

Rewire Christian Disciplines

Joshua 1:8 "...you are to recite it day and night so that you may be careful to do everything written in it. For then you will prosper and succeed in all you do."

Written by Sarah Beriyth

In 1997 Sarah Beriylth joined YWAM (Youth with A Mission) as a full time volunteer. She lived 8 years in Asia, 4 years in Australia, 2 years in Europe and 7 months in the USA and has traveled to 30 countries, sharing the gospel and training young and upcoming missionaries.

She has also pioneered and led the Create International Discipleship Training School and took various teams to places like India, Cambodia, Thailand etc.

After a very random visa denial to Asia, she finds herself back in South Africa, creating resources to help missionaries on the field in the 10-40 window where millions have little or no access to the Gospel of Jesus Christ. Through SandBoxBible.com she helps the local church and Bible study groups to go through the Bible in a unique way – placing images in a sandbox while reading a portion of scripture with application afterwards.

In Gauteng she help traumatised children and adults through sand play therapy called SBBTherapy.com

She finished her B.A. in Biblical studies and Masters degree in Spiritual Formation and Discipleship with the University of the Nations.

Before returning to South Africa in 2018 she was part of YWAM Create International, creating films in foreign languages for specific people groups who are less than 2% Christian.

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RCD Rewire Christian Disciplines

RCD is a “Day & Night” Bible study, mixed with specific chosen questions to see where we are at in our spiritual growth.

Is it not true, that most of us sincerely desire to seek the Lord daily but our schedule and emotions, what we feel like and what we do not feel like, stop many of us from pursuing our disciplines the way Israel was exhorted in the Old Testament. There is a repeated theme, a repeated line that says: “You shall meditate on this Book day and night” Joshua 1:8 adds a promise to this command in that those who do read the Book ‘day and night’ will succeed in this life.

Psalm 1:2 we read the same message again, “Blessed is that man who delight is in the law of the LORD, and on His law he meditates day and night.” Meditates means to read and ponder over and over.

The Idea of day and night continues in the book of Acts “This is the promise our twelve tribes are hoping to see fulfilled as they earnestly serve God day and night” Acts 26:7

For most of us, the idea of reading, meditating and writing down the feelings and ideas that surface is “a wish out there...” but do be encouraged! You can rewire this way of thinking.

Psychologist Deann Ware, Ph.D., explains that when brain cells communicate frequently, the connection between them strengthens and “the messages that travel the same pathway in the brain over and over begin to transmit faster and faster.” With enough repetition, these behaviors become automatic.”

Today we know that connecting a new behavior to as many areas of the brain as possible helps to develop new neural pathways. We will read, write, listen and feel with our emotions to enhance this development of new neural pathways and my hope is that over time, the **repeated questions** over the next 12 weeks will become “natural” once you are done with this book.

Roland Baker from Iris Ministries was once asked about his spiritual disciplines. He answered that he does not read and pray out of discipline, but because he loves to spend time with the One he loves. Love does not need disciplines. My prayer is that as we embark in going deeper in our love for Jesus and the work of Holy Spirit, that we will say the same.

Rewire: Meditation of the day

Each day, at the bottom of each page one **Characteristic of God** and one statement of “**Who I am in Christ**” is included. Be encouraged to think of these two facts throughout your day. Once you are done with the book, you will have meditated on over 90 Characteristics of God and 90 statements of who you are in Christ!

During the first two weeks, you could set the alarm on your phone to go off every hour with the reminder that says: “Who am I in Christ today? and, what was the characteristic of God this morning?” This will help to create the new neuro pathways in your brain!

This reminds me of St. Ignatius Loyola. He included a spiritual exercise in the form of a prayer called “The Examine” For Ignatius, this was done throughout the day. In the beginning we will do this before we go to bed but if you do set your alarm to go off every hour, then you will put yourself in the fast forward lane.

In practising the Examen, we consider questions like:

- where did I meet God during the day?
(where was I fully aware of Him?)
- what lead my thoughts away from God during the day?
- how did I block God today? (or this past hour)

Scripture for the day

From Genesis - Revelation in 12 weeks: Exploring the Big Picture

Have some colored pencils with you. As you read the passage for the day, observe ideas / themes that are repeated or seems to stand out to you.

These are the questions that are presented every day:

LOGOS (written word as it is)

What is a repeated theme/idea in this passage?

What passage stood out for me personally?

Is there any direct or indirect reference to the Character of God?

RHEMA (God using scripture to speak directly to me personally)

I feel God is speaking the following to me ...

My personal application from this passage is ...

Write down a simple prayer of response to God.

Explanation of LOGOS and RHEMA

The Bible uses two different Greek words to refer to the word of God. One is logos and the other is rhema. Understanding the meaning of these two words can help us know and experience scripture in a more meaningful way.

In the Bible, logos are used to refer to the constant, written word of God, which we have recorded in the Bible. Rhema is the lesser-known Greek word used in the Bible for word, and refers to the instant, personal speaking of God to us.

God wants to communicate with us not only through His written word, but also through speaking directly to us in our particular situations. It's by the rhema word that we can know God subjectively and experientially. Both logos and rhema are crucial to our Christian life, for God uses His logos Word to speak His rhema word to us.

Which Scripture Speaks About Rhema?

There are three scriptures that I would like to mention here. The first I find really important and has been recorded to us by Matthew 4:4, "he answered and said, it is written, Man shall not live by bread alone, but by every word that proceeds out of the mouth of God" (NIV). This word of God is rhema and we live by this word, not logos only.

The implications are that if we just read the written word, logos, but do not wait for God to speak to us, we miss out on our daily bread to live on. Some people quote Scripture as if it is some kind of magic book that will work for all people in all circumstances. This is not true.

In John 6:63 we find another important word that is translated from the Greek into rhema. "It is the Spirit who gives life; the flesh profits nothing; the words [rhema] which I have spoken to you are spirit and are life" We have to cultivate a spiritual discipline of waiting on God in our spirit while we read the logos word.

Interpreting the word "Word" is really important

The third and last verse I would like to shine light on here is Ephesians 5:26. It says, "That He might sanctify her, cleansing her by the washing of the water in the word" The washing in this verse refers not to the washing away of sins by the blood of Jesus, but to the washing of the water in the rhema-word. In the New Testament Recovery Version on word, it explains what the washing

rhema word does in us:

“The Greek word denotes an instant word. The indwelling Christ as the life-giving Spirit is always speaking an instant, present, living word to metaphorically cleanse away the old and replace it with the new, causing an inward transformation. The cleansing by the washing of the water of life is in the rhema-word of Christ.

This indicates that in the rhema-word of Christ there is the water of life. This is typified by the laver situated between the altar and the tabernacle (Exo. 38:8). To be transformed inwardly, we need to open ourselves to the Lord so His logos can become His rhema word to us to wash and cleanse us every day.

Picture once a week

This small assignment might help you to think differently about your day, or perhaps highlight a specific incident that impacted your heart.

To page back after weeks of drawings will bring you much joy, and will help remind you of much more, than just writing down words.

HAVE FUN

Witness what God will do in your heart over time. Be vulnerable! Allow God to go deep with you.

Daily Prayer

PERSONAL PRAYER:

Our focus during prayer usually personal and full of petitions. I encourage you to shift for a season from this style of prayer to what I call “Listening Prayer.” This might be challenging in the beginning but try it out.

LISTENING PRAYER:

Here are some *GUIDELINES*, taken from “Principles for Intercession” by Joy Dawson, one of the key Intercession teachers in Youth With a Mission (YWAM)

1. **Praise** God (We enter His presence through thanksgiving and praise Ps100:4) If you struggle to start - take the characteristic of God for the day, and begin to thank God for who He is.
2. Come with a **clean heart** before the Lord. Give the Holy Spirit time to convict, should there be any un-confessed sin. Ps66:18
3. Acknowledge that you cannot pray without the direction of the **Holy Spirit**. Receive what he will say to you by faith. Ep18
4. Die to your own imaginations, desires and burdens for what you feel you should pray. Deal with the enemy - silence his voice and come against **distractions**.
5. Wait before the Lord in silent expectation, **listen** for His direction. Ps 62 :5
6. In obedience and faith, **pray** about what God brings to your mind. Keep asking the Holy Spirit for direction as you pray. Be like Habakkuk and “stand at your watch and ‘see” what he will “say” to you. **Write it down**. Sometimes you might experience that the picture you get, (if you receive visual pictures in your mind from the Holy Spirit), will start to change and move - follow the Holy Spirit in this.
7. When the Holy Spirit ceases to bring things to your mind, and you feel you have completed your time of prayer, **thank Him** for what He has done. If He gave you a burden in this time, give it back to Him. Rom 11:36

An Inward look at feelings

We grew up with “Never trust your feelings” Today, I want us to exchange this saying for truth, because God gave us emotions for a reason.

Emotions are such a real part of our lives and can determine quite a lot of the outcome of our day. Did I get angry? What was the pain beneath that? Did I feel sad, scared of someone, etc.

Dr. Ed Smith, finder of TPM Prayer Ministry, shines a light on our emotions when he writes, “Current Belief is the Lens of our Interpretation, and how do we know what we believe? Feelings will always tell.” transformationprayer.org

Yes, you can trust your feelings! Feelings will show you what you really believe. Do not disregard your sadness. It shows you believe something. Do not disregard your anger. You can trust it... there is pain behind it and perhaps forgiveness that needs to be extended.

