

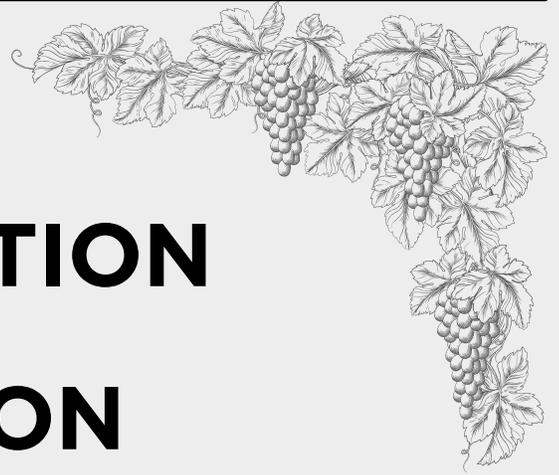
WITH JOURNAL



Doing life with Jesus, to become more like Him

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing...” –John 15:5 (NIV)





INTRODUCTION AND INVITATION

What would happen if you reoriented your life around spending time with Jesus? Do you try to squeeze Jesus into your busy schedule whenever you can fit Him in? What if, instead, you developed and kept a regular daily rhythm of spending time with Him?

We hope this journal will help you begin to reorient your everyday, ordinary life around Jesus. We hope that these simple practices, spread throughout your day, will draw your attention and affection toward Him. We hope that as you lean into these practices that a desire will stir in you for more of Him. We hope to ignite a passion to spend time with Him. We hope that you will explore and discover new ways to know Him, and as a result, be transformed to be more like Him.

About an hour each day - that is how long the suggested daily practices will take. It may mean an hour less on your phone or watching one less episode of your current binge. It may mean staying up a little longer or waking a little earlier. It may mean setting reminders on your phone. There is a cost - something has to be given up so you can acquire something much more valuable - time with Jesus.

Please don't let this journal become a checklist of 'to-dos'. The goal is not checking every box, but rather to spend more time with Jesus. Please view these practices as a simple framework or trellis for what it might look like for you to abide in Him daily.

Take the challenge. Commit to the journey. **Abide** in Him.

HOW TO USE *THE WITH* *JOURNAL*



This journal is an invitation (with some structure) on how you can spend time with Jesus over the next 45 days. Try to do every daily practice. There are also two weekly practices - one regarding phone use and the other you can select from a list in the back of this booklet.

Please don't treat this like a checklist to get through; rather slow down and spend time in each practice. Savor it like you would a good meal.

If you happen to miss a day, don't quit and don't feel guilty. Just go on to the next day. If you'd like to read what you missed, feel free!

How to Begin

How do you want God to move in your life over these next 45 days? In the back of your journal (on page 110) is an opening question for this experience. Journal out your response to this question, and then pray the recommended prayer of surrender. After you've accomplished this, our encouragement is that you let your journaled answer rest until the end of the experience. Once you finish the 45 days, you will revisit the question and see if God moved in the way you hoped.

As you embark on this journey, our prayer echoes that of Paul in Ephesians 3:20: *'That the God who is able to do beyond what we can ask or imagine will powerfully work within you during this season. Amen!'*



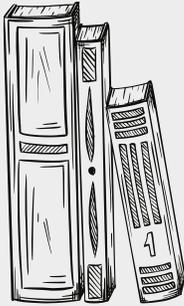
ESTABLISHING FAMILY RHYTHMS

If you have children at home, we'd like to make a few recommendations on how you might consider using this for your entire family:

- Pray together for the morning and evening prayer time if possible, and as your schedule allows.
- Read at least the Psalm portion of the daily scripture together or with your child or children - maybe let them read it aloud to you.
- Walk together. It will likely be cold and may be dark, but spend some time outdoors together.
- Talk to your child or children about how Jesus is changing you and ask them how they are getting to know Jesus more.
- For the phone challenge (pg. 5) - try to do this as a family. Maybe designate a special place where phones are kept while you are together at home.
- There is a special family section in the weekly practices, as a family select the one or ones you will do together. Maybe find another family you could share some experiences with.

Our hope is this will be a way your family can grow together and be more like Jesus.

Daily Rhythms



Scripture and Journaling

Each day we've recommended a chapter from two of the biographies of Jesus (a.k.a. the Gospels) and a portion of a Psalm. Read each SLOWLY. Allow the words to sink into your mind and heart. Use the journaling page to write down your thoughts to the questions asked. These questions are designed to help you reflect, which is one of the best ways to get the message of Jesus from your head into your heart.



