps 5–6
Judges 21	Acts 25	Jermiah 35	Ps 7–8
Ruth 1	Acts 26	Jermiah 36, 45	Ps 9
Ruth 2	Acts 27	Jermiah 37	Ps 10
Ruth 3–4	Acts 28	Jermiah 38	Ps 11–12
1 Samuel 1	Romans 1	Jermiah 39	Ps 13–14
1 Samuel 2	Romans 2	Jermiah 40	Ps 15–16
1 Samuel 3	Romans 3	Jermiah 41	Ps 17
1 Samuel 4	Romans 4	Jermiah 42	Ps 18
1 Samuel 5–6	Romans 5	Jermiah 43	Ps 19
1 Samuel 7–8	Romans 6	Jermiah 44	Ps 20–21
1 Samuel 9	Romans 7	Jermiah 46	Ps 22
1 Samuel 10	Romans 8	Jermiah 47	Ps 23–24
1 Samuel 11	Romans 9	Jermiah 48	Ps 25
1 Samuel 12	Romans 10	Jermiah 49	Ps 26–27
1 Samuel 13	Romans 11	Jermiah 50	Ps 28–29
1 Samuel 14	Romans 12	Jermiah 51	Ps 30
1 Samuel 15	Romans 13	Jermiah 52	Ps 31
1 Samuel 16	Romans 14	Lamentations 1	Ps 32
1 Samuel 17	Romans 15	Lamentations 2	Ps 33
1 Samuel 18	Romans 16	Lamentations 3	Ps 34
1 Samuel 19	1 Corinthians 1	Lamentations 4	Ps 35
1 Samuel 20	1 Corinthians 2	Lamentations 5	Ps 36

1. OT	2. NT+Psalms	3. OT	4. NT+Psalms
1 Samuel 21–22	1 Corinthians 3	Ezekiel 1	Ps 37
1 Samuel 23	1 Corinthians 4	Ezekiel 2	Ps 38
1 Samuel 24	1 Corinthians 5	Ezekiel 3	Ps 39
1 Samuel 25	1 Corinthians 6	Ezekiel 4	Ps 40–41
1 Samuel 26	1 Corinthians 7	Ezekiel 5	Ps 42–43
1 Samuel 27	1 Corinthians 8	Ezekiel 6	Ps 44
1 Samuel 28	1 Corinthians 9	Ezekiel 7	Ps 45
1 Samuel 29–30	1 Corinthians 10	Ezekiel 8	Ps 46–47
1 Samuel 31	1 Corinthians 11	Ezekiel 9	Ps 48
2 Samuel 1	1 Corinthians 12	Ezekiel 10	Ps 49
2 Samuel 2	1 Corinthians 13	Ezekiel 11	Ps 50
2 Samuel 3	1 Corinthians 14	Ezekiel 12	Ps 51
2 Samuel 4–5	1 Corinthians 15	Ezekiel 13	Ps 52–54
2 Samuel 6	1 Corinthians 16	Ezekiel 14	Ps 55
2 Samuel 7	2 Corinthians 1	Ezekiel 15	Ps 56–57
2 Samuel 8–9	2 Corinthians 2	Ezekiel 16	Ps 58–59
2 Samuel 10	2 Corinthians 3	Ezekiel 17	Ps 60–61
2 Samuel 11	2 Corinthians 4	Ezekiel 18	Ps 62–63
2 Samuel 12	2 Corinthians 5	Ezekiel 19	Ps 64–65
2 Samuel 13	2 Corinthians 6	Ezekiel 20	Ps 66–67
2 Samuel 14	2 Corinthians 7	Ezekiel 21	Ps 68
2 Samuel 15	2 Corinthians 8	Ezekiel 22	Ps 69
2 Samuel 16	2 Corinthians 9	Ezekiel 23	Ps 70–71
2 Samuel 17	2 Corinthians 10	Ezekiel 24	Ps 72
2 Samuel 18	2 Corinthians 11	Ezekiel 25	Ps 73
2 Samuel 19	2 Corinthians 12	Ezekiel 26	Ps 74
2 Samuel 20	2 Corinthians 13	Ezekiel 27	Ps 75–76
2 Samuel 21	Galatians 1	Ezekiel 28	Ps 77
2 Samuel 22	Galatians 2	Ezekiel 29	Ps 78,1–39
2 Samuel 23	Galatians 3	Ezekiel 30	Ps 78,40–72
2 Samuel 24	Galatians 4	Ezekiel 31	Ps 79
1 Kings 1	Galatians 5	Ezekiel 32	Ps 80