In the next 12 weeks, as we look at re-wiring our brains, we want to discover why we feel what we feel so that our transformation can go even deeper. If we desire to be more like Jesus, then it is time to discover what we really believe so that we can exchange lies for his Truth.

Daily Application Every evening you will see the following:

Circle what you feel:

MAD (upset, agitated, angry, furious)
 GLAD (happy, pleased, excited, satisfied)
 BAD (ashamed, guilty, damaged, dark)
 SAD (disappointed, depressed, devastated)
 FEAR (horrified, anxious scared, afraid)
 LOVE (nurtured, care, concern, like)

To be aware of how we feel, and then to discover what we actually believe in our hearts will help us to come before Jesus with some tangible issues to pray through. It will change general prayers to much deeper prayers and fellowship with His Spirit in you.

If you are struggling to identify what emotion you are feeling, ask yourself the following question:

“When did I experience this emotion/feeling when I was under 10 years of age” What memory comes to your mind. Ask yourself: “When that happened, what belief system did I start to develop?” What did I start to believe about myself or about God? (eg: I am not loved, I am rejected. No one likes me. I will never make it) Was this belief system rooted in Truth or did the enemy start to lie to you, and you took it on as truth.

Our lie based thinking needs a revelation of Truth so that we are not driven or bound by it. This takes time and real honesty. It might be painful but you will reap the benefit if you start to catch your emotions in this new lifestyle of discipline, turn them to the truth of Jesus that sets us free.

The wonderful thing is that we do not have to live with constant negative emotions and pain. It does not have to destroy our relationships with others close to us. God wants to set us made whole and that with joy!

Holy Spirit carries a title that we humans don't. He is called Counselor. People might have the gift of healing or words of knowledge but in the Word of God, only Holy Spirit is The Counselor. Let's make a constant habit of turning to Him and not only to people. People can help us pray through our past and our emotions, but only God can bring Truth that sets us free - and HE LIVES IN US...

A SHORT LIST OF EMOTIONS

Your emotions cannot lie.
You feel what you feel.
It shows you the truth of your belief system!

Acceptance Affection Aggression Ambivalence

Apathy Anxiety Boredom Compassion Confusion

Contempt Depression Doubt Ecstasy Empathy Envy

Embarrassment Euphoria Forgiveness Frustration

Gratitude Hatred Hope Horror Hostility Homesickness

Hunger Hysteria Interest Loneliness Love Paranoia

Pity Pleasure Pride Rage Regret Remorse Shame

Suffering Sympathy Grief Guilt

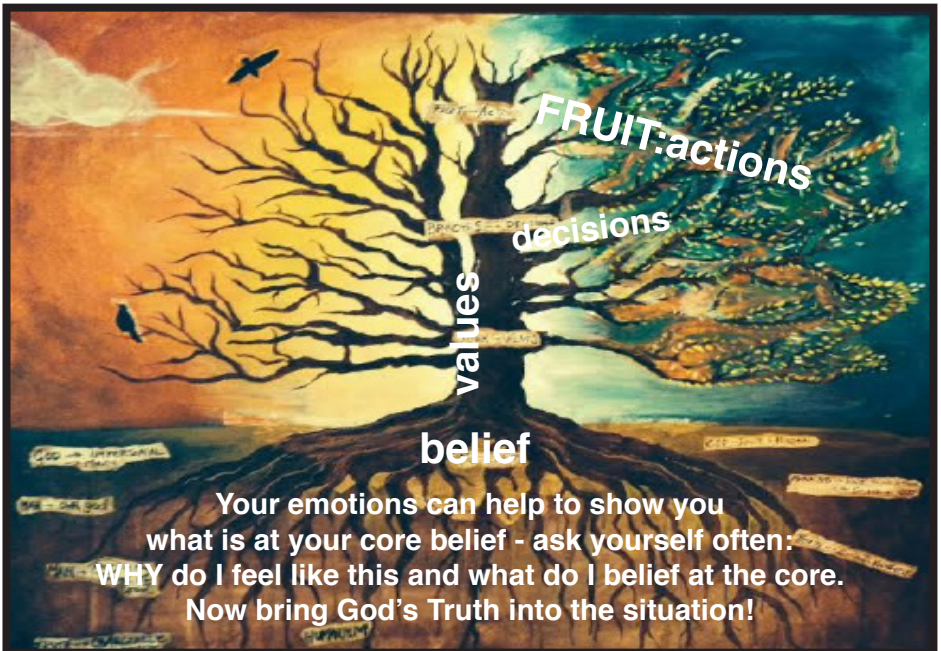
Your belief tree

What does your belief tree look like?

Ask God to shed light on your fruit so that you can know why you do what you do, and what it says about you.

- ROOTS - BELIEF** - What I believe about God:
- Truth is constant and knowable
 - God is infinite and personal
 - Mankind is finite personal & made in the image of God,
 - Responsibility demands accountability

- TRUNK** What I value
- BRANCHES** My daily decisions
- FRUIT** My actions



Think for a moment **WHY**

What are some fruit in your life?

Think people, food, spending, church, emotions, children, parents, work, rest, holidays, elderly, social issues, etc.

THINK WHY?

Decision: What decisions feeds this fruit/action?

Value: What belief feeds the value?

Roots - the actual belief behind the decisions!

Daily Accountability Questions

Every day you will have one accountability question representing various situations in life, for example finance, missions, family, evangelism etc.

But the real question in the end of the day is: WHO am I accountable to?

It is wonderful if you have a good friend that can help you be accountable. I cannot imagine my life without my best friend asking me questions no one asks. We need to actively seek friends and mentors like this, but must remember: the goal is our right standing with the Lord, which comes by His wonderful grace and our humility before Him.

In the very end, we are accountable to God. This sets the standard much higher than being accountable to a partner, a friend, a spouse or church small group. We can always hide things from people, even people very close to us, but we cannot hide anything from God, the One who alone is Judge and to whom we are ultimately accountable to for every action, and thought.

There will be some questions on finance from the following perspective

Your pre-made list of

Obligations: Tithe, Housing, Electricity, Water, etc.

Needs: Transport, Food, Fuel, Paying off debt, Educational fees

Wants: Cloths, Eating out, Shoes, Nicer car, Holidays, House cleaner, Various gifts

Overflow to: Who do I give the overflow to Lord? Have a lifestyle of giving.

I have God's agreement with my current list Yes | Not yet | No

Some accountability questions will also include questions about your involvement in evangelism and missions. I would like to share something brief on evangelism.

There is a saying: “befriend them, and then share the Gospel.”
(Friendship Evangelism)

This has stopped many believers from sharing the Gospel “in and out of season.” Be wise, but share the Gospel. (Friendly Evangelism)

Friendship will come after you have spent time with a new believer! And it will become a precious friendship. SHARE the GOSPEL as SOON as you can in a FRIENDLY way, in a way that they can understand from their perspective!

Don't wait to share Jesus! Friendship might need years to develop but evangelism needs a moment.

I lived in Thailand for several years. In THAILAND 70% of new believers came to faith because someone witnessed to them. However, only 3% of the Thai church share the Gospel! Let us not fall into this trap.

2Tim4:1-3

1 “I charge you in the presence of God and of Christ Jesus, who will judge the living and the dead, and in view of His appearing and His kingdom: 2 Preach the word; be prepared in season and out of season; reprove, rebuke, and encourage with every form of patient instruction. 3 For the time will come when men will not tolerate sound doctrine, but with itching ears they will gather around themselves teachers to suit their own desires”

Sundays

I provided a place for Sunday notes at church, or the place where you have “fellowship with the believers” This is something Paul said we should not neglect.

Hebrews 10:24

“And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another...”

The Apostles Creed

Our Christian Statement of Faith

I believe in God the Father Almighty,
Maker of heaven and earth:
And in Jesus Christ his only Son our Lord,
Who was conceived by the Holy Spirit,
Born of the Virgin Mary,
Suffered under Pontius Pilate,
Was crucified, dead, and buried:
He descended into hell;
The third day he rose again from the dead;
He ascended into heaven,
And sits on the right hand of God the Father Almighty;
From where he shall come to judge the quick and the dead.
I believe in the Holy Spirit;
The holy universal Church;
The Communion of Saints;
The Forgiveness of sins;
The Resurrection of the body,
And the Life everlasting.
Amen.

This Season

HOPE

When we have unspoken or unmet expectations, and things don't go the way we actually anticipated, deep wounding can occur. It is good to recognize this and to walk in a deep level of forgiveness toward yourself and others.

What is it you HOPE for in this season?

Do you have any expectations?

Do you have a life scripture?

This is a scripture you know God gave you for all time.

HABITS

You make them. You break them.

What are two habits you would like to cultivate in this season?

What are two habits you would like to stop? How will you do it?

Remember to connect these things with your emotions, and your emotions with your past as previously explained.

Books

In the following 12 weeks I will read 3 books

BOOK 1 NAME
 AUTHOR
COMMENT & QUOTE to remember:

BOOK 2 NAME
 AUTHOR
COMMENT & QUOTE to remember:

BOOK 3 NAME
 AUTHOR
COMMENT & QUOTE to remember:

Your Word of the Lord to you in this season

Come before the Lord, quiet yourself, follow the guidelines for Listening Prayer. Trust that God will speak a word to you for this season. Write this word in the form of a letter to yourself from God!

Dearest _____

Love
Your Heavenly Father who cares deeply for you!

Enjoy these 12 “disciplined” weeks
as you rewire your disciplines day & night.

