

**IMPACT**



**JOURNAL**



*prayer | weekly scripture engagement | reflection*





THIS JOURNAL BELONGS TO

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**Scan the barcode below  
to get the verses for the week.**

*Or visit the [Impact.church](http://Impact.church) homepage. Material is updated on Mondays.*



# Self Inventory

HOW/WHERE AM I CURRENTLY EXPERIENCING SPIRITUAL VICTORY?

HOW/WHERE AM I CURRENTLY CHALLENGED SPIRITUALLY?

WHERE HAVE I SEEN GOD WORKING AND MOVING IN THIS SEASON?

WHERE DO I FEEL A LACK OF AWARENESS OF GOD'S PRESENCE IN THIS SEASON?

WHAT WOULD I LIKE TO SEE CHANGE IN MY RELATIONSHIP WITH JESUS?

## Dear Impact family,

This journal has been made for you to go deeper in your personal walk with Christ. As followers of Jesus, it is critical to spend quality time in God's Word and in prayer. 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 in prayer, we will experience God. True and lasting transformation doesn't happen without experiencing and interacting with God. We see in the Gospels that 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 want to lean into not just teaching the importance of being in God's Word and in prayer, but we want to be practicing this together - equipping everyone to engage with God every day. If we eat (physically or spiritually) once a week - Saturday night 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 time in God's presence - attune your ear to His still small voice - you will hear it!

This may seem scary, intimidating, or even awkward. The Bible may seem confusing and overwhelming. You may feel like you don't hear the voice of the Holy Spirit and don't even know how, or you've tried before and it didn't make much of a difference. You may feel like you don't have time to read the Bible or to pray, but this journal is designed for seekers, those new to faith, and life long believers to apply the weekend message into their lives by personally engaging with the Bible. The Holy Spirit speaks to us and moves through His written and revealed Word when we slow down, withdraw to a quiet place, read, and listen.

As you read each day's passages and SOAR verses, you are practicing listening prayer. You are allowing space for the Holy Spirit to speak to your heart. It's not just pastors who hear from God through prayer and the Bible, you can (and will!) too. You are filled with the same Holy Spirit and invited into an intimate and personal relationship with Jesus! As you spend time with God, we pray that you hear the Holy Spirit speaking and that you experience His transformational power. We are cheering you on!

## With love and affection,

Jake Heitman | *Discipleship Pastor*  
jake@impact.church

Kate Freyling | *Life Group Director*  
katef@impact.church

# How to SOAR

## QUICK REFERENCE GUIDE

Before you begin to SOAR your Bible verse, spend a moment in prayer asking the Holy Spirit to reveal what He wants you to see in His Word.

*“Lord, I ask you to ‘Open my eyes to see the wonderful truths in your instructions.’”* PSALM 119:18 (NLT)

### S

#### SCRIPTURE

Write out today’s selected SOAR Bible verse in the version of your choice.

### O

#### OBSERVATION

Ask yourself, *“What does the scripture say?”* and *“What does the scripture mean?”*

##### Observation Tips

- Read the verse slowly out loud. | Read the chapter surrounding the verse.
- Take note of what took place before and after the verse in the chapter.
- Highlight, underline or circle any words that catch your attention.
- What key words might I want to look up in a dictionary?
- Note similar/repeated words
- What does this verse say in my own words?
- Words such as ‘therefore, so that, for, and for this reason’ create a relationship between verses. In other words, everything that is going to be said flows out of what has already been said. Because of this, anytime you see one of these words or phrases in a verse, pause to ask what it is there for.
- Gain a greater understanding of the verse(s) by using cross references in the margins of many Bibles, various translations, or a Strongs concordance.

##### Note on Observation

Observation is hard work! It can take time to understand what the text is saying. Don’t give up! It’s okay to feel uncomfortable or even confused as you study the Bible. Feeling lost or confused is actually a sign that our understanding is being challenged and that learning is about to take place. Clarity often comes after confusion. In doing the hard work of observation, you will find treasure that will transform your life.

# A

## APPLICATION

Ask yourself, *“How can I apply what God is teaching me through this scripture in my life?”*

### Application Tips

Think through the following questions:

- What does this verse teach me about God?
- What aspects of God’s character are revealed in this verse?
- Is God revealing patterns of sin or brokenness in my life?
- How does this verse bring hope, healing, or help to my life?
- What does this verse teach me about loving others?