Kneeling Prayer*

Set aside daily time for prayer in the morning, mid-day, and in the evening for kneeling prayer. These are guided prayers outlined on page six. We intend to establish a rhythm of intentional prayer where you get to engage in an ongoing conversation with God throughout the next 45 days.

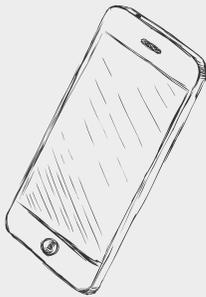
*Kneeling is optional, but recommended if you are physically able.



20-Minute Walks

Each day take a 20 minute walk outdoors - regardless of the weather. Spend this time without looking at or listening to your phone. Spend the time seeing this incredible world God created. Walk by yourself or with others.

Weekly Rhythms



Recreational Phone Time

The first weekly practice is to limit the time you spend on your phone recreationally (e.g. social media, games, watching videos, etc) to a maximum of 2 hours PER WEEK. This will be difficult. So many of us have become too attached to our phones. Resist the urge to turn to your phone to occupy your time. Most phones track our daily use. At the end of each day, check your usage and write it down on the daily page. Again, the goal is no more than 2 hours per week!



Challenges and Practices

On pages 112-115 there is a list of weekly challenges and/or practices we would encourage you to try. You can choose one from the list and stick with it for the entire time or you can try multiple practices or challenges. Some of these will take some advance planning. Do these challenges alone or with others. While we put the weekly challenge on Saturdays, it doesn't mean you have to do them on a Saturday, just note what you did and reflect on your experience on that page.

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Daily Prayer Practice

For every kneeling prayer time, refer to this page for the guiding prayer prompt.

UPON WAKING

Pray the Lord's Prayer, not out of tradition or habit, but to allow the weight and significance of these words to frame your day:

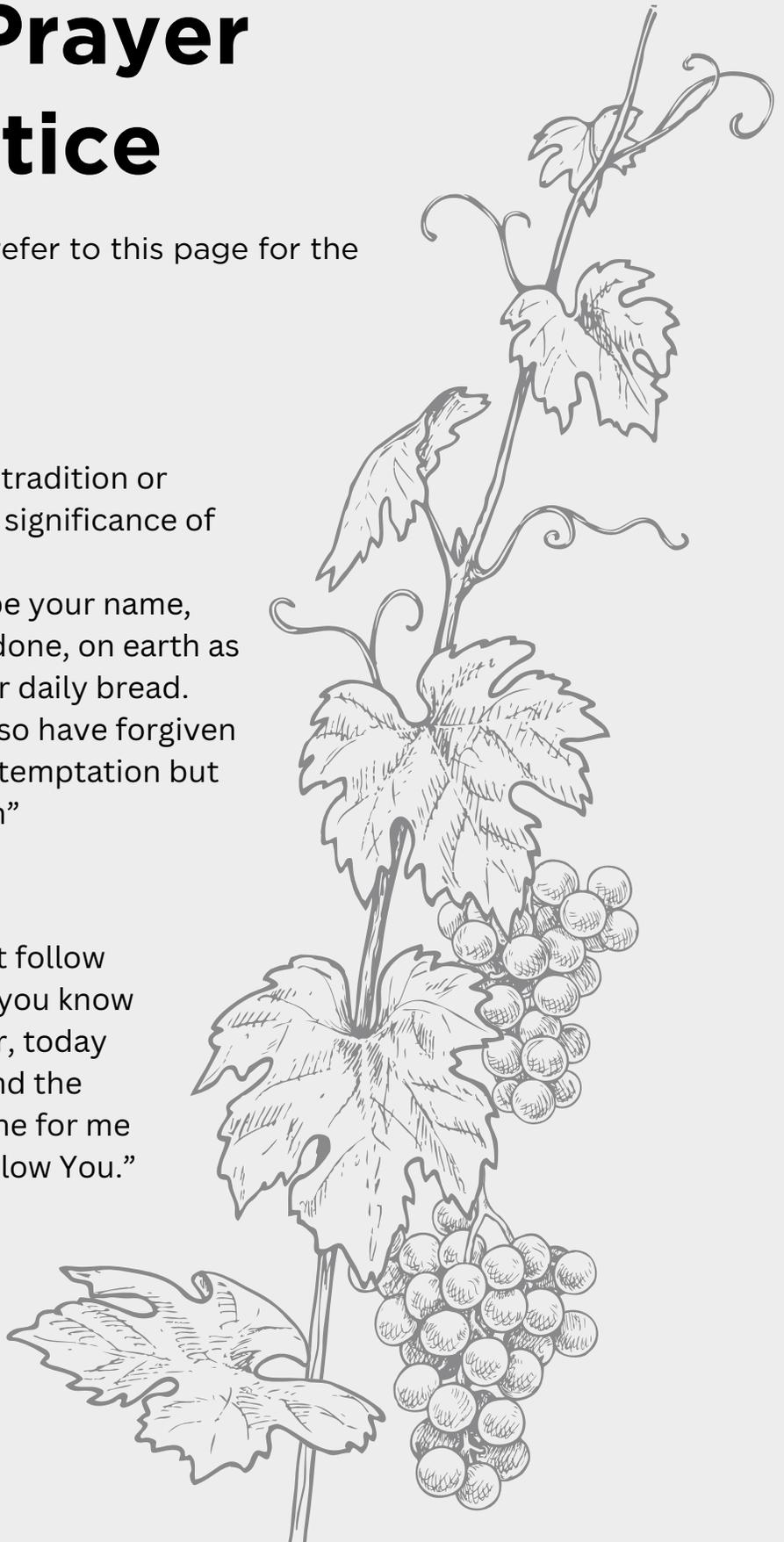
"Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one. Amen"