Monday Morning*Genesis 1-2 | Creation***Week 1 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
**Family | Economics | Government | Religion | Education | Communica-
tion | Celebration**

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: **Dear God**, I sense you are speaking to me
about

Daily Diary

What are some expectations, hopes, and goals for this week?

What are some personal or spiritual struggles I might face this week?

Question for the day:

"True intimacy is to be known for who you really are."

Do you have a circle of friends that you can discuss these questions with every month? Y | N

Name/s:

Seek to share your challenges and growth in a safe environment.

Monday Night

Time __: __pm

Reflect: What do you remember about today? (Examine prayer)Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

MAD (upset, agitated, angry, furious)
 GLAD (happy, pleased, excited, satisfied)
 BAD (ashamed, guilty, damaged, dark)
 SAD (disappointed, depressed, devastated)
 LOVE (nurtured, care, concern, like)
 FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth - The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Tuesday Morning*Genesis 3-4* | The Fall**Week 1 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Breath Prayer for this week

During the day, under your breath, speak & meditate on
"LORD, SHOW ME YOUR WAY."

Write it on a piece of paper next to your bed. You can put your phone on vibrate every hour of the day, to help you bring back your thoughts to:
"LORD, SHOW ME YOUR WAY"

Question for the day:

What could be a possible accountability question for you, for the next 12 weeks? Share this with a friend. At the end of the 12 weeks, revisit this question with your friend.

Tuesday Night

Time ___:___pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
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God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Wednesday Morning*Genesis 6-7* | The Flood

Week 1 of 12

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

WORDLESS PRAYER FOR THIS WEEK

Read John 6:16-24 - What storm are you currently in?

Where are you on the boat?

What do you hear & smell?

What do you feel - are there tension you can identify?

What inspires / challenges you?

Can you see Jesus walking to you, saying "It is I, do not be afraid" Keep this picture in your mind, and visit this image of you with Jesus this week. Visit this daily and allow Jesus to speak "Do not be afraid" to you.

Question for the day:

What do you think of your financial integrity at the moment, knowing you are responsible to God, and not to man? Bring your "Obligations, Needs & Wants List" for the month/year before Him and pray over it. Ask God if He agrees with your giving and spending. Add/subtract from this list.

Eg. Obligations: *Tith, Housing, Electricity, Water, School*
 Needs: *Transport, Food, Fuel, Paying off debt*
 Wants: *Cloths, Eating out, Shoes, Nicer car, Holidays, House cleaner,*

Overflow to: Lifestyle of giving to: Who this time Lord?

I have God's agreement with this list Yes | Not yet | No

Wednesday Night

Time __: __pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel: MAD (upset, agitated, angry, furious)
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Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Draw something about today in a simple sketch

Name the drawing " _____ "

Thursday Morning*Genesis 8-9* | God's Covenant with Noah**Week 1 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
 God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
 about

Question for the day:

Describe your thought life.

What is an ongoing struggle for you?

Do you harbor a secret?

Have you ever considered if you are addicted to devices that influence your thought life/patterns?

Thursday Night

Time __:__pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

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Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Friday Morning*Genesis 11-12* | Abraham's Call**Week 1 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

ONES A WEEK COFFEE WITH YOUR SPIRITUAL MENTOR
Summary Questions for this week

What is God shining a light on this week?

What questions or tensions are you experiencing going through this book?

In what specific areas or ways are these practices developing further awareness of God's presence?

What insights are developing?

How have these practices begun to impact your ordinary life?

Your relationships?

Are you having a negative experience in any way?

Question for the day:

Have you wished for someone else's misfortune lately? Y | N

Explain:

Friday Night

Time __:__pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

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- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

*“Above all else,
guard your heart,
for everything you do flows from it.”*

Proverbs 4:23 NIV

FRUIT: Name some obvious fruit you saw in your life this week. It can be positive or negative.

MY FRUIT - Actions

-

-



BRANCHES: what were some decisions I made that lead to my fruit.

DECISIONS MADE:

-

-

TRUNK: what I valued this week that made me decide what I did.

VALUES:

-

-

MY ROOT / HEART BELIEF:

Think of your Actions. What emotion is connected to it?

Why do you feel this way?

This shows you what you believe. Does this line up with the Character of Christ? Ask Him to bring Truth to what you believe.

GOOD ROOTS is rooted in:

- Truth is constant and knowable.
- God is infinite and personal.
- Responsibility demands accountability.
- Mankind is finite personal & made in the image of God.

Saturday Morning*Genesis 15-16* | God's Covenant

Week 1 of 12

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Question for the day:

Looking at this past week: What was your greatest high?

What was your lowest low?

Question for the day:

Have you been a testimony this week of the greatness of Jesus in both words and action? Y | N Explain

Saturday Night

Time ___:___pm

Reflect: What do you remember about today?

Do you need to **forgive** someone after today? Y | N Do you Y | N ?

During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?

When were you **not aware** of God or fully present to His presence?

- Circle what you feel:
- MAD (upset, agitated, angry, furious)
 - GLAD (happy, pleased, excited, satisfied)
 - BAD (ashamed, guilty, damaged, dark)
 - SAD (disappointed, depressed, devastated)
 - LOVE (nurtured, care, concern, like)
 - FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The un-biblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Sunday

Week 1 of 12

Scripture:

| **Topic:**

Date:

Church - Fellowship with believers

Bible Passage studied:

Main Topic:

Key points made:

- *
- *
- *
- *
- *

My personal take-away:

How can I apply this to my personal life?

Monday Morning

Genesis 27-28 | Jacob and Esau Compete

Week 2 of 12

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Daily Diary

What are some expectations, hopes, and goals for this week?

What are some personal or spiritual struggles I might face this week?

Question for the day:

Take a moment and ask the Holy Spirit if you have compromised your integrity or conscience in any way? Y | N

Give this to the Lord, ask forgiveness today and experience His freedom.

Monday Night

Time __: __pm

Reflect: What do you remember about today? (Examine prayer)Do you need to **forgive** someone after today? Y | N Do you Y | N ?When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
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Because:

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God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Tuesday Morning*Genesis 32-33* | Jacob and Esau**Week 2 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Breath Prayer for this week

During the day, under your breath, speak & meditate on
“IN YOU I LIVE AND MOVE”

Write it on a piece of paper next to your bed. You can put your phone on vibrate every hour of the day, to help you bring back your thoughts to:
“IN YOU I LIVE AND MOVE”

Question for the day:

What is your highlight | Memorable moment in the last 4 weeks?

Family:

Friends:

Spiritual Disciplines

Work

Tuesday Night

Time ___:___pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel: MAD (upset, agitated, angry, furious)
 GLAD (happy, pleased, excited, satisfied)
 BAD (ashamed, guilty, damaged, dark)
 SAD (disappointed, depressed, devastated)
 LOVE (nurtured, care, concern, like)
 FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The un-biblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Wednesday Morning*Genesis 37* | Sold into Slavery**Week 2 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

WORDLESS PRAYER FOR THIS WEEK

Read John 8:12 - 20

Where are you standing in this scene?

What do you hear or smell or see?

What do you feel - are there tension you can identify?

What happens in your heart when you hear Jesus say "I am the Light of the world" He is your light. This week, visit this place in your heart before Jesus. Allow Holy Spirit to highlight the Father to you. Write here what happens:

What inspires / challenges you?

Question for the day:

How is your immediate family doing?

In what ways are you contributing to this?

Wednesday Night

Time __: __pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel: MAD (upset, agitated, angry, furious)
 GLAD (happy, pleased, excited, satisfied)
 BAD (ashamed, guilty, damaged, dark)
 SAD (disappointed, depressed, devastated)
 LOVE (nurtured, care, concern, like)
 FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The un-biblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Draw something about today in a simple sketch

Name the drawing " _____ "

Thursday Morning*Genesis 39-41* | Prison and promotion**Week 2 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Question for the day:

Do you live more in the fear of God or in the fear of man?

Explain

Thursday Night

Time ___:___pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The un-biblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Friday Morning*Genesis 42* | 10 Brothers go to Egypt**Week 2 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

ONES A WEEK COFFEE WITH YOUR SPIRITUAL MENTOR
Summary Questions for this week

What is God shining a light on this week?

What questions or tensions are you experiencing going through this book?

In what specific areas or ways are these practices developing further awareness of God's presence?

What insights are developing?

How have these practices begun to impact your ordinary life?

Your relationships?

Are you having a negative experience in any way?

Friday Night

Time ___:___pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel: MAD (upset, agitated, angry, furious)
 GLAD (happy, pleased, excited, satisfied)
 BAD (ashamed, guilty, damaged, dark)
 SAD (disappointed, depressed, devastated)
 LOVE (nurtured, care, concern, like)
 FEAR (horrified, anxious scared, afraid)

Because:

*“Above all else,
guard your heart,
for everything you do flows from it.”*

Proverbs 4:23 NIV

FRUIT: Name some obvious fruit you saw in your life this week. It can be positive or negative.

MY FRUIT - Actions

-

-



BRANCHES: what were some decisions I made that lead to my fruit.

DECISIONS MADE:

-

-

TRUNK: what I valued this week that made me decide what I did.

VALUES:

-

-

MY ROOT / HEART BELIEF:

Think of your Actions. What emotion is connected to it?

Why do you feel this way?

This shows you what you believe. Does this line up with the Character of Christ? Ask Him to bring Truth to what you believe.

GOOD ROOTS is rooted in:

- Truth is constant and knowable.
- God is infinite and personal.
- Responsibility demands accountability.
- Mankind is finite personal & made in the image of God.

