

**IMPACT
DAILY
JOURNAL**

a discipleship tool





THIS JOURNAL BELONGS TO

Dear Impact family,

This journal has been designed for you to go deeper in your personal walk with Christ. As followers/disciples of Jesus, it is critical to spend quality time in God's Word and in prayer each and every day. Engaging God's Word and praying aren't an end in themselves, but a means to an end. As we spend time in God's Word and prayer, we experience God. True and lasting transformation comes from radical encounters with God. Reading the Bible and talking to Jesus creates space for those encounters. In the Gospels, Jesus' disciples learned how to do these things first hand as they walked with Him everyday. We want to embrace this same mindset. As a church, we don't want to just teach about the importance of being in God's Word and prayer, we want to practice it together. Equipping everyone to engage with God each day. If we eat (physically or spiritually) once a week - Saturday or Sunday morning - we would be emaciated and a shell of ourselves. So "Taste and see that the Lord is good!" Come hungry, tell the Holy Spirit that you want more of Him, and enjoy God's presence. Attune your ear to His still small voice - you will hear it!

People often ask what are the best tools, books, or workbooks to use when discipling others/being disciplined. The format in this journal is truly my go-to for my own growth and for the growth of others that I walk closely with. We call it a discipleship tool because that is just what it is - a tool to help you grow and develop as a disciple of Christ. I find the more you help someone interact with God through His Word, through prayer, through listening to the Holy Spirit's promptings on our hearts (all-the-while doing that in a community of believers), the more they experience God and are radically transformed by Him. There is nothing truly special about this journal, it's mostly open space. That's usually all that we need though, a little space. Open and distraction-free space to spend time with God. Open space to read His Word. Open space to listen to what He wants to speak to us through the Holy Spirit and His Word.

My recommendation is that you use this journal in community, but it can also just be a personal journal for your quiet time with God. If possible, invite one or two other friends, family members, neighbors, or colleagues to join you on this journaling journey as you read, study, and wrestle through God's Word. I find it best to work through parts of the Bible one chapter a day for five days a week. But if Bible reading is new to you, develop a reading plan that will be attainable so you can stick with it. I hope this is as transformational for you as it has been for me.

With love and affection,

Jake Heitman | *Discipleship Pastor*

jake@impact.church

HOW TO GUIDE

START WITH PRAYER. *Take a few deep breaths to quiet your mind. Posture your heart before the Lord in humility and gratitude. Invite Him into your time together and ask Him to reveal everything He has for you today.*

NEXT, READ THE WORD. *Reference the Scripture you will be reading for the day at the top of your journal page. Take your time reading the passage. Consider reading it more than once, even reading aloud so you can audibly hear the Words of God.*

NOW, REFLECT AND RESPOND. *Journal through each of the prompts. Here are a few more ideas/questions to consider as you work through each section.*

PROMPT # 1

Choose 1-3 verses that stood out to you the most in the passage you read. | Note them in your journal and even write them out.

PROMPT # 2

From the verses you selected, what do you notice? | What words or phrases were impactful?

How would you rephrase this passage in your own words? | Was there something new you have never noticed before?

Was there something that felt particularly practical in your current circumstances?

Where do you sense the Holy Spirit giving encouragement, conviction, or guidance?

What is He highlighting about Himself in this passage? | What does the passage say about loving others?

PROMPT # 3

How will you apply this to your life? | What does it mean for today or the days to come?

Ask yourself, "Now what?" in response to your time in the Word and with the Lord.

This section naturally flows into prayer. Praise God for who He is, confess and repent of anything He put on your heart today, thank Him for the blessings and provisions He gives, and ask Him for what you need.

LASTLY . . . *Find a couple people or even your Life Group to meet weekly and talk through what God was speaking into your heart the week prior. We are meant to talk through and wrestle with God's Word together - encouragement and accountability happen in community. Check out the last page of this journal for one of my favorite models of how to lead a group/time.*

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THE 3/3RDS TEMPLATE FOR GROUP ENGAGEMENT

The 3/3rds Bible study template is an outstanding way to study God's Word while in community with other believers. As your group meets weekly, you will split the time you have together into 3rds. The first third of your time you are Looking Back. The second third of your time you are Looking Up. The final third of your time, you are Looking Forward.

Take a look at the breakdown:

LOOK BACK (1/3 OF YOUR TIME)

C A R E : Check in with each person in the group. Ask how the past week has been for them both personally and in their relationship with God.

C H E C K - U P : Create a shared Google Docs/ Notes Page. Reference back to last week's "Look Forward" notes and ask each person how they felt they did responding to what God had laid on their heart from the prior week's meeting/journaling.

LOOK UP (1/3 OF YOUR TIME)

Pray and ask God to continue to reveal to you what He wants you to take away from the passage(s) you will be reading/discussing today.

Read the week's passage aloud, or share the passage God illuminated to each of you this past week. Ask the following questions:

What did you like about this passage?

What did you find difficult about this passage?

What does this passage teach you about God?

What does this passage teach you about people?

LOOK FORWARD (1/3 OF YOUR TIME)

Allow time and space for the group to pray silently. Pray for the Holy Spirit to show each person how to answer the following:

What do you feel like the Holy Spirit wants you to take away from the passage?

How will you commit to a new step of obedience in what He is calling you to do?

Ask each person to make a note in your shared Google Docs/Notes Page from this time of prayer and reflection. This helps create accountability, and in the weeks to come, allows everyone to look back and remember what God laid on their heart.

Finish up with prayer.

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