MID-DAY

Pray for someone who doesn't yet follow Jesus. You can pray for someone you know or simply pray this prayer: "Father, today please give me the opportunity and the words to share what You have done for me with someone who doesn't yet follow You."

BEFORE SLEEPING

Prayer of gratitude. How did you see God move in your life today? Thank Him for that.



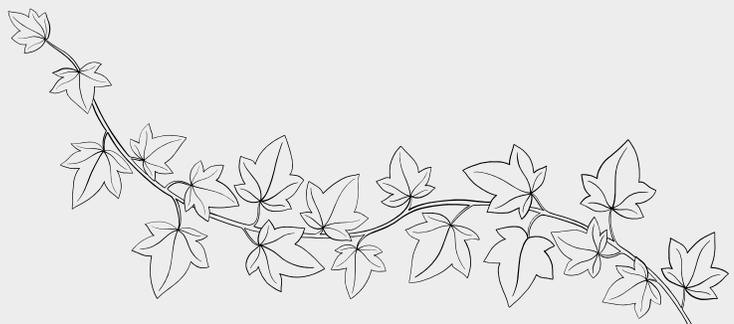
Better Together

WITH Community

The *With Journal* is better experienced within community. Consider inviting another person or group of people to go through this experience with you - the whole thing or parts of it.

Here are some possibilities:

- Invite someone to read the daily scripture with you. You can do this in person or on a call.
- Check in each week with someone and talk about how your experience is going.
- Do your daily walk with another person or group.
- If you are a part of a small group, challenge your group to go through this with you and then take a few minutes each time you gather to talk about what you are experiencing.
- Find a practice or a challenge you can do with someone else or a small group of people.
- If you are a family with younger kids, invite another family to join yours in one of the activities.
- Share this journal with someone outside of your church community but is seeking to grow in their relationship with Jesus and offer to come alongside them and process what you are experiencing together.
- Find someone who is going to go through this journal and ask them to meet with you and debrief together.



Practices

DAY 1: WEDNESDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

MARK 1 PSALM 6:1-4

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Phone Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

MARK 1; PSALM 6:1-4

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 2: THURSDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

MARK 2 PSALM 1:1-3

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

MARK 2; PSALM 1:1-3

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 3: FRIDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

MARK 3 PSALM 8:1-4

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

MARK 3; PSALM 8:1-4

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 4: SATURDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

MARK 4 PSALM 13:1-6

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

MARK 4; PSALM 13:1-6

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Look Back

WEEK 1

WHAT IS ONE WAY YOU SAW GOD MOVE IN YOUR LIFE THIS WEEK?

WHAT DID YOU LEARN ABOUT YOURSELF THIS WEEK?

WHAT DID YOU HEAR GOD SAY TO YOU THIS WEEK?