### Note on Application

Application is the work of the Holy Spirit in our lives. This is the time to listen. Our job is to fix our eyes on Jesus and allow Him to do the work that changes us as we commit our way to Him.

# R

## RESPONSE / PRAYER

Ask yourself, *“What am I going to do with what I’ve seen in the scriptures today?”*

### Response Tips

- Begin with prayer thanking the Lord for what He has shown you in His Word.
- Invite the Holy Spirit to transform you and do what you cannot do yourself.
- Write down one action step to take towards becoming a DOER of the Word.
- Write down a prayer/request in regards to what God is bringing to mind.

### As you finish:

Ask the Holy Spirit to remind you of this scripture and its truths all day long.

## BEDTIME CHALLENGE:

Set God’s Word in your heart by reading the verse one final time before going to sleep. Thank the Lord for His faithfulness to you through His Word and His presence.

# Reflection Questions

WHAT DID I LEARN ABOUT GOD, JESUS, OR THE HOLY SPIRIT?

WHAT DID I LEARN ABOUT MYSELF OR OTHERS?

WHAT IMPACTED ME OR STOOD OUT THE MOST?

WHAT DO I HAVE QUESTIONS ABOUT OR FEEL UNCOMFORTABLE WITH?



**When I look at your  
heavens, the work of your  
fingers, the moon and the  
stars, which you have set  
in place, what is man that  
you are mindful of him,  
and the son of man that  
you care for him?**

*Psalm 8:3-4*





DAY  
**1**

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PASSAGE(S) TO READ
PASSAGE TO SOAR

**S: Scripture** *(write out SOAR verse)*

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**O: Observation** *(what does the passage say?)*

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# DAY 2

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PASSAGE(S) TO READ
PASSAGE TO SOAR

**S: Scripture** *(write out SOAR verse)*

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PASSAGE TO SOAR

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**A: Application** *(how can I apply this?)*

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**R: Response / Prayer** *(what will I do with this?)*

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— APPLICATION FOR THE WEEK —

HOW WILL I BE DIFFERENT TODAY BECAUSE OF WHAT GOD HAS SHOWN ME THIS WEEK?

# SERMON NOTES

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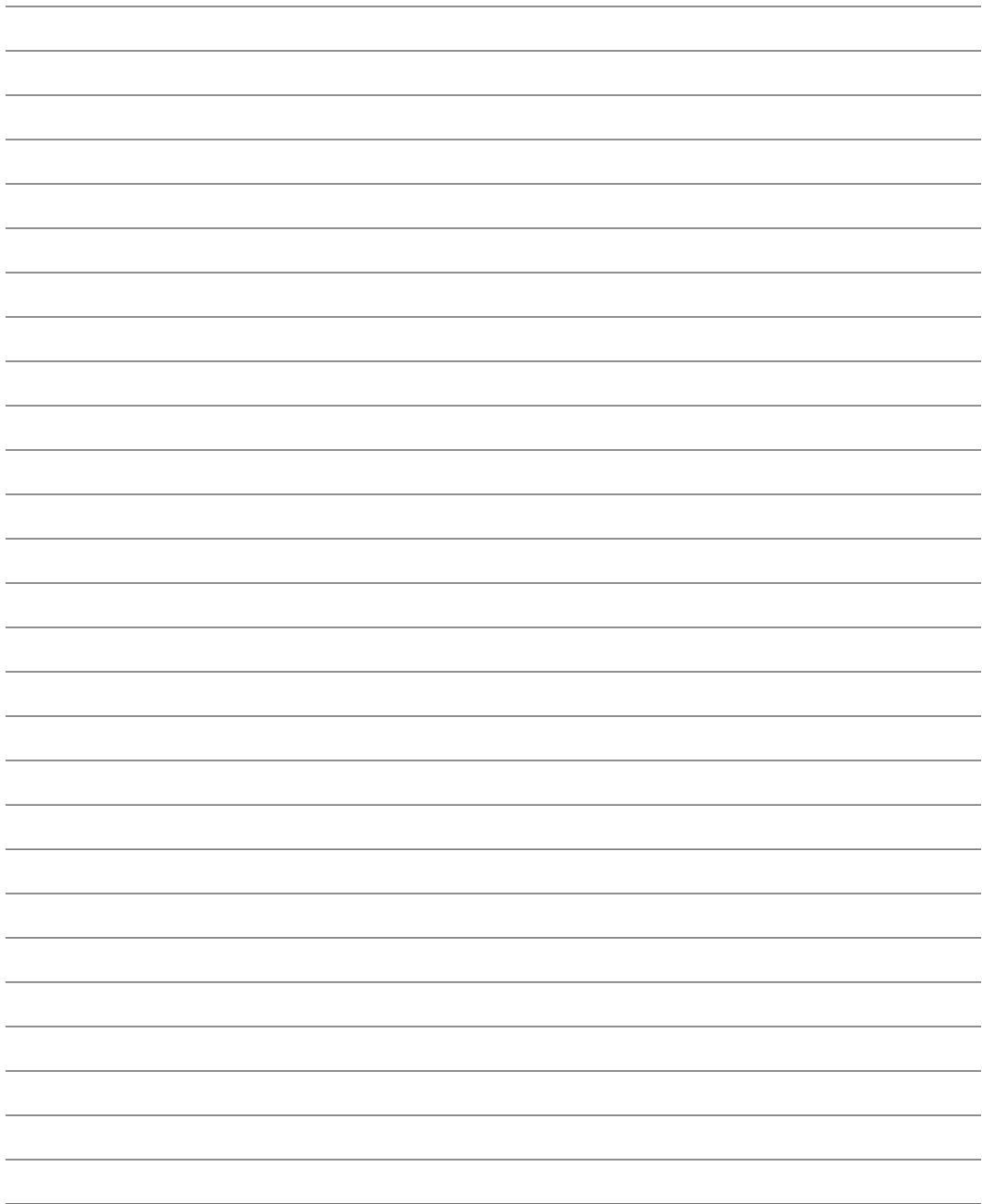
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# Reflection Questions

