

FORMATION JOURNAL

Volume Thirteen
January – April 2026

NONACHURCH

Dear Nona Church Family,

One thing we have believed at Nona Church from the earliest days is that the invitation of Jesus is into a lifelong journey to follow Him — one step at a time. That is why our mission is to help every person know and take their next best step in following Jesus. Our team has developed this resource to help you strengthen your walk with Jesus on a daily basis this year. The Formation Journal is designed to guide you into God's presence through intentional prayer, Bible reading and personal reflection. I'm reminded of the words of Paul when he writes:

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and prove what God's will—is His good, pleasing and perfect will. — Romans 12:2

We live in a world and culture that wants to conform us to a pattern that is oftentimes opposed to God's heart for our flourishing. We know the process of transformation happens by renewing our mind with Scripture over time and in community. With this process of transformation in view, we encourage you to allow this journal to supplement, or even guide, your spiritual life. Use it as a tool to help you form new or better habits, and trust that God will use His Word, by the power of His Spirit, to change your life.

Our team has been intentional in designing this journal so you can easily engage with God in weekend sermons, Bible reading, prayer and reflection. The following pages will give you some insights on how to best experience all that the Formation Journal has to offer.

We know that God's desire for you is to experience the peace, joy, love and hope that come from His Presence every day, and we're looking forward to seeing how Jesus invites you to follow Him one step at a time this year!

God Bless,
Pastor Collin & Stacey

7 PRACTICES IN THE WAY OF JESUS

Intimacy With God

knowing God and being known by God



Intentional Rest

trusting God with our time, life and future



Humility

maintaining a right view of God, self and others



Reconciliation

participating in the restoration of all things



Honor

seeing and treating everyone the way God sees them



Stewardship

managing God's gifts God's way for God's glory



Contentment

depending on God's goodness and control in all circumstances

MISSION

We help every person know and take their next best step in following Jesus.

VISION

We exist to be a family of neighborhood churches walking in the way of Jesus for the renewal of our city and world to the glory of God.

WEEKEND SERMON NOTES

Each week, this journal has a place to take notes and reflect on what you are learning through the teachings. We have provided extra space to jot down the big idea from the sermon, any questions you might have, important thoughts you want to remember and next steps towards Jesus you are ready to take. We pray this area will help you not just receive information but lean into the transformation that the Holy Spirit brings through His Word.

PRACTICE GRATITUDE

Each day you will have the opportunity to reframe your perspective around gratitude. By thanking God for how He is at work in our lives – in seasons of ease and difficulty – we can experience the gentle, restorative leading of God’s shepherding hand. Use this space to thank God for how you’re experiencing who He is and what He is doing in your life.

REACH EXERCISE

If you are up for a challenge, we invite you to spend more time in deeper reflection, pondering your emotions and how they are impacting your relationship with God. We also invite you to look through the Scripture that you have read that week and choose a verse or two to commit to memory. These practices will help you grow deeper in your journey with Jesus.

BIBLE READING PLAN

Throughout this journal, you'll have the chance to draw on the spiritual riches of the Bible as you learn from God through His Word. In Matthew 13:52, Jesus teaches that anyone who is His well-trained disciple skillfully draws out the treasure from God's Word. God has spoken to us by giving us both the Old and New Testaments as a treasure trove of grace and truth so we would know, love and follow God each day.

Whether you're already familiar with the Formation Journal or this is your first time, you will go deeper in your understanding and appreciation of God's Word. In this volume of the Formation Journal, we will explore the New Testament's accounts of the life and ministry of Jesus as well as Wisdom Literature from the book of Psalms.

New Testament:	Wisdom
Matthew	Literature:
Mark	Psalms
Luke	

In Psalm 1, the psalmist tells us God's Word is meant to delight and nourish us, like a tree planted by streams of water that thrives and grows because of its proximity to the source of life. We pray this journal will help you take in the life-giving Word of God each day, drawing you closer to the heart of Jesus.

Every time you start a new book of the Bible, you will see a QR code that when scanned will direct you to a 6-10 minute intro video, designed to help give you background and context for the book you are about to read. Whether this is your first time reading the Bible, or you have read through it multiple times, this will be an interesting and helpful resource.

WEEKEND OF JANUARY 3/4

THE DAILY EXAMEN

REMAIN:

How is God present with you right now? Thank Him.

REQUEST:

What are you asking God for this year?

REVIEW:

Remember the past year - what went well? What didn't?

REPENT:

Ask for forgiveness for where you have strayed from God.

RELY:

What are you submitting to God this year? Give it to Him.

MATTHEW 1, 2



SCAN ME

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

What are you thanking God for today?

PSALM 1, 2



SCAN ME

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | JANUARY 7

MATTHEW 3 + PSALM 3

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

THURSDAY | JANUARY 8

MATTHEW 4 + PSALM 4

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

REACH EXERCISE:

What situations are bringing up strong emotions like anger, sadness or anxiety?

What do these emotions tell you about how you are relating to God?