Practices

DAY 5: SUNDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

MARK 5 PSALM 18:1-3

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

MARK 5; PSALM 18:1-3

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 6: MONDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

MARK 6 PSALM 25:1, 4-7

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

MARK 6; PSALM 25:1,4-7

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 7: TUESDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

MARK 7 PSALM 22:1-5

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

MARK 7; PSALM 22:1-5

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 8: WEDNESDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

MARK 8 PSALM 23

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

MARK 8; PSALM 23

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 9: THURSDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

MARK 9 PSALM 27:1, 13-14

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

MARK 9; PSALM 27:1,13-14

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 10: FRIDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

MARK 10 PSALM 28:1, 2, 7

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

MARK 10; PSALM 28:1,2,7

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 11: SATURDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

MARK 11 PSALM 30:11-12

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

MARK 11; PSALM 30:11-12

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Look Back

WEEK 2

WHAT IS ONE WAY YOU SAW GOD MOVE IN YOUR LIFE THIS WEEK?

WHAT DID YOU LEARN ABOUT YOURSELF THIS WEEK?

WHAT DID YOU HEAR GOD SAY TO YOU THIS WEEK?

Practices

DAY 12: SUNDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

MARK 12 PSALM 32:1-5

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

MARK 12; PSALM 32:1-5

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 13: MONDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

MARK 13 PSALM 33:8-9

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

MARK 13; PSALM 33:8-9

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 14: TUESDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

MARK 14 PSALM 34:12-14

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

MARK 14; PSALM 34:12-14

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 15: WEDNESDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

MARK 15 PSALM 37:23-24

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

MARK 15; PSALM 37:23-24

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 16: THURSDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

MARK 16 PSALM 40:1-3

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

MARK 16; PSALM 40:1-3

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 17: FRIDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 1 PSALM 37:1-2

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 1; PSALM 37:1-2

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 18: SATURDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 2 PSALM 43:1-3

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 2; PSALM 43:1-3

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Look Back

WEEK 3

WHAT IS ONE WAY YOU SAW GOD MOVE IN YOUR LIFE THIS WEEK?

WHAT DID YOU LEARN ABOUT YOURSELF THIS WEEK?

WHAT DID YOU HEAR GOD SAY TO YOU THIS WEEK?

Practices

DAY 19: SUNDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 3 PSALM 49:10, 20

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 3; PSALM 49:10,20

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 20: MONDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 4 PSALM 46:1-3

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 4; PSALM 46:1-3

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 21: TUESDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 5 PSALM 51:6-7

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 5; PSALM 51:6-7

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 22: WEDNESDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 6 PSALM 62:5-8

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 6; PSALM 62:5-8

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 23: THURSDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 7 PSALM 69:8, 20-21

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 7; PSALM 69:8,20-21

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 24: FRIDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 8 PSALM 71:5, 16-18

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 8; PSALM 71:5,16-18

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 25: SATURDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 9 PSALM 74:9-12

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 9; PSALM 74:9-12

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Look Back

WEEK 4

WHAT IS ONE WAY YOU SAW GOD MOVE IN YOUR LIFE THIS WEEK?

WHAT DID YOU LEARN ABOUT YOURSELF THIS WEEK?

WHAT DID YOU HEAR GOD SAY TO YOU THIS WEEK?

Practices

DAY 26: SUNDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 10 PSALM 77:1-4

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 10; PSALM 77:1-4

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 27: MONDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 11 PSALM 90:1-2

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 11; PSALM 90:1-2

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 28: TUESDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 12 PSALM 91:1-4

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 12; PSALM 91:1-4

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 29: WEDNESDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 13 PSALM 103:2-5

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 13; PSALM 103:2-5

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 30: THURSDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 14 PSALM 107:26-27

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 14; PSALM 107:26-27

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 31: FRIDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 15 PSALM 109:21-28

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 15; PSALM 109:21-28

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 32: SATURDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 16 PSALM 113:1-4

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 16; PSALM 113:1-4

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Look Back

WEEK 5

WHAT IS ONE WAY YOU SAW GOD MOVE IN YOUR LIFE THIS WEEK?

WHAT DID YOU LEARN ABOUT YOURSELF THIS WEEK?

WHAT DID YOU HEAR GOD SAY TO YOU THIS WEEK?

Practices

DAY 33: SUNDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 17 PSALM 116:1-5

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 17; PSALM 116:1-5

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 34: MONDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 18 PSALM 121:1-2

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 18; PSALM 121:1-2

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 35: TUESDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 19 PSALM 150:1-6

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

_____ HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 19; PSALM 150:1-6

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 36: WEDNESDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 20 PSALM 139:23-24

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 20; PSALM 139:23-24

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 37: THURSDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 21 PSALM 140:1-3

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 21; PSALM 140:1-3

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 38: FRIDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 22 PSALM 123:1-4

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 22; PSALM 123:1-4

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 39: SATURDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 23 PSALM 130:1-2, 6-7

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 23; PSALM 130:1-2,6-7

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Look Back

WEEK 6

WHAT IS ONE WAY YOU SAW GOD MOVE IN YOUR LIFE THIS WEEK?