Saturday Morning*Genesis 43-44* | The Brothers Return**Week 2 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Question for the day:

Looking at this past week: What was your greatest high?

What was your lowest low?

Question for the day:

Have you been a testimony this week of the greatness of Jesus in both words and action? Y | N Explain

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The un-biblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Sunday

Week 2 of 12

Scripture: | Topic:

Date:

Church - Fellowship with believers

Bible Passage studied:

Main Topic:

Key points made:

*

*

*

*

*

My personal take-away:

How can I apply this to my personal life?

Monday Morning*Exodus 1-2* | Birth of Moses**Week 3 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Daily Diary

What are some expectations, hopes, and goals for this week?

What are some personal or spiritual struggles I might face this week?

Question for the day:

What is the attitude of your heart towards your father, and mother? (dead or alive)

Do you honor them before God and others regardless of how you feel?

Monday Night

Time __:__pm

Reflect: What do you remember about today? (Examine prayer)Do you need to **forgive** someone after today? Y | N Do you Y | N ?When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
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- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The un-biblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Tuesday Morning*Exodus 3-4* | The Burning Bush**Week 3 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Breath Prayer for this week

During the day, under your breath, speak & meditate on
"FATHER, LET ME KNOW YOUR PRESENCE"

Write it on a piece of paper next to your bed. You can put your phone on vibrate every hour of the day, to help you bring back your thoughts to:
"FATHER, LET ME KNOW YOUR PRESENCE"

Question for the day:

Do you have any ongoing anger towards someone?

If yes, what do you need to hear? (regardless of what it is)

I wish I could hear:

Will you give up your rights and personally come clean before God?
Trust Holy Spirit in the other person.

Tuesday Night

Time __: __pm

Reflect: What do you remember about today? (Examine prayer)Do you need to **forgive** someone after today? Y | N Do you Y | N ?When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The un-biblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Wednesday Morning*Exodus 6-11* | The 10 Plagues**Week 3 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
 God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
 about

WORDLESS PRAYER

Read John 10:3-5

Where are you standing in this scene?

What do you see | smell | sounds you hear?

What happens in your heart when you hear Jesus say “The Gatekeeper opens the gate - the sheep listen to his voice”

What areas of tension can you identify?

What inspires | challenges you?

Keep this image as a wordless and continuous prayer between you and Holy Spirit this week.

Question for the day:

How many hours do you spend on the internet daily (not work related)? Do you agree with your own actions?

To do: Google search: “research on children under 4 addicted to phones” and see shocking statistics. They do not develop empathy. Make a difference!

Wednesday Night

Time __: __pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The un-biblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Draw something about today in a simple sketch

Name the drawing " _____ "

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Question for the day:

Do you fall into complaint often? Yes | No

If Yes, about what?

What do you think “having the mind of Christ” looks like for you?

Thursday Night

Time __:__pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

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- FEAR (horrified, anxious scared, afraid)

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God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Friday Morning*Exodus 13-14* | Crossing the Red Sea**Week 3 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

ONES A WEEK COFFEE WITH YOUR SPIRITUAL MENTOR
Summary Questions for this week

What is God shining a light on this week?

What questions or tensions are you experiencing going through this book?

In what specific areas or ways are these practices developing further awareness of God's presence?

What insights are developing?

How have these practices begun to impact your ordinary life?

Your relationships?

Are you having a negative experience in any way?

Friday Night

Time ___:___pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

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- MAD (upset, agitated, angry, furious)
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- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

*“Above all else,
guard your heart,
for everything you do flows from it.”*

Proverbs 4:23 NIV

FRUIT: Name some obvious fruit you saw in your life this week. It can be positive or negative.

MY FRUIT - Actions

-

-



BRANCHES: what were some decisions I made that lead to my fruit.

DECISIONS MADE:

-

-

TRUNK: what I valued this week that made me decide what I did.

VALUES:

-

-

MY ROOT / HEART BELIEF:

Think of your Actions. What emotion is connected to it?

Why do you feel this way?

This shows you what you believe. Does this line up with the Character of Christ? Ask Him to bring Truth to what you believe.

GOOD ROOTS is rooted in:

- Truth is constant and knowable.
- God is infinite and personal.
- Responsibility demands accountability.
- Mankind is finite personal & made in the image of God.

Saturday Morning*Exodus 19-20* | The 10 Commandments**Week 3 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Question for the day:

Looking at this past week: What was your greatest high?

What was your lowest low?

Question for the day:

Have you been a testimony this week of the greatness of Jesus in both words and action? Y | N Explain

Question for the day:

When you enter a room, what do you think people sense about you?

What is your level of self awareness? H | M | L

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The un-biblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Sunday

Week 3 of 12

Scripture: | *Topic:*

Date:

Church - Fellowship with believers

Bible Passage studied:

Main Topic:

Key points made:

*

*

*

*

*

My personal take-away:

How can I apply this to my personal life?

Monday Morning

Joshua 1-2 | Joshua Succeeds Moses

Week 4 of 12

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Daily Diary

What are some expectations, hopes, and goals for this week?

What are some personal or spiritual struggles I might face this week?

Question for the day:

How did God bless you so far this year? Think of at least 5 things.

Monday Night

Time __: __pm

Reflect: What do you remember about today? (Examine prayer)Do you need to **forgive** someone after today? Y | N Do you Y | N ?When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The un-biblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Tuesday Morning*Joshua 3-4* | Crossing the Jordan**Week 4 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Breath Prayer for this week

During the day, under your breath, speak & meditate on
"LORD, INSTRUCT ME IN YOUR WAYS"

Write it on a piece of paper next to your bed. You can put your phone on vibrate every hour of the day, to help you bring back your thoughts to:
"LORD, INSTRUCT ME IN YOUR WAYS"

Question for the day:

Are you the same person when you are alone as you are with other people? If not, what is the difference, and when is this pattern most obvious? Explain.

Tuesday Night

Time __: __pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
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- LOVE (nurtured, care, concern, like)
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Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The un-biblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Wednesday Morning*Joshua 5-6* | The Fall of Jerico**Week 4 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

WORDLESS PRAYER

Read John 12:1-8

Where are you standing in this scene? Who are you here?

What do you see | smell | sounds you hear?

What areas of tension can you identify?

What inspires | challenges you?

Keep this image as a wordless and continuous prayer between you and Holy Spirit this week.

Question for the day:

How did you deal with your last disappointment?

Wednesday Night

Time __: __pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel: MAD (upset, agitated, angry, furious)
 GLAD (happy, pleased, excited, satisfied)
 BAD (ashamed, guilty, damaged, dark)
 SAD (disappointed, depressed, devastated)
 LOVE (nurtured, care, concern, like)
 FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The un-biblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Draw something about today in a simple sketch

Name the drawing " _____ "

Thursday Morning*Judges 2-3* | Israel's disobedience**Week 4 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Question for the day:

1 Tim 3:2 NLT

So an elder must be a man whose life is above reproach. He must be faithful to his wife. He must exercise self-control, live wisely, and have a good reputation. He must enjoy having guests in his home, and he must be able to teach.

Do you live above approach? Reflection

Reflect: What do you remember about today?

Do you need to **forgive** someone after today? Y | N Do you Y | N ?

During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?

When were you **not aware** of God or fully present to His presence?

Circle what you feel: MAD (upset, agitated, angry, furious)
 GLAD (happy, pleased, excited, satisfied)
 BAD (ashamed, guilty, damaged, dark)
 SAD (disappointed, depressed, devastated)
 LOVE (nurtured, care, concern, like)
 FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The un-biblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Friday Morning*Judges 4-5* | Deborah Leads Israel**Week 4 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

ONES A WEEK COFFEE WITH YOUR SPIRITUAL MENTOR
Summary Questions for this week

What is God shining a light on this week?

What questions or tensions are you experiencing going through this book?

In what specific areas or ways are these practices developing further awareness of God's presence?

What insights are developing?

How have these practices begun to impact your ordinary life?

Your relationships?

Are you having a negative experience in any way?

Question for the day:

Eph 4:29 & 1 Peter 4:11

*“If anyone speaks, they should do so as
 one who speaks the very
 words of God.”*

How clean are your words?

What do you think of this passage?

Friday Night

Time __:__pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

MAD (upset, agitated, angry, furious)

GLAD (happy, pleased, excited, satisfied)

BAD (ashamed, guilty, damaged, dark)

SAD (disappointed, depressed, devastated)

LOVE (nurtured, care, concern, like)

FEAR (horrified, anxious scared, afraid)

Because:

*“Above all else,
guard your heart,
for everything you do flows from it.”*

Proverbs 4:23 NIV

FRUIT: Name some obvious fruit you saw in your life this week. It can be positive or negative.

MY FRUIT - Actions

-

-



BRANCHES: what were some decisions I made that lead to my fruit.

DECISIONS MADE:

-

-

TRUNK: what I valued this week that made me decide what I did.

VALUES:

-

-

MY ROOT / HEART BELIEF:

Think of your Actions. What emotion is connected to it?

Why do you feel this way?

This shows you what you believe. Does this line up with the Character of Christ? Ask Him to bring Truth to what you believe.

GOOD ROOTS is rooted in:

- Truth is constant and knowable.
- God is infinite and personal.
- Responsibility demands accountability.
- Mankind is finite personal & made in the image of God.

Saturday Morning*Judges 6-7* | Gideon defeats the Midianites**Week 4 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Question for the day:

Looking at this past week: What was your greatest high?

What was your lowest low?