FRIDAY | JANUARY 9

MATTHEW 5 + PSALM 5

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF JANUARY 10/11

SERMON NOTES:

[illegible]

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

[illegible]

MONDAY | JANUARY 12

MATTHEW 6 + PSALM 6

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

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PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | JANUARY 13

MATTHEW 7 + PSALM 7

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | JANUARY 14

MATTHEW 8 + PSALM 8

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

THURSDAY | JANUARY 15

MATTHEW 9 + PSALM 9

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

REACH EXERCISE:

What situations are bringing up strong emotions like anger, sadness or anxiety?

What do these emotions tell you about how you are relating to God?

FRIDAY | JANUARY 16

MATTHEW 10 + PSALM 10

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF JANUARY 17/18

SERMON NOTES:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

[illegible]

MONDAY | JANUARY 19

MATTHEW 11 + PSALM 11

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

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PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | JANUARY 20

MATTHEW 12 + PSALM 12

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | JANUARY 21

MATTHEW 13 + PSALM 13

REFLECT ON WHAT YOU READ:

- What did you find interesting or surprising?
- What does this passage show you about who God is?
- What promise from this reading do you need to remember throughout the day?
- What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

MATTHEW 14 + PSALM 14



SCAN ME

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

What situations are bringing up strong emotions like anger, sadness or anxiety?

What do these emotions tell you about how you are relating to God?

FRIDAY | JANUARY 23

MATTHEW 15 + PSALM 15

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF JANUARY 24/25

SERMON NOTES:

[illegible]

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

[illegible]

MONDAY | JANUARY 26

MATTHEW 16 + PSALM 16

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | JANUARY 27

MATTHEW 17 + PSALM 17

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | JANUARY 28

MATTHEW 18 + PSALM 18

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

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PRACTICE GRATITUDE:

What are you thanking God for today?

THURSDAY | JANUARY 29

MATTHEW 19 + PSALM 19

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

REACH EXERCISE:

What situations are bringing up strong emotions like anger, sadness or anxiety?

What do these emotions tell you about how you are relating to God?

FRIDAY | JANUARY 30

MATTHEW 20 + PSALM 20

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF JANUARY 31/FEBRUARY 1

SERMON NOTES:

[illegible]

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

[illegible]

MONDAY | FEBRUARY 2

MATTHEW 21 + PSALM 21

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

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PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | FEBRUARY 3

MATTHEW 22 + PSALM 22

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | FEBRUARY 4

MATTHEW 23 + PSALM 23

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

THURSDAY | FEBRUARY 5

MATTHEW 24 + PSALM 24

REFLECT ON WHAT YOU READ:

- What did you find interesting or surprising?
- What does this passage show you about who God is?
- What promise from this reading do you need to remember throughout the day?
- What is the Holy Spirit inviting you into today?

REACH EXERCISE:

- What situations are bringing up strong emotions like anger, sadness or anxiety?
- What do these emotions tell you about how you are relating to God?

FRIDAY | FEBRUARY 6

MATTHEW 25 + PSALM 25

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

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PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF FEBRUARY 7/8

SERMON NOTES:

[illegible]

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

[illegible]

MONDAY | FEBRUARY 9

MATTHEW 26 + PSALM 26

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

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PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | FEBRUARY 10

MATTHEW 27 + PSALM 27

REFLECT ON WHAT YOU READ:

- What did you find interesting or surprising?
- What does this passage show you about who God is?
- What promise from this reading do you need to remember throughout the day?
- What is the Holy Spirit inviting you into today?

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | FEBRUARY 11

MATTHEW 28 + PSALM 28

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

MARK 1 + PSALM 29



SCAN ME

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

What situations are bringing up strong emotions like anger, sadness or anxiety?

What do these emotions tell you about how you are relating to God?

FRIDAY | FEBRUARY 13

MARK 2 + PSALM 30

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

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PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF FEBRUARY 14/15

SERMON NOTES:

[illegible]

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

[illegible]

MONDAY | FEBRUARY 16

MARK 3 + PSALM 31

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

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PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | FEBRUARY 17

MARK 4 + PSALM 32

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | FEBRUARY 18

MARK 5 + PSALM 33

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

THURSDAY | FEBRUARY 19

MARK 6 + PSALM 34

REFLECT ON WHAT YOU READ:

- What did you find interesting or surprising?
- What does this passage show you about who God is?
- What promise from this reading do you need to remember throughout the day?
- What is the Holy Spirit inviting you into today?

REACH EXERCISE:

- What situations are bringing up strong emotions like anger, sadness or anxiety?
- What do these emotions tell you about how you are relating to God?

FRIDAY | FEBRUARY 20

MARK 7 + PSALM 35

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF FEBRUARY 21/22

SERMON NOTES:

[illegible]

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

--

MONDAY | FEBRUARY 23

MARK 8 + PSALM 36

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | FEBRUARY 24

MARK 9 + PSALM 37

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | FEBRUARY 25

MARK 10 + PSALM 38

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

THURSDAY | FEBRUARY 26

MARK 11 + PSALM 39

REFLECT ON WHAT YOU READ:

- What did you find interesting or surprising?
- What does this passage show you about who God is?
- What promise from this reading do you need to remember throughout the day?
- What is the Holy Spirit inviting you into today?