WHAT DID YOU LEARN ABOUT YOURSELF THIS WEEK?

WHAT DID YOU HEAR GOD SAY TO YOU THIS WEEK?

Practices

DAY 40: SUNDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

LUKE 24 PSALM 147:10-11

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

LUKE 24; PSALM 147:10-11

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 41: MONDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

JOHN 18:1-14

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

JOHN 18:1-14

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 42: TUESDAY

Prayer

UPON WAKING

MID-DAY

BEFORE SLEEPING

Scripture Reading

JOHN 18:15-27

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

JOHN 18:15-27

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 43: WEDNESDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

JOHN 18:28-40

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

JOHN 18:28-40

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 44: THURSDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

JOHN 19:1-16

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

JOHN 19:1-16

WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Practices

DAY 45: FRIDAY

Prayer

UPON WAKING MID-DAY BEFORE SLEEPING

Scripture Reading

JOHN 19:17-42

Daily Walk

20-MINUTE WALK

Journal Time

10-15 MINUTE JOURNAL

Recreational Screen Time

HOW MUCH TIME DID YOU SPEND ON YOUR PHONE TODAY? (WEEKLY GOAL IS NO MORE THAN TWO HOURS TOTAL.)

Journal Entry

JOHN 19:17-42

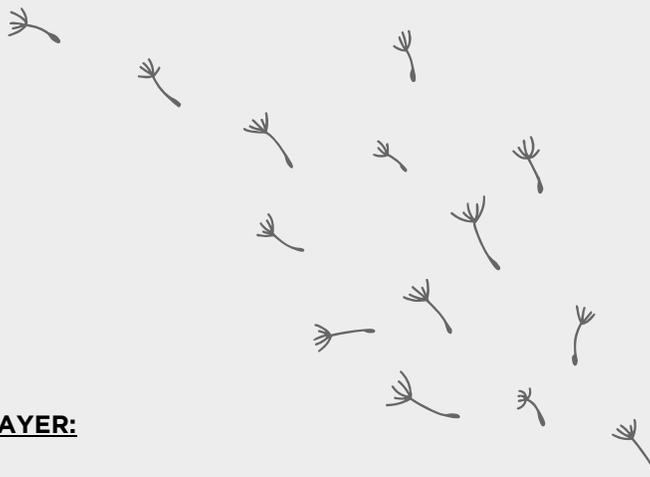
WHAT STANDS OUT TO YOU?

AFTER READING, WHAT QUESTIONS DO YOU HAVE?

WHAT WILL YOU CARRY WITH YOU TODAY?

Opening Question

WHAT DO YOU HOPE GOD DOES IN YOUR LIFE IN THE NEXT 45 DAYS?



CONCLUDE BY PRAYING THIS PRAYER:

God, while this is my hope, I ask that you do what you want to do in my life. Not my will, but yours.



Challenges/Practices

Share a meal - Invite someone that you don't know very well over for a meal. This can be someone in your church community, a neighbor, or a co-worker. You can do this in your home or at a restaurant. You can invite more than one person or family. Spend time getting to know each other. If you are worried about what to talk about, check out the list of Discussion Starters on page 115. Here is a suggestion: Write some Discussion Starters on pieces of paper or notecards, put them in a hat or bowl. Take turns drawing one, reading it aloud and asking everyone to share their responses.

Generosity (two ideas) -

- Go out to eat with your family, alone, or invite others to join you. When it comes time to tip your server, give them \$100 over and above your normal tip - regardless of the service.
- While going through a drive through, pay for the person's meal or drink in the vehicle behind you.

Serve a neighbor - Look for an opportunity to serve one of your neighbors. Maybe it's removing snow from driveways and sidewalks or helping with spring clean-up. Taking out their trash cans, driving them to an appointment, taking over some cookies or other goodies or anything else you observe that they may need.

Serve your community - Volunteer with an organization you choose that is making a difference in your community. Perhaps your church community already has some community partners you can start with.

Write a letter - Write a handwritten letter to someone God has used to make a difference in your life. Share what that is, let them know how grateful you are, and mail it to them.

Visit a shut-in or nursing home - If you know someone who cannot leave their home, set up a time and go and visit them. Or you can go and visit those who are in a nursing home. Sometimes a simple visit makes a huge difference!