Question for the day:

Have you been a testimony this week of the greatness of Jesus in both words and action? Y | N Explain

Question for the day:

How are you growing in your personal relationship with Christ?

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The un-biblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Sunday

Week 4 of 12

Scripture: | Topic:

Date:

Church - Fellowship with believers

Bible Passage studied:

Main Topic:

Key points made:

*

*

*

*

*

My personal take-away:

How can I apply this to my personal life?

Monday Morning*Ruth 1-4* | The Story of Ruth**Week 5 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Daily Diary

What are some expectations, hopes, and goals for this week?

What are some personal or spiritual struggles I might face this week?

Question for the day:

In light of your Obligations, Needs, and Wants List:

Do you bring your finances/giving before the Lord? Y | N

After praying about your current income, what did you do with your overflow after Obligations and Needs were deducted?

Do you have debt - What will you do about it?

Do you live in the fear of the Lord with your spending? Y | N

Who do you give your tithe to?

Who is the missionary you support? (Don't know)

Monday Night

Time __: __pm

Reflect: What do you remember about today? (Examine prayer)Do you need to **forgive** someone after today? Y | N Do you Y | N ?When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

MAD (upset, agitated, angry, furious)

GLAD (happy, pleased, excited, satisfied)

BAD (ashamed, guilty, damaged, dark)

SAD (disappointed, depressed, devastated)

LOVE (nurtured, care, concern, like)

FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The un-biblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Tuesday Morning*1Samuel 1-3* | Samuel listens to God**Week 5 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Breath Prayer for this week

During the day, under your breath, speak & meditate on
“LORD, YOU REFRESH MY SOUL.

Write it on a piece of paper next to your bed. You can put your phone on vibrate every hour of the day, to help you bring back your thoughts to:
“LORD, YOU REFRESH MY SOUL.

Question for the day:

What are the name(s) of the missionary(s) you support?

Do you send them care packages once or twice a year? Y | N
Do you know some of their needs? Y | N

Email them today :-)

Did you know that 2 Billion people have no witness about Jesus. Consider supporting missions among unreached people groups.

www.joshuaproject.net | www.createthailand.com | www.YWAM.org

Tuesday Night

Time __: __pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel: MAD (upset, agitated, angry, furious)
 GLAD (happy, pleased, excited, satisfied)
 BAD (ashamed, guilty, damaged, dark)
 SAD (disappointed, depressed, devastated)
 LOVE (nurtured, care, concern, like)
 FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Wednesday Morning*1Samuel 8-10* | King Saul**Week 5 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

WORDLESS PRAYER THIS WEEK

Read John 13:1-16

Where are you standing in this scene?

What do you see | smell | hear?

What else do you notice?

Notice the interaction with the people in the story. What do you feel and notice?

What areas of tension can you identify?

What inspires / challenges you?

Question for the day:

Jesus came to serve and was the greatest example of Servant Leadership. How can you be a better CEO, Pastor, Worker, Spouse, Child?

Jesus laid down all His rights to serve us - until He even died for us.

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Draw something about today in a simple sketch

Name the drawing " _____ "

Thursday Morning*1Samuel 16-18* | David and Goliath**Week 5 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Question for the day:

What are the top 3 values of your life. You will go far for this!

1

2

3

What is something you should value, but you don't want to value it?

Thursday Night

Time __: __pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Friday Morning

1Samuel 23-24 | David and Saul

Week 5 of 12

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

ONES A WEEK COFFEE WITH YOUR SPIRITUAL MENTOR
Summary Questions for this week

What is God shining a light on this week?

What questions or tensions are you experiencing going through this book?

In what specific areas or ways are these practices developing further awareness of God's presence?

What insights are developing?

How have these practices begun to impact your ordinary life?

Your relationships?

Are you having a negative experience in any way?

Question for the day:

When was the last time you stepped out in raw faith?

What was it for?

Friday Night

Time ___:___pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
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- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

*“Above all else,
guard your heart,
for everything you do flows from it.”*

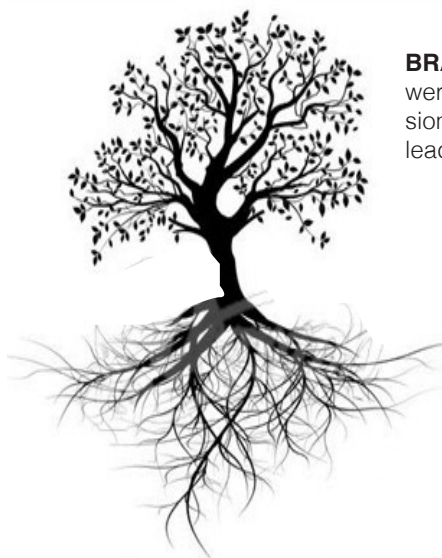
Proverbs 4:23 NIV

FRUIT: Name some obvious fruit you saw in your life this week. It can be positive or negative.

MY FRUIT - Actions

-

-



BRANCHES: what were some decisions I made that lead to my fruit.

DECISIONS MADE:

-

-

TRUNK: what I valued this week that made me decide what I did.

VALUES:

-

-

MY ROOT / HEART BELIEF:

Think of your Actions. What emotion is connected to it?

Why do you feel this way?

This shows you what you believe. Does this line up with the Character of Christ? Ask Him to bring Truth to what you believe.

GOOD ROOTS is rooted in:

- Truth is constant and knowable.
- God is infinite and personal.
- Responsibility demands accountability.
- Mankind is finite personal & made in the image of God.

Saturday Morning*2Samuel 5-7* | King David**Week 5 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Question for the day:

Looking at this past week: What was your greatest high?

What was your lowest low?

Question for the day:

Have you been a testimony this week of the greatness of Jesus in both words and action? Y | N Explain

Is your Identity in Christ and His love for you alone? (or your work, looks etc)

Do you hold on to your job, position, title?

If God came and stripped you of this, would you still feel valued?

Saturday Night

Time __:__pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

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- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Sunday

Week 5 of 12

Scripture: | Topic:

Date:

Church - Fellowship with believers

Bible Passage studied:

Main Topic:

Key points made:

- *
- *
- *
- *
- *

My personal take-away:

How can I apply this to my personal life?

Notes

Question for the day:

What uplifting, spiritual, edifying book have you read lately?

What stood out for you?

Monday Morning*1Kings 2-3* | King Solomon**Week 6 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Daily Diary

What are some expectations, hopes, and goals for this week?

What are some personal or spiritual struggles I might face this week?

Question for the day:

In light of your Obligations, Needs, and Wants List:
Did anything change since visiting this last week? What:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Tuesday Morning*1Kings 8-9* | Solomon's Temple**Week 6 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Breath Prayer for this week

During the day, under your breath, speak & meditate on
 "KEEP ME FROM WILLFUL SINS" (Ps19:13)

Write it on a piece of paper next to your bed. You can put your phone on
 vibrate every hour of the day, to help you bring back your thoughts to:
 "KEEP ME FROM WILLFUL SINS" (Ps19:13)

Question for the day:

Think of the 4 men who carried the lame man to Jesus. They opened the roof
 and lowered the man to Jesus. Who are the 4 people in your life who would
 do this for you?

Who is real support in your life?

1

2

3

4

Do they know this? Y | N

How can you bless them this week or in this month?

1

2

3

4

Tuesday Night

Time __: __pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
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- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Wednesday Morning*1 Kings 16:29 -19:18* | Elijah**Week 6 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

WORDLESS PRAYER THIS WEEK

Read John 13:31-38

Where are you standing in this scene?

What do you see | smell | hear?

What else do you notice?

Notice the interaction with the people in the story. What do you feel and notice?

What areas of tension can you identify?

What inspires / challenges you?

Question for the day:

Jesus came to serve and was the greatest example of Servant Leadership. How can you be a better CEO, Pastor, Worker, Spouse, Child?

Jesus laid down all His rights to serve us - until He even died for us.

Wednesday Night

Time __:__pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel: MAD (upset, agitated, angry, furious)
 GLAD (happy, pleased, excited, satisfied)
 BAD (ashamed, guilty, damaged, dark)
 SAD (disappointed, depressed, devastated)
 LOVE (nurtured, care, concern, like)
 FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Draw something about today in a simple sketch

Name the drawing " _____ "

Thursday Morning*2Kings 25* | The fall of Jerusalem**Week 6 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Question for the day:

How is your inner thought life before God?

1 is not good at all. You have many inner struggles

10 is you are not aware of current sin or negative mind conversations or addictions.

1 2 3 4 5 6 7 8 9 1 0

Comment:

Thursday Night

Time __:__pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

MAD (upset, agitated, angry, furious)
 GLAD (happy, pleased, excited, satisfied)
 BAD (ashamed, guilty, damaged, dark)
 SAD (disappointed, depressed, devastated)
 LOVE (nurtured, care, concern, like)
 FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Friday Morning*Psalm 23 & 25* | Psalms**Week 6 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

ONES A WEEK COFFEE WITH YOUR SPIRITUAL MENTOR
Summary Questions for this week

What is God shining a light on this week?

What questions or tensions are you experiencing going through this book?

In what specific areas or ways are these practices developing further awareness of God's presence?

What insights are developing?

How have these practices begun to impact your ordinary life?

Your relationships?

Are you having a negative experience in any way?

Question for the day:

Who is in real need around you?

Look for the not so obvious.

How can you help?

Friday Night

Time __:__pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

*“Above all else,
guard your heart,
for everything you do flows from it.”*

Proverbs 4:23 NIV

FRUIT: Name some obvious fruit you saw in your life this week. It can be positive or negative.

