

# Rooted

IN THE WORD

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DAILY JOURNAL  
7/07/25-7/28/25







Psalm 1 teaches us that the person who is rooted in the Word is, "... like a tree planted beside flowing streams that bears its fruit in its season and whose leaf does not wither." The time you spend with the Lord in His Word and in prayer is the greatest investment you can make in your relationship with God. I am praying that God will grow you and bless you as you journal your way through His Word.

- Pastor Rob Armstrong

# ROOTED IN THE WORD

The **ROOTED IN THE WORD** journal is intentionally designed to help you grow and mature in your faith through the study of Scripture.

"For the **WORD** of the LORD is upright..." – Psalm 33:4

"I have stored up your **WORD** in my heart, that I might not sin against you." – Psalm 119:11

"Man shall not live on bread alone, but by every **WORD** that comes from the mouth of God." – Matthew 4:4

"Sanctify them in the truth, your **WORD** is truth."  
– John 17:17

"So faith comes from hearing, and hearing through the **WORD** of Christ." – Romans 10:17

"Let the **WORD** of Christ dwell in you richly, teaching and admonishing one another in all wisdom..." – Colossians 3:16

"For the **WORD** of God is living and active..." – Hebrews 4:12

**WORD** is an acronym that stands for:

**Write**  
**Observe**  
**Reflect**  
**Do**

Three to five sentences, in each of these four sections, are sufficient to help you stay **ROOTED IN THE WORD** and live a Christ-centered life.

## **Write**

As you read a passage of Scripture, write out the verse or verses that jump out at you. Include the following information in this section: the date, verse(s), verse reference (book, chapter & verse), and a title for the text.

## **Observe**

The goal here is to observe and discover the original meaning of the text by asking key questions about the text: Who is speaking? To whom are they speaking? Who wrote the text? What did the text mean then? When in the life of Jesus did this text take place? Did it take place before, during, or after the cross of Jesus? Why was the text written? How did people respond to the text back then?

Observe the type of genre in which the text is written. Is the text written as poetry, biography, narrative, parable, law, history, wisdom, prophecy, discourse, letters, or proverbs?

Observe the grammatical nuances of the text in its context. Pay attention to the following: pronouns, repetitive words, shift in location, shift in speakers, shift in audiences, shift in thought, shift in subject, or shift in verbs.

Observe whether the text is written as a prescriptive text or a descriptive text. A prescriptive text is one that prescribes certain behaviors or actions. Prescriptive texts tell us “what to do” (commission) or “what not to do” (omission). A descriptive text is one that describes what is happening without giving commands or instructions on how to behave. Descriptive texts tell us “what happened.”

## **Reflect**

The goal here is to reflect and discover what the text means today. What is the timeless truth of this text that transcends time? What is the “take-away” truth of this text?



## Do

The goal here is to discover what God wants me to do in response to this text. What can I do to move myself from a hearer of the Word to a doer of the Word? What application can be made from this text for my life today? In what ways does God want me to share His Word, pray His Word, memorize His Word, sing His Word, or obey His Word?

### Sample WORD entry:

#### Write:

Date: 8/15/19

Title: God Speaks: "So, faith comes from hearing, and hearing through the word of Christ." Romans 10:17

#### Observe:

Paul is writing a letter to the followers of Christ in Rome. Romans is rich with the theology of salvation by grace. Paul is explaining how a person is saved in Romans 10. Paul is saying that the words or works of man can't save but only God's redemptive work heard through His Word saves.

#### Reflect:

God's Word must get into a person in order for them to be saved. Getting into God's Word allows God's Word to get into me. Getting into God's Word saves me and sanctifies me.  
take-away truth: Get into God's Word!

#### Do:

Lord, help me to get into your Word daily. God wants me to set aside time each day to read His Word, hear His Word, pray His Word, and obey His Word.

# D-GROUPS: SCRIPTURE SCHEDULE 7/07/25-7/28/25

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MEMORY
7/07/25 (1)	Colossians 4	Ephesians 1	Ephesians 2	Ephesians 3	Ephesians 4	Matthew 6:9-11
7/14/25 (2)	Ephesians 5	Ephesians 6	Philippians 1	Philippians 2	Philippians 3	Matthew 6:12-13
7/21/25 (3)	Philippians 4	Philemon	Hebrews 1	Hebrews 2	Hebrews 3	Matthew 6:14-15
7/28/25 (4)	Hebrews 4	Hebrews 5	Hebrews 6	Hebrews 7	Hebrews 8	Matthew 6:16-18

# GUIDE

## Books of the Bible

(Memory Verses)

### Write:

- Write out the verse or verses that jump off the page to you.
- Write the date.
- Write the verse reference (book, chapter & verse)
- Write out any words and phrases that jumped out.
- Write a title for this text.

### Observe:

- Who wrote the verse? To whom was it written?
- Did it take place before, during, or after the cross?
- Is there any repetition? What is the genre?
- Is there any shift in audience, place, or time?
- Is the text descriptive or prescriptive?

### Reflect:

- What is the timeless truth of this text?
- Did it take place before, during, or after the cross?

### Do:

- What does God want you to do?
- What is keeping you from being a doer of the Word?
- Ask God to help you do what His Word says.