1. OT	2. NT+Psalms	3. OT	4. NT+Psalms
1 Kings 2	Galatians 6	Ezekiel 33	Ps 81–82
1 Kings 3	Ephesians 1	Ezekiel 34	Ps 83–84
1 Kings 4–5	Ephesians 2	Ezekiel 35	Ps 85
1 Kings 6	Ephesians 3	Ezekiel 36	Ps 86
1 Kings 7	Ephesians 4	Ezekiel 37	Ps 87–88
1 Kings 8	Ephesians 5	Ezekiel 38	Ps 89
1 Kings 9	Ephesians 6	Ezekiel 39	Ps 90
1 Kings 10	Phillipians 1	Ezekiel 40	Ps 91
1 Kings 11	Phillipians 2	Ezekiel 41	Ps 92–93
1 Kings 12	Phillipians 3	Ezekiel 42	Ps 94
1 Kings 13	Phillipians 4	Ezekiel 43	Ps 95–96
1 Kings 14	Colossians 1	Ezekiel 44	Ps 97–98
1 Kings 15	Colossians 2	Ezekiel 45	Ps 99–101
1 Kings 16	Colossians 3	Ezekiel 46	Ps 102
1 Kings 17	Colossians 4	Ezekiel 47	Ps 103
1 Kings 18	1 Thess 1	Ezekiel 48	Ps 104
1 Kings 19	1 Thess 2	Daniel 1	Ps 105
1 Kings 20	1 Thess 3	Daniel 2	Ps 106
1 Kings 21	1 Thess 4	Daniel 3	Ps 107
1 Kings 22	1 Thess 5	Daniel 4	Ps 108–109
2 Kings 1	2 Thess 1	Daniel 5	Ps 110–111
2 Kings 2	2 Thess 2	Daniel 6	Ps 112–113
2 Kings 3	2 Thess 3	Daniel 7	Ps 114–115
2 Kings 4	1 Timothy 1	Daniel 8	Ps 116
2 Kings 5	1 Timothy 2	Daniel 9	Ps 117–118
2 Kings 6	1 Timothy 3	Daniel 10	Ps 119,1–24
2 Kings 7	1 Timothy 4	Daniel 11	Ps 119,25–48
2 Kings 8	1 Timothy 5	Daniel 12	Ps 119,49–72
2 Kings 9	1 Timothy 6	Hosea 1	Ps 119,73–96
2 Kings 10–11	2 Timothy 1	Hosea 2	Ps 119,97–120
2 Kings 12	2 Timothy 2	Hosea 3–4	Ps 119,121–144
2 Kings 13	2 Timothy 3	Hosea 5–6	Ps 119,145–176

1. OT	2. NT+Psalms	3. OT	4. NT+Psalms
2 Kings 14	2 Timothy 4	Hosea 7	Ps 120–122
2 Kings 15	Titus 1	Hosea 8	Ps 123–125
2 Kings 16	Titus 2	Hosea 9	Ps 126–128
2 Kings 17	Titus 3	Hosea 10	Ps 129–131
2 Kings 18	Philemon	Hosea 11	Ps 132–134
2 Kings 19	Hebrews 1	Hosea 12	Ps 135–136
2 Kings 20	Hebrews 2	Hosea 13	Ps 137–138
2 Kings 21	Hebrews 3	Hosea 14	Ps 139
2 Kings 22	Hebrews 4	Joel 1	Ps 140–141
2 Kings 23	Hebrews 5	Joel 2	Ps 142
2 Kings 24	Hebrews 6	Joel 3	Ps 143
2 Kings 25	Hebrews 7	Amos 1	Ps 144
1 Chr 1–2	Hebrews 8	Amos 2	Ps 145
1 Chr 3–4	Hebrews 9	Amos 3	Ps 146–147
1 Chr 5–6	Hebrews 10	Amos 4	Ps 148–150
1 Chr 7–8	Hebrews 11	Amos 5	Luke 1,1–38
1 Chr 9–10	Hebrews 12	Amos 6	Luke 1,39–80
1 Chr 11–12	Hebrews 13	Amos 7	Luke 2
1 Chr 13–14	James 1	Amos 8	Luke 3
1 Chr 15	James 2	Amos 9	Luke 4
1 Chr 16	James 3	Obadiah	Luke 5
1 Chr 17	James 4	Jonah 1	Luke 6
1 Chr 18	James 5	Jonah 2	Luke 7
1 Chr 19–20	1 Peter 1	Jonah 3	Luke 8
1 Chr 21	1 Peter 2	Jonah 4	Luke 9
1 Chr 22	1 Peter 3	Micah 1	Luke 10
1 Chr 23	1 Peter 4	Micah 2	Luke 11
1 Chr 24–25	1 Peter 5	Micah 3	Luke 12
1 Chr 26–27	2 Peter 1	Micah 4	Luke 13
1 Chr 28	2 Peter 2	Micah 5	Luke 14
1 Chr 29	2 Peter 3	Micah 6	Luke 15
2 Chr 1	1 John 1	Micah 7	Luke 16