MY FRUIT - Actions

-

-



BRANCHES: what were some decisions I made that lead to my fruit.

DECISIONS MADE:

-

-

TRUNK: what I valued this week that made me decide what I did.

VALUES:

-

-

MY ROOT / HEART BELIEF:

Think of your Actions. What emotion is connected to it?

Why do you feel this way?

This shows you what you believe. Does this line up with the Character of Christ? Ask Him to bring Truth to what you believe.

GOOD ROOTS is rooted in:

- Truth is constant and knowable.
- God is infinite and personal.
- Responsibility demands accountability.
- Mankind is finite personal & made in the image of God.

Saturday Morning

Proverbs 1-4 | Godly Wisdom in Proverbs

Week 6 of 12

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Question for the day:

Looking at this past week: What was your greatest high?

What was your lowest low?

Question for the day:

Have you been a testimony this week of the greatness of Jesus in both words and action? Y | N Explain

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Sunday

Week 6 of 12

Scripture: | Topic:

Date:

Church - Fellowship with believers

Bible Passage studied:

Main Topic:

Key points made:

*

*

*

*

*

My personal take-away:

How can I apply this to my personal life?

Notes

Question for the day:

What was your Word of the Lord to you in the beginning of the year. Visit [this](#) and write down some thoughts.

Monday Morning*Isaiah 51-53* | The Suffering Servant**Week 7 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Daily Diary

What are some expectations, hopes, and goals for this week?

What are some personal or spiritual struggles I might face this week?

Question for the day:

How have you been generous this month?

With your time:

With your finance:

With your giftings:

Monday Night

Time __: __pm

Reflect: What do you remember about today? (Examine prayer)

Do you need to **forgive** someone after today? Y | N Do you Y | N ?

When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?

When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Tuesday Morning*Jeremiah 1-3* | Jeremiah's Call and Message**Week 7 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Breath Prayer for this week

During the day, under your breath, speak & meditate on

“I LOVE YOU, LORD MY STRENGTH” Ps18:1

Write it on a piece of paper next to your bed. You can put your phone on vibrate every hour of the day, to help you bring back your thoughts to:

“I LOVE YOU, LORD MY STRENGTH” Ps18:1

Question for the day:

When last did you post someone something just to bless them?

What else have you recently done in SECRET for someone else?

Decide to make this **a weekly discipline**. Bless someone each week without them knowing it. God will reward those who give in secret! Its a promise.

Tuesday Night

Time __: __pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
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Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

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God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Wednesday Morning*Daniel 6* | Daniel and the Lion's Den**Week 7 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

WORDLESS PRAYER THIS WEEK

Read John 14:23-27

Where are you standing in this scene?

What do you see | smell | hear?

What else do you notice?

Notice the interaction with the people in the story. What do you feel and notice?

What areas of tension can you identify?

What inspires / challenges you?

Question for the day:

How do you feel about yourself lately? What season are you in?

Summer: Good | Autumn: Loosing hope | Winter: Lost hope | Spring: Hope

Wednesday Night

Time ___:___pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

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- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Draw something about today in a simple sketch

Name the drawing “_____”

Thursday Morning*Jonah 1-4* | The Story of Jonah**Week 7 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Question for the day:

When watching TV, are you aware of Holy Spirit, and that you don't want to grieve Him? Y | N

What boundaries do you have in place?

Thursday Night

Time __:__pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

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- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Friday Morning*Malachi 1-4* | The day of Judgment**Week 7 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

ONES A WEEK COFFEE WITH YOUR SPIRITUAL MENTOR
Summary Questions for this week

What is God shining a light on this week?

What questions or tensions are you experiencing going through this book?

In what specific areas or ways are these practices developing further awareness of God's presence?

What insights are developing?

How have these practices begun to impact your ordinary life?

Your relationships?

Are you having a negative experience in any way?

Question for the day:

What unreached people group have you prayed for lately?

Visit "joshuaproject.net" - Go to "unengaged people groups"

Friday Night

Time __:__pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel: MAD (upset, agitated, angry, furious)
 GLAD (happy, pleased, excited, satisfied)
 BAD (ashamed, guilty, damaged, dark)
 SAD (disappointed, depressed, devastated)
 LOVE (nurtured, care, concern, like)
 FEAR (horrified, anxious scared, afraid)

Because:

*“Above all else,
guard your heart,
for everything you do flows from it.”*

Proverbs 4:23 NIV

FRUIT: Name some obvious fruit you saw in your life this week. It can be positive or negative.

MY FRUIT - Actions

-

-



BRANCHES: what were some decisions I made that lead to my fruit.

DECISIONS MADE:

-

-

TRUNK: what I valued this week that made me decide what I did.

VALUES:

-

-

MY ROOT / HEART BELIEF:

Think of your Actions. What emotion is connected to it?

Why do you feel this way?

This shows you what you believe. Does this line up with the Character of Christ? Ask Him to bring Truth to what you believe.

GOOD ROOTS is rooted in:

- Truth is constant and knowable.
- God is infinite and personal.
- Responsibility demands accountability.
- Mankind is finite personal & made in the image of God.

Saturday Morning

John 1-2 | The Word became Flesh

Week 7 of 12

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Question for the day:

Looking at this past week: What was your greatest high?

What was your lowest low?

Question for the day:

Have you been a testimony this week of the greatness of Jesus in both words and action? Y | N Explain

What areas are you experiencing victory over sin?

Saturday Night

Time __:__pm

Reflect: What do you remember about today? (Examine Prayer)Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Sunday**Week 7 of 12**

Scripture: _____ | Topic: _____

Date: _____

Church - Fellowship with believers

Bible Passage studied:

Main Topic:

Key points made:

*

*

*

*

*

My personal take-away:

How can I apply this to my personal life?

Notes

Question for the day:

In what way, knowingly or unknowingly, am I disobeying God?
Ask Holy Spirit for revelation.

Monday Morning**Week 8 of 12**

Luke 2-3 | Birth of Jesus, Baptism of John

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Daily Diary

What are some expectations, hopes, and goals for this week?

What are some personal or spiritual struggles I might face this week?

Question for the day:

What do you like about the friendships you have?

In what way are you a good friend? Name 3 things.

-

-

-

Monday Night

Time __: __pm

Reflect: What do you remember about today? (Examine prayer)Do you need to **forgive** someone after today? Y | N Do you Y | N ?When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Tuesday Morning**Week 8 of 12***Matthew 3-4* | Baptism and Temptation

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Breath Prayer for this week

During the day, under your breath, speak & meditate on
"YOU ALONE ARE MY PORTION" Ps16:5
Write it on a piece of paper next to your bed. You can put your phone on
vibrate every hour of the day, to help you bring back your thoughts to:
"YOU ALONE ARE MY PORTION" Ps16:5

Question for the day:

Do your close friends help you to draw closer to God? Y | N

Who does?

Comment: {If not, why do you think this is the case?}

Tuesday Night

Time __: __pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Wednesday Morning**Week 8 of 12**

Matthew 5-6:4 | Teachings of Jesus, Part 1

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

WORDLESS PRAYER THIS WEEK

Read John 15:1-9

Where are you standing in this scene?

What do you see | smell | hear?

What else do you notice?

Notice the interaction with the people in the story. What do you feel and notice?

What areas of tension can you identify?

What inspires / challenges you?

Question for the day:

In what way have you been a witness to Jesus over the last few weeks?

Reflect: What do you remember about today?

Do you need to **forgive** someone after today? Y | N Do you Y | N ?

During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?

When were you **not aware** of God or fully present to His presence?

Circle what you feel: MAD (upset, agitated, angry, furious)
 GLAD (happy, pleased, excited, satisfied)
 BAD (ashamed, guilty, damaged, dark)
 SAD (disappointed, depressed, devastated)
 LOVE (nurtured, care, concern, like)
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Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Draw something about today in a simple sketch

Name the drawing "_____"

Thursday Morning*Matthew 6:5-7:29* | Teachings of Jesus, Part 2**Week 8 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Question for the day:

Who will you be a blessing to this week?

Who do you consider your enemy? Why? What does God say about it?

Be salt to the earth & Bless your enemies!

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Friday Morning*Matthew 13* | The Kingdom of Heaven**Week 8 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

ONES A WEEK COFFEE WITH YOUR SPIRITUAL MENTOR
Summary Questions for this week

What is God shining a light on this week?

What questions or tensions are you experiencing going through this book?

In what specific areas or ways are these practices developing further awareness of God's presence?

What insights are developing?

How have these practices begun to impact your ordinary life?

Your relationships?

Are you having a negative experience in any way?

Question for the day:

If you never say it, will people know you love God? Y | N
Comment:

*“Above all else,
guard your heart,
for everything you do flows from it.”*

Proverbs 4:23 NIV

FRUIT: Name some obvious fruit you saw in your life this week. It can be positive or negative.

MY FRUIT - Actions

-

-



BRANCHES: what were some decisions I made that lead to my fruit.

DECISIONS MADE:

-

-

TRUNK: what I valued this week that made me decide what I did.

VALUES:

-

-

MY ROOT / HEART BELIEF:

Think of your Actions. What emotion is connected to it?

Why do you feel this way?

This shows you what you believe. Does this line up with the Character of Christ? Ask Him to bring Truth to what you believe.

GOOD ROOTS is rooted in:

- Truth is constant and knowable.
- God is infinite and personal.
- Responsibility demands accountability.
- Mankind is finite personal & made in the image of God.