# WEEK



# 1

## **Memory Verses:**

Therefore, you should pray like this:

Our Father in heaven,  
your name be honored as holy.

Your kingdom come.

Your will be done  
on earth as it is in heaven.  
Give us today our daily bread.

Matthew 6:9-11 (CSB)

# MONDAY

## Colossians 4

(Memory Verses: Matthew 6:9-11)

 **WRITE** the verse or verses that jump off the page to you.

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 **OBSERVE** the meaning of the text.

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 **REFLECT** on the timeless truth of the text.

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 **DO** what God wants in response to the text.

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# TUESDAY

## **Ephesians 1**


(Memory Verses: Matthew 6:9-11)

 **WRITE** the verse or verses that jump off the page to you.

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 **DO** what God wants in response to the text.

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# WEDNESDAY

## **Ephesians 2**


(Memory Verses: Matthew 6:9-11)

 **WRITE** the verse or verses that jump off the page to you.

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 **OBSERVE** the meaning of the text.

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# THURSDAY

## **Ephesians 3**


(Memory Verses: Matthew 6:9-11)

 **WRITE** the verse or verses that jump off the page to you.

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 **OBSERVE** the meaning of the text.

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 **DO** what God wants in response to the text.

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# FRIDAY

## **Ephesians 4**


(Memory Verses: Matthew 6:9-11)

 **WRITE** the verse or verses that jump off the page to you.

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 **OBSERVE** the meaning of the text.

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# SERMON NOTES

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# WEEK

# 2

## **Memory Verses:**


And forgive us our debts,  
as we also have forgiven our debtors.  
And do not bring us into temptation,  
but deliver us from the evil one.

Matthew 6:12-13 (CSB)

# MONDAY

## **Ephesians 5**

(Memory Verses: Matthew 6:12-13)

 **WRITE** the verse or verses that jump off the page to you.

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# TUESDAY

## Ephesians 6

(Memory Verses: Matthew 6:12-13)

 **WRITE** the verse or verses that jump off the page to you.

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 **REFLECT** on the timeless truth of the text.

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# WEDNESDAY

## Philippians 1

(Memory Verses: Matthew 6:12-13)

 **WRITE** the verse or verses that jump off the page to you.

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# THURSDAY

## Philippians 2


(Memory Verses: Matthew 6:12-13)

 **WRITE** the verse or verses that jump off the page to you.

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# FRIDAY

## Philippians 3


(Memory Verses: Matthew 6:12-13)

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# WEEK

# 3

## **Memory Verses:**

For if you forgive others their offenses, your heavenly Father will forgive you as well. But if you don't forgive others, your Father will not forgive your offenses.

Matthew 6:14-15 (CSB)

# MONDAY

## Philippians 4

(Memory Verses: Matthew 6:14-15)

 **WRITE** the verse or verses that jump off the page to you.

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# TUESDAY

## Philemon

(Memory Verses: Matthew 6:14-15)

 **WRITE** the verse or verses that jump off the page to you.

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 **REFLECT** on the timeless truth of the text.

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# WEDNESDAY

## Hebrews 1

(Memory Verses: Matthew 6:14-15)

 **WRITE** the verse or verses that jump off the page to you.

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 **OBSERVE** the meaning of the text.

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 **REFLECT** on the timeless truth of the text.

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# THURSDAY

## Hebrews 2

(Memory Verses: Matthew 6:14-15)

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# FRIDAY

## Hebrews 3


(Memory Verses: Matthew 6:14-15)

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# SERMON NOTES

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



# WEEK

# 4

## **Memory Verses:**

Whenever you fast, don't be gloomy like the hypocrites. For they disfigure their faces so that their fasting is obvious to people. Truly I tell you, they have their reward. But when you fast, put oil on your head and wash your face, so that your fasting isn't obvious to others but to your Father who is in secret. And your Father who sees in secret will reward you.

Matthew 6:16-18 (CSB)

# MONDAY

## Hebrews 4

(Memory Verses: Matthew 6:16-18)

 **WRITE** the verse or verses that jump off the page to you.

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 **REFLECT** on the timeless truth of the text.

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# TUESDAY

## Hebrews 5

(Memory Verses: Matthew 6:16-18)

 **WRITE** the verse or verses that jump off the page to you.

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 **REFLECT** on the timeless truth of the text.

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 **DO** what God wants in response to the text.

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# WEDNESDAY

## Hebrews 6

(Memory Verses: Matthew 6:16-18)

 **WRITE** the verse or verses that jump off the page to you.

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 **OBSERVE** the meaning of the text.

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 **REFLECT** on the timeless truth of the text.

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 **DO** what God wants in response to the text.

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# THURSDAY

## Hebrews 7

(Memory Verses: Matthew 6:16-18)

 **WRITE** the verse or verses that jump off the page to you.

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 **OBSERVE** the meaning of the text.

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 **REFLECT** on the timeless truth of the text.

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 **DO** what God wants in response to the text.

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# FRIDAY

## Hebrews 8

(Memory Verses: Matthew 6:16-18)

 **WRITE** the verse or verses that jump off the page to you.

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 **OBSERVE** the meaning of the text.

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