Challenges/Practices

Hike - Go alone or with others. Get outdoors and enjoy creation!

Walk on a beach - There is something about a beach in the colder months - the quieter, slower pace in the off-season.

When driving - For a week when you are in your vehicle, either turn off your radio or music and drive in silence or listen to only worship music.

Turn off the news (noise) - Spend a week away from the news. No TV, radio or news apps for the entire week.

Unplug from Social Media - Spend at least an entire week without social media. For a bigger challenge, spend the entire 45 days without social media.

Sabbath - Take a day to stop working (including household chores) and rest. Do something you delight in. Try to avoid spending time on any screens. Enjoy some good food. Spend time giving thanks to God for all He has done for you.

Solitude/Silence - Spend between 30 to 60 minutes alone in silence. No music or TV. Just listen for God to speak.

Read Scripture - Read through an entire book in the Bible. Some suggestions: Matthew; Esther; Jonah; Exodus; Proverbs; Joshua; Ephesians; Colossians.

Fasting - Fasting is an ancient practice of abstaining from food for a period of time. Select a day in the week and refrain from eating breakfast and lunch that day. Break your fast with dinner. In place of eating those meals, spend that time reading scripture, praying, journaling or just being still.

Practices for Families

Eat together - For at least 3 meals this week, eat together at the table. Turn off all screens and enjoy a meal together.

Serve together - Find a person or an organization you can serve.

Go on a hike - Enjoy one of the many trails in Rhode Island.

Generosity - As a family, go grocery shopping for a local food pantry and deliver the food you purchase. Most food pantries have lists of items they need that you can get in advance of shopping. If not, most canned and/or non-perishable foods work.

Do a Family Time Activity together - Select an activity from the ideas below and do it as a family. You don't have to limit it to this list - be creative and have fun! Just try to avoid activities that might limit interaction or conversation. If you'd like, invite another family to join you.

- ***Board Game*** - pick a board game that your family has played in the past and play a game together! Before or after the game, share memories of your favorite time you played said game.
- ***Campfire*** - If you have space to do an outdoor campfire, set it up and sit around as a family. Have everyone share their "highs and lows" for the day — what the best thing was and what the worst thing was about their day.
- ***Ice Cream Run*** - Go to the store and gather all the ingredients to make sundaes. While you are eating, have each person share the story of the time they laughed the hardest.

Discussion Questions

Use this list of questions to get discussions going during meal times, group meetings, or family time. We have divided them as fun questions and serious questions.

Fun

- If you could have dinner with any historical figure, who would it be and why?
- What is the most interesting book you've read recently?
- If you had a Time Machine, would you go to the past or the future and why?
- If you could live in any fictional world what would it be?
- If you could wake up tomorrow and be a master in something, what would it be?
- What is the craziest thing you have ever done?
- What is a movie or tv show you can watch repeatedly and never get tired of?
- If you could have any animal for a pet, real or fictional, what would it be?
- If you had to eat one food for the rest of your life, what would it be?
- What is a goal or dream that you have for the next year?

Serious

- Which Psalm that you read stuck with you this week?
- Which chapter in the Gospels stuck with you this week?
- What has been the most eye opening thing about this experience so far?
- What is a difference that you have noticed about other people going on this journey with you?
- How did you see God at work in your life this week?
- What is a way that you have seen your family grow during this experience?
- What is something that you have learned that you need to work on?
- What is a rhythm you are going to try and keep once this experience is over?
- What has been the most challenging thing about this experience?
- What has been your favorite challenge or practice that you have done during this experience?
- What advice would you give someone who is thinking about trying the *With Journal*?

Resources to Continue

Our prayer is that this journal would only be the beginning of making Jesus the foundation in your everyday life. Below, we have added resources for you to utilize and continue on your spiritual journey to become more like Jesus.

Books

- Robert Mullholland, *Invitation to a Journey*
- John Mark Comer, *Practicing the Way*
- Paul E. Miller, *A Praying Life*
- Dan Alexander, *Sabbath*
- A.J. Swoboda, *Subversive Sabbath*
- Tyler Staton, *Praying Like Monks, Living Like Fools*
- Ruth Haley Barton, *Invitation to Solitude and Silence*
- Dallas Willard, *Divine Conspiracy*
- Richard Foster, *Celebration of Discipline*

Online

- Read Scripture App
- Bible Project App
- PracticingtheWay.com

Podcasts

- The Bible Project Podcast
- Practicing the Way Podcast



“...I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. This is my command: Love each other.” —John 15:16 (NIV)