Saturday Morning

Luke 10 & 15 | Teachings of Jesus, Part 3

Week 8 of 12

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Question for the day:

Looking at this past week: What was your greatest high?

What was your lowest low?

Question for the day:

Have you been a testimony this week of the greatness of Jesus in both words and action? Y | N Explain

What areas are you experiencing victory over sin?

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Sunday

Week 8 of 12

Scripture: | Topic:

Date:

Church - Fellowship with believers

Bible Passage studied:

Main Topic:

Key points made:

*

*

*

*

*

My personal take-away:

How can I apply this to my personal life?

Monday Morning

John 9 | Healing the blind man

Week 9 of 12

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Daily Diary

What are some expectations, hopes, and goals for this week?

What are some personal or spiritual struggles I might face this week?

Question for the day:

Do you believe scripture when it says that Jesus will not return until every one has heard about Him? (Matt 24:14) Did you know that 2 billion people today are still without witness in the 10-40 window, and we only have 1 or 2 missionaries per 1 million people there?

If you cannot go: support missionaries among unreached people groups! Visit them during your holidays.

Be involved in Missions. Show your children where your tithe goes every month so that it becomes part of their world-view to give and to know people still become missionaries with the Body of Christ supporting them.

Monday Night

Time __:__pm

Reflect: What do you remember about today? (Examine prayer)Do you need to **forgive** someone after today? Y | N Do you Y | N ?When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Tuesday Morning**Week 9 of 12**

Mark 5 & 11 | Miracles of Jesus

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Breath Prayer for this week

During the day, under your breath, speak & meditate on
"EXAMINE ME LORD" Ps11:5

Write it on a piece of paper next to your bed. You can put your phone on vibrate every hour of the day, to help you bring back your thoughts to:
"EXAMINE ME LORD" Ps11:5

Question for the day:

In light of your Obligation, Needs, and Wants, & Overflow, how are you doing with the finances God is entrusting you with? (see page 16)

Tuesday Night

Time __: __pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Wednesday Morning*Luke 22 & John 18* | The Cross**Week 9 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

WORDLESS PRAYER THIS WEEK

Read John 18:1-9

Where are you standing in this scene?

What do you see | smell | hear?

What else do you notice?

Notice the interaction with the people in the story. What do you feel and notice?

What areas of tension can you identify?

What inspires / challenges you?

Question for the day:

What has brought you much joy lately?

Wednesday Night

Time ___:___pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Draw something about today in a simple sketch

Name the drawing "_____"

Thursday Morning*John 19* | The Crucifixion**Week 9 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Question for the day:

When will you have holidays this year?

How are you planning to rest well?

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Friday Morning*John 20-21* | The Resurrection**Week 9 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

ONES A WEEK COFFEE WITH YOUR SPIRITUAL MENTOR
Summary Questions for this week

What is God shining a light on this week?

What questions or tensions are you experiencing going through this book?

In what specific areas or ways are these practices developing further awareness of God's presence?

What insights are developing?

How have these practices begun to impact your ordinary life?

Your relationships?

Are you having a negative experience in any way?

Question for the day:

When was the last time He called you to fast?
What was it for?

*“Above all else,
guard your heart,
for everything you do flows from it.”*

Proverbs 4:23 NIV

FRUIT: Name some obvious fruit you saw in your life this week. It can be positive or negative.

MY FRUIT - Actions

-

-



BRANCHES: what were some decisions I made that lead to my fruit.

DECISIONS MADE:

-

-

TRUNK: what I valued this week that made me decide what I did.

VALUES:

-

-

MY ROOT / HEART BELIEF:

Think of your Actions. What emotion is connected to it?

Why do you feel this way?

This shows you what you believe. Does this line up with the Character of Christ? Ask Him to bring Truth to what you believe.

GOOD ROOTS is rooted in:

- Truth is constant and knowable.
- God is infinite and personal.
- Responsibility demands accountability.
- Mankind is finite personal & made in the image of God.

Saturday Morning*Acts 1-2* | The Church is born**Week 9 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Question for the day:

Looking at this past week: What was your greatest high?

What was your lowest low?

Question for the day:

Have you been a testimony this week of the greatness of Jesus in both words and action? Y | N Explain

What good book are you reading?

Remember to make a summary of it in this book.
See place provided. P22

Saturday Night

Time __:__pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel: MAD (upset, agitated, angry, furious)
 GLAD (happy, pleased, excited, satisfied)
 BAD (ashamed, guilty, damaged, dark)
 SAD (disappointed, depressed, devastated)
 LOVE (nurtured, care, concern, like)
 FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Sunday**Week 9 of 12**

Scripture: _____ | Topic: _____

Date: _____

Church - Fellowship with believers

Bible Passage studied:

Main Topic:

Key points made:

*

*

*

*

*

My personal take-away:

How can I apply this to my personal life?

Notes

Question for the day:

What is your personal application of what David said in Ps101:3?

Monday Morning*Acts 6:8 - 8:8* | The First Martyr**Week 10 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Daily Diary

What are some expectations, hopes, and goals for this week?

What are some personal or spiritual struggles I might face this week?

Question for the day:

How do you show God that you love Him? What is something personal between the two of you?

Monday Night

Time __: __pm

Reflect: What do you remember about today? (Examine prayer)Do you need to **forgive** someone after today? Y | N Do you Y | N ?When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Tuesday Morning*Acts 8 & 10 - 11:11* | The Word to All**Week 10 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Breath Prayer for this week

During the day, under your breath, speak & meditate on
"I AM YOURS"

Write it on a piece of paper next to your bed. You can put your phone on vibrate every hour of the day, to help you bring back your thoughts to:
"I AM YOURS"

Question for the day:

Think about how long it takes you to become quiet before the Lord in the mornings and evenings to hear His voice.

Comment:

Tuesday Night

Time __: __pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Wednesday Morning*Acts 9 & 13 - 14:28* | Missionary Journey 1**Week 10 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

WORDLESS PRAYER THIS WEEK

Read John 18:1-9

Where are you standing in this scene?

What do you see | smell | hear?

What else do you notice?

Notice the interaction with the people in the story. What do you feel and notice?

What areas of tension can you identify?

What inspires / challenges you?

Question for the day:

What do you think of people who get drunk?

What does the Holy Spirit say about this?

Why do you think our generation has such a seared conscience about drinking?

What is the root of your behavior/belief system in regards to drinking?

Wednesday Night

Time __: __pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Draw something about today in a simple sketch

Name the drawing " _____ "

Thursday Morning*Acts 15-20* | The Council and Missions**Week 10 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Question for the day:

How are you being a blessing to those you live with?

What do you need to work on to make it easier in the house?

Thursday Night

Time __:__pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Friday Morning*Acts 25-27* | Trip to Rome**Week 10 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

ONES A WEEK COFFEE WITH YOUR SPIRITUAL MENTOR
Summary Questions for this week

What is God shining a light on this week?

What questions or tensions are you experiencing going through this book?

In what specific areas or ways are these practices developing further awareness of God's presence?

What insights are developing?

How have these practices begun to impact your ordinary life?

Your relationships?

Are you having a negative experience in any way?

Question for the day:

What is one positive and one negative pattern / habit you have?

Positive:

Negative:

Friday Night

Time ___:___pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel: MAD (upset, agitated, angry, furious)
 GLAD (happy, pleased, excited, satisfied)
 BAD (ashamed, guilty, damaged, dark)
 SAD (disappointed, depressed, devastated)
 LOVE (nurtured, care, concern, like)
 FEAR (horrified, anxious scared, afraid)

Because:

*“Above all else,
guard your heart,
for everything you do flows from it.”*

Proverbs 4:23 NIV

FRUIT: Name some obvious fruit you saw in your life this week. It can be positive or negative.

MY FRUIT - Actions

-

-



BRANCHES: what were some decisions I made that lead to my fruit.

DECISIONS MADE:

-

-

TRUNK: what I valued this week that made me decide what I did.

VALUES:

-

-

MY ROOT / HEART BELIEF:

Think of your Actions. What emotion is connected to it?

Why do you feel this way?

This shows you what you believe. Does this line up with the Character of Christ? Ask Him to bring Truth to what you believe.

GOOD ROOTS is rooted in:

- Truth is constant and knowable.
- God is infinite and personal.
- Responsibility demands accountability.
- Mankind is finite personal & made in the image of God.

*IN CHRIST I have received the Holy Spirit to heal the sick,
cast out demons, defeat the enemy. | Mark 16:17*

Saturday Morning

Romans 8 & Galatians 5-6 | Paul writing

Week 10 of 12

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Question for the day:

Looking at this past week: What was your greatest high?

What was your lowest low?

Question for the day:

Have you been a testimony this week of the greatness of Jesus in both words and action? Y | N Explain

Do you serve people without complaining?

Do you show your annoyance easily?

Saturday Night

Time __:__pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Sunday**Week 10 of 12**

Scripture: _____ | Topic: _____

Date: _____

Church - Fellowship with believers

Bible Passage studied:

Main Topic:

Key points made:

*

*

*

*

*

My personal take-away:

How can I apply this to my personal life?

Monday Morning**Week 11 of 12**

1Timothy 3 & 6 | Paul to a leader

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Daily Diary

What are some expectations, hopes, and goals for this week?

What are some personal or spiritual struggles I might face this week?

Question for the day:

If you could draw your heart today, how would it look like?
Draw it here:

What is inside?

Give it to Jesus!