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WHAT DID I LEARN ABOUT MYSELF OR OTHERS?

WHAT IMPACTED ME OR STOOD OUT THE MOST?

WHAT DO I HAVE QUESTIONS ABOUT OR FEEL UNCOMFORTABLE WITH?

**The unfolding of your  
words gives light;  
it gives understanding to  
the simple.**

*Psalms 119:130*

# A Posture of Prayer

Start each day coming before the Lord in prayer. (**ACTS** model)

1. **ADORE** and praise Him for who He is
2. **CONFESS** anything in your life that is not pleasing to Him
3. **THANK** Him for what He is doing and where you see him moving
4. **SEEK** Him for help and provision

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**R: Response / Prayer** *(what will I do with this?)*

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# DAY 2

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PASSAGE(S) TO READ
PASSAGE TO SOAR

**S: Scripture** *(write out SOAR verse)*

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DATE
PASSAGE(S) TO READ
PASSAGE TO SOAR

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— APPLICATION FOR THE WEEK —

HOW WILL I BE DIFFERENT TODAY BECAUSE OF WHAT GOD HAS SHOWN ME THIS WEEK?

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WHAT DID I LEARN ABOUT MYSELF OR OTHERS?

WHAT IMPACTED ME OR STOOD OUT THE MOST?

WHAT DO I HAVE QUESTIONS ABOUT OR FEEL UNCOMFORTABLE WITH?



**Heaven and earth will  
pass away, but my words  
will never pass away.**

*Matthew 24:35*





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**Every word of God proves  
true; he is a shield to  
those who take refuge in  
him.**

*Proverbs 30:5*





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**R: Response / Prayer** *(what will I do with this?)*

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WHAT DID I LEARN ABOUT MYSELF OR OTHERS?

WHAT IMPACTED ME OR STOOD OUT THE MOST?

WHAT DO I HAVE QUESTIONS ABOUT OR FEEL UNCOMFORTABLE WITH?



**I have hidden your  
word in my heart  
that I might not sin  
against you.**

*Psalm 119:11*

# A Posture of Prayer

Start each day coming before the Lord in prayer. (**ACTS** model)

1. **ADORE** and praise Him for who He is
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4. **SEEK** Him for help and provision

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**R: Response / Prayer** *(what will I do with this?)*

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HOW WILL I BE DIFFERENT TODAY BECAUSE OF WHAT GOD HAS SHOWN ME THIS WEEK?





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WHAT IMPACTED ME OR STOOD OUT THE MOST?