1. OT	2. NT+Psalms	3. OT	4. NT+Psalms
2 Chr 2	1 John 2	Nahum 1	Luke 17
2 Chr 3–4	1 John 3	Nahum 2	Luke 18
2 Chr 5,1–6,11	1 John 4	Nahum 3	Luke 19
2 Chr 6,12–42	1 John 5	Habakkuk 1	Luke 20
2 Chr 7	2 John	Habakkuk 2	Luke 21
2 Chr 8	3 John	Habakkuk 3	Luke 22
2 Chr 9	Jude	Zephaniah 1	Luke 23
2 Chr 10	Revelation 1	Zephaniah 2	Luke 24
2 Chr 11–12	Revelation 2	Zephaniah 3	John 1
2 Chr 13	Revelation 3	Haggai 1	John 2
2 Chr 14–15	Revelation 4	Haggai 2	John 3
2 Chr 16	Revelation 5	Zech 1	John 4
2 Chr 17	Revelation 6	Zech 2	John 5
2 Chr 18	Revelation 7	Zech 3	John 6
2 Chr 19–20	Revelation 8	Zech 4	John 7
2 Chr 21	Revelation 9	Zech 5	John 8
2 Chr 22–23	Revelation 10	Zech 6	John 9
2 Chr 24	Revelation 11	Zech 7	John 10
2 Chr 25	Revelation 12	Zech 8	John 11
2 Chr 26	Revelation 13	Zech 9	John 12
2 Chr 27–28	Revelation 14	Zech 10	John 13
2 Chr 29	Revelation 15	Zech 11	John 14
2 Chr 30	Revelation 16	Zech 12,1–13,1	John 15
2 Chr 31	Revelation 17	Zech 13,2–9	John 16
2 Chr 32	Revelation 18	Zech 14	John 17
2 Chr 33	Revelation 19	Malachi 1	John 18
2 Chr 34	Revelation 20	Malachi 2	John 19
2 Chr 35	Revelation 21	Malachi 3	John 20
2 Chr 36	Revelation 22	Malachi 4	John 21

Spiritual journal



When things become important to us, we usually write them down because we do not want to forget them. So, when God speaks to us, we honor this by taking notes of what he said. Here are some practical pieces of advice:

- ◆ You probably do not want to use some loose sticky notepads. Rather get a cheap paper notebook. Some put notes right into their Bibles. Unfortunately they easily run out of space. Personally, I like using a notepad app or text file on my smartphone. This way I always have everything with me. Also, it is very easy to do a backup.
- ◆ It is smart to add date and context. By this you can avoid mixing up things after a long period of time.

What do I write down?

- ◆ Maybe you read your Bible and the Holy Spirit highlights a **verse** to you or somebody else may have received a special verse that applies to you.
- ◆ Maybe you or somebody else had a **vision** that speaks into your life.
- ◆ Has God given you a **revelation**? Has he **answered one of your questions** or given you **guidance**?

- ◆ If things are **important** or **encouraging** to you, write them down. It does not have to be daily – but you never know. So, be ready!

How can I use a journal like this?

- ◆ Journaling things has a purpose. You can always go back to your notes, recalling things God has spoken into your life in the past. When you remember, read and declare those things, your faith will grow. To see God's promises coming into fulfillment may take some time without seeing anything. The Bible points out that we need to mix the promises with our faith ([Hebrews 4:2](#)). Otherwise they will not come to pass in most cases.
- ◆ When you have written down special verses, promises or visions, you can bring these before God's throne in prayer over and over. You do *not* do this in order to convince God to keep his word, but you avoid becoming passive and indifferent. By reminding God, we demonstrate that things are also important *to us*. And God loves giving according to our spiritual hunger and thirst ([Matthew 5:6](#)).



A relationship with God needs to be lived out daily. This booklet provides some suggestion on how to make this practical.