REACH EXERCISE:

- What situations are bringing up strong emotions like anger, sadness or anxiety?
- What do these emotions tell you about how you are relating to God?

FRIDAY | FEBRUARY 27

MARK 12 + PSALM 40

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

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PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF FEBRUARY 28/MARCH 1

SERMON NOTES:

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REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

--

MONDAY | MARCH 2

MARK 13 + PSALM 41

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | MARCH 3

MARK 14 + PSALM 42

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | MARCH 4

MARK 15 + PSALM 43

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

THURSDAY | MARCH 5

MARK 16 + PSALM 44

REFLECT ON WHAT YOU READ:

- What did you find interesting or surprising?
- What does this passage show you about who God is?
- What promise from this reading do you need to remember throughout the day?
- What is the Holy Spirit inviting you into today?

REACH EXERCISE:

- What situations are bringing up strong emotions like anger, sadness or anxiety?
- What do these emotions tell you about how you are relating to God?

LUKE 1 + PSALM 45



SCAN ME

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

What are you thanking God for today?

WEEKEND OF MARCH 7/8

SERMON NOTES:

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REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

[illegible]

MONDAY | MARCH 9

LUKE 2 + PSALM 46

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

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PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | MARCH 10

LUKE 3 + PSALM 47

REFLECT ON WHAT YOU READ:

- What did you find interesting or surprising?
- What does this passage show you about who God is?
- What promise from this reading do you need to remember throughout the day?
- What is the Holy Spirit inviting you into today?

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | MARCH 11

LUKE 4 + PSALM 48

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

THURSDAY | MARCH 12

LUKE 5 + PSALM 49

REFLECT ON WHAT YOU READ:

- What did you find interesting or surprising?
- What does this passage show you about who God is?
- What promise from this reading do you need to remember throughout the day?
- What is the Holy Spirit inviting you into today?

REACH EXERCISE:

- What situations are bringing up strong emotions like anger, sadness or anxiety?
- What do these emotions tell you about how you are relating to God?

FRIDAY | MARCH 13

LUKE 6 + PSALM 50

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF MARCH 14/15

SERMON NOTES:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

[illegible]

MONDAY | MARCH 16

LUKE 7 + PSALM 51

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | MARCH 17

LUKE 8 + PSALM 52

REFLECT ON WHAT YOU READ:

- What did you find interesting or surprising?
- What does this passage show you about who God is?
- What promise from this reading do you need to remember throughout the day?
- What is the Holy Spirit inviting you into today?

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | MARCH 18

LUKE 9 + PSALM 53

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

LUKE 10 + PSALM 54



SCAN ME

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

What situations are bringing up strong emotions like anger, sadness, or anxiety?

What do these emotions tell you about how you are relating to God?

FRIDAY | MARCH 20

LUKE 11 + PSALM 55

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF MARCH 21/22

SERMON NOTES:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

1. Identify the problem. 2. Define the problem. 3. Generate hypotheses. 4. Test the hypotheses. 5. Evaluate the results.	6. Implement the solution. 7. Monitor the results. 8. Adjust the solution. 9. Communicate the results. 10. Reflect on the process.
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MONDAY | MARCH 23

LUKE 12 + PSALM 56

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | MARCH 24

LUKE 13 + PSALM 57

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | MARCH 25

LUKE 14 + PSALM 58

REFLECT ON WHAT YOU READ:

- What did you find interesting or surprising?
- What does this passage show you about who God is?
- What promise from this reading do you need to remember throughout the day?
- What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

THURSDAY | MARCH 26

LUKE 15 + PSALM 59

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

REACH EXERCISE:

What situations are bringing up strong emotions like anger, sadness or anxiety?

What do these emotions tell you about how you are relating to God?

FRIDAY | MARCH 27

LUKE 16 + PSALM 60

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF MARCH 28/29

SERMON NOTES:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

[illegible]

MONDAY | MARCH 30

LUKE 17, 18 + PSALM 61

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | MARCH 31

LUKE 19 + PSALM 62

REFLECT ON WHAT YOU READ:

- What did you find interesting or surprising?
- What does this passage show you about who God is?
- What promise from this reading do you need to remember throughout the day?
- What is the Holy Spirit inviting you into today?

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | APRIL 1

LUKE 20 + PSALM 63

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

PRACTICE GRATITUDE:

What are you thanking God for today?

THURSDAY | APRIL 2

LUKE 21, 22 + PSALM 64

REFLECT ON WHAT YOU READ:

- What did you find interesting or surprising?
- What does this passage show you about who God is?
- What promise from this reading do you need to remember throughout the day?
- What is the Holy Spirit inviting you into today?

REACH EXERCISE:

- What situations are bringing up strong emotions like anger, sadness or anxiety?
- What do these emotions tell you about how you are relating to God?

FRIDAY | APRIL 3

LUKE 23, 24 + PSALM 65

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

[illegible]

PRACTICE GRATITUDE:

What are you thanking God for today?

NONACHURCH