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Tuesday Morning**Week 11 of 12***2Timothy 2* | Be good soldiers of Christ

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Breath Prayer for this week

During the day, under your breath, speak & meditate on

“INSTRUCT ME IN MY WAY” Ps25:12

Write it on a piece of paper next to your bed. You can put your phone on vibrate every hour of the day, to help you bring back your thoughts to:

“INSTRUCT ME IN MY WAY” Ps25:12

Question for the day:

If you envision your heart - what do you see? Where do you need deeper healing in your heart?

Tuesday Night

Time __:__pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Wednesday Morning**Week 11 of 12**

2Timothy 3-4 | All scripture is God breathed

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
 God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
 about

WORDLESS PRAYER THIS WEEK

Read John 18:15-18

Where are you standing in this scene?

What do you see | smell | hear?

What else do you notice?

Notice the interaction with the people in the story. What do you feel and notice?

What areas of tension can you identify?

What inspires / challenges you?

Question for the day:

Which Characteristic of God do you feel you understand well?

Which one do you feel you need to know more?

Wednesday Night

Time __: __pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

MAD (upset, agitated, angry, furious)
 GLAD (happy, pleased, excited, satisfied)
 BAD (ashamed, guilty, damaged, dark)
 SAD (disappointed, depressed, devastated)
 LOVE (nurtured, care, concern, like)
 FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Draw something about today in a simple sketch

Name the drawing " _____ "

Thursday Morning**Week 11 of 12**

1Thess 4-5 | The coming of the Lord

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Question for the day:

When is the last time you really sought God and worshiped Him for at least a good hour knowing no one will interrupt you?

Do you have some new fresh worship music that you can put on while you Worship him in privacy? (Bethel worship is a good place to look)

Thursday Night

Time __:__pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Friday Morning

1Cor 13:1-13 | The most excellent way

Week 11 of 12

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

ONES A WEEK COFFEE WITH YOUR SPIRITUAL MENTOR
Summary Questions for this week

What is God shining a light on this week?

What questions or tensions are you experiencing going through this book?

In what specific areas or ways are these practices developing furthered awareness of God's presence?

What insights are developing?

How have these practices begun to impact your ordinary life?

Your relationships?

Are you having a negative experience in any way?

Friday Night

Time __:__pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

*“Above all else,
guard your heart,
for everything you do flows from it.”*
Proverbs 4:23 NIV

FRUIT: Name some obvious fruit you saw in your life this week. It can be positive or negative.

MY FRUIT - Actions

-
-



BRANCHES: what were some decisions I made that lead to my fruit.

DECISIONS MADE:

-
-

TRUNK: what I valued this week that made me decide what I did.

VALUES:

-
-

MY ROOT / HEART BELIEF:

Think of your Actions. What emotion is connected to it?

Why do you feel this way?

This shows you what you believe. Does this line up with the Character of Christ? Ask Him to bring Truth to what you believe.

GOOD ROOTS is rooted in:

- Truth is constant and knowable.
- God is infinite and personal.
- Responsibility demands accountability.
- Mankind is finite personal & made in the image of God.

Saturday Morning*2Cor 4* | A new Creation in Christ**Week 11 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Question for the day:

Looking at this past week: What was your greatest high?

What was your lowest low?

Question for the day:

Have you been a testimony this week of the greatness of Jesus in both words and action? Y | N Explain

What brings you easily into the presence of the Lord?

Saturday Night

Time __:__pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Sunday

Week 11 of 12

Scripture: | Topic:

Date:

Church - Fellowship with believers

Bible Passage studied:

Main Topic:

Key points made:

*

*

*

*

*

My personal take-away:

How can I apply this to my personal life?

Monday Morning*James 1-2* | Faith and Works**Week 12 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Daily Diary

What are some expectations, hopes, and goals for this week?

What are some personal or spiritual struggles I might face this week?

Question for the day:

Do you make it easy for people to lead and direct you? Y | N

Can they speak into your life without you defending yourself?

Comment:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Tuesday Morning

1John 3-4 | Love one another

Week 12 of 12

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Breath Prayer for this week

During the day, under your breath, speak & meditate on
"LORD, I LOVE YOUR HOUSE WHERE YOU LIVE. Ps27:8

Write it on a piece of paper next to your bed. You can put your phone on
vibrate every hour of the day, to help you bring back your thoughts to:
"LORD, I LOVE YOUR HOUSE WHERE YOU LIVE. Ps27:8

Question for the day:

If you envision your heart - what do you see? What is different from last week
this time? Where do you need deeper healing in your heart?

Reflect: What do you remember about today?

Do you need to **forgive** someone after today? Y | N Do you Y | N ?

When were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?

When were you **not aware** of God or fully present to His presence?

Circle what you feel:

MAD (upset, agitated, angry, furious)
 GLAD (happy, pleased, excited, satisfied)
 BAD (ashamed, guilty, damaged, dark)
 SAD (disappointed, depressed, devastated)
 LOVE (nurtured, care, concern, like)
 FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Wednesday Morning**Week 12 of 12***Revelation 1* | A voice and a Vision

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
 God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
 about

WORDLESS PRAYER THIS WEEK

Read John 20:19-29

Where are you standing in this scene?

What do you see | smell | hear?

What else do you notice?

Notice the interaction with the people in the story. What do you feel and notice?

What areas of tension can you identify?

What inspires / challenges you?

Question for the day:

Who would you consider your enemy at the moment?

How do you think God is feeling about that?

Wednesday Night

Time __: __pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Draw something about today in a simple sketch

Name the drawing " _____ "

Thursday Morning*Revelation 2-3* | Message to the Churches**Week 12 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God,* I sense you are speaking to me
about

Question for the day:

Do you have judgment in your heart towards someone or a situation?
Explain

Thursday Night

Time ___:___pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel: MAD (upset, agitated, angry, furious)
 GLAD (happy, pleased, excited, satisfied)
 BAD (ashamed, guilty, damaged, dark)
 SAD (disappointed, depressed, devastated)
 LOVE (nurtured, care, concern, like)
 FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Friday Morning*Revelation 4-7* | The Throne of Heaven**Week 12 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

ONES A WEEK COFFEE WITH YOUR SPIRITUAL MENTOR
Summary Questions for this week

What is God shining a light on this week?

What questions or tensions are you experiencing going through this book?

In what specific areas or ways are these practices developing furthered awareness of God's presence?

What insights are developing?

How have these practices begun to impact your ordinary life?

Your relationships?

Are you having a negative experience in any way?

Friday Night

Time ___:___pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel:

- MAD (upset, agitated, angry, furious)
- GLAD (happy, pleased, excited, satisfied)
- BAD (ashamed, guilty, damaged, dark)
- SAD (disappointed, depressed, devastated)
- LOVE (nurtured, care, concern, like)
- FEAR (horrified, anxious scared, afraid)

Because:

*“Above all else,
guard your heart,
for everything you do flows from it.”*

Proverbs 4:23 NIV

FRUIT: Name some obvious fruit you saw in your life this week. It can be positive or negative.

MY FRUIT - Actions

-

-



BRANCHES: what were some decisions I made that lead to my fruit.

DECISIONS MADE:

-

-

TRUNK: what I valued this week that made me decide what I did.

VALUES:

-

-

MY ROOT / HEART BELIEF:

Think of your Actions. What emotion is connected to it?

Why do you feel this way?

This shows you what you believe. Does this line up with the Character of Christ? Ask Him to bring Truth to what you believe.

GOOD ROOTS is rooted in:

- Truth is constant and knowable.
- God is infinite and personal.
- Responsibility demands accountability.
- Mankind is finite personal & made in the image of God.

Saturday Morning*Revelation 19-20* | Hallelujah! Come Jesus!**Week 12 of 12**

Date:

Logos: What is a repeated theme / idea in this passage?

What is the direct or indirect **reference** to
God the Father &/or Jesus (also O.T.) &/or Holy Spirit?

Is there any **connection** in this passage to any of the **7 Spheres** of Society.
Family | Economics | Government | Religion | Education | Communication |
Celebration

Rhema: What passage/verse/words stood out for me personally?

Personal application & Prayer: *Dear God*, I sense you are speaking to me
about

Question for the day:

Looking at this past week: What was your greatest high?

What was your lowest low?

Question for the day:

Who did you meet with these 3 months to discuss your answers and questions?

Pray for one another!

Saturday Night

Time __:__pm

Reflect: What do you remember about today?Do you need to **forgive** someone after today? Y | N Do you Y | N ?During the day, when were you living / relating from an **awareness of God** with you - when were you most fully present to God and others?When were you **not aware** of God or fully present to His presence?

Circle what you feel: MAD (upset, agitated, angry, furious)
 GLAD (happy, pleased, excited, satisfied)
 BAD (ashamed, guilty, damaged, dark)
 SAD (disappointed, depressed, devastated)
 LOVE (nurtured, care, concern, like)
 FEAR (horrified, anxious scared, afraid)

Because:

Look **toward tomorrow** - What will help you to practice the presence of God throughout your day? Be specific.

2Cor 10:5 Take any negative **thoughts captive** and replace it with God's Truth The unbiblical or worrying thought is:

God's truth is:

Read the name of God and who I am in Christ for the day.

What influence have these 2 truths had on my life and my thinking?

Name of God:

Who I am:

Meditation: Think of the passage you read this morning.
Did God show you anything more during the day?
End of the day prayer to God.

Sunday

Week 12 of 12

Scripture: | Topic:

Date:

Church - Fellowship with believers

Bible Passage studied:

Main Topic:

Key points made:

*

*

*

*

*

My personal take-away:

How can I apply this to my personal life?

sarahberiyth.com