WHAT DO I HAVE QUESTIONS ABOUT OR FEEL UNCOMFORTABLE WITH?

**Very early in the morning,  
while it was still dark,  
Jesus got up, left the  
house and went off to a  
solitary place, where he  
prayed.**

*Mark 1:35*

# A Posture of Prayer

Start each day coming before the Lord in prayer. (**ACTS** model)

1. **ADORE** and praise Him for who He is
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**R: Response / Prayer** *(what will I do with this?)*

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**Therefore confess your  
sins to each other and  
pray for each other so  
that you may be healed.  
The prayer of a righteous  
person is powerful and  
effective.**

*James 5:16*

# A Posture of Prayer

Start each day coming before the Lord in prayer. (**ACTS** model)

1. **ADORE** and praise Him for who He is
2. **CONFESS** anything in your life that is not pleasing to Him
3. **THANK** Him for what He is doing and where you see him moving
4. **SEEK** Him for help and provision

**DAY 1** | DATE:

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**DAY 2** | DATE:

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# DAY 1

DATE
PASSAGE(S) TO READ
PASSAGE TO SOAR

**S: Scripture** *(write out SOAR verse)*

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**O: Observation** *(what does the passage say?)*

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**A: Application** *(how can I apply this?)*

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**R: Response / Prayer** *(what will I do with this?)*

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# DAY 2

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PASSAGE(S) TO READ
PASSAGE TO SOAR

**S: Scripture** *(write out SOAR verse)*

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**O: Observation** *(what does the passage say?)*

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**A: Application** (*how can I apply this?*)

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**R: Response / Prayer** (*what will I do with this?*)

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DATE
PASSAGE(S) TO READ
PASSAGE TO SOAR

DAY  
**3**

**S: Scripture** *(write out SOAR verse)*

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**O: Observation** *(what does the passage say?)*

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**A: Application** *(how can I apply this?)*

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**R: Response / Prayer** *(what will I do with this?)*

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— APPLICATION FOR THE WEEK —

HOW WILL I BE DIFFERENT TODAY BECAUSE OF WHAT GOD HAS SHOWN ME THIS WEEK?

# SERMON NOTES

SPEAKER	DATE
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# Reflection Questions

WHAT DID I LEARN ABOUT GOD, JESUS, OR THE HOLY SPIRIT?

WHAT DID I LEARN ABOUT MYSELF OR OTHERS?

WHAT IMPACTED ME OR STOOD OUT THE MOST?

WHAT DO I HAVE QUESTIONS ABOUT OR FEEL UNCOMFORTABLE WITH?

**Then you will call on me  
and come and pray to me,  
and I will listen to you.  
You will seek me and find  
me when you seek me  
with all your heart.**

*Jeremiah 29:12-13*

# A Posture of Prayer

Start each day coming before the Lord in prayer. (**ACTS** model)

1. **ADORE** and praise Him for who He is
2. **CONFESS** anything in your life that is not pleasing to Him
3. **THANK** Him for what He is doing and where you see him moving
4. **SEEK** Him for help and provision

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# DAY 1

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PASSAGE(S) TO READ
PASSAGE TO SOAR

**S: Scripture** *(write out SOAR verse)*

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**O: Observation** *(what does the passage say?)*

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**A: Application** *(how can I apply this?)*

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**R: Response / Prayer** *(what will I do with this?)*

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# DAY 2

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PASSAGE(S) TO READ
PASSAGE TO SOAR

**S: Scripture** *(write out SOAR verse)*

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**O: Observation** *(what does the passage say?)*

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**A: Application** *(how can I apply this?)*

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**R: Response / Prayer** *(what will I do with this?)*

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DATE
PASSAGE(S) TO READ
PASSAGE TO SOAR

DAY  
**3**

**S: Scripture** *(write out SOAR verse)*

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**O: Observation** *(what does the passage say?)*

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**A: Application** *(how can I apply this?)*

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**R: Response / Prayer** *(what will I do with this?)*

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— APPLICATION FOR THE WEEK —

HOW WILL I BE DIFFERENT TODAY BECAUSE OF WHAT GOD HAS SHOWN ME THIS WEEK?

# SERMON NOTES

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# Reflection Questions

WHAT DID I LEARN ABOUT GOD, JESUS, OR THE HOLY SPIRIT?

WHAT DID I LEARN ABOUT MYSELF OR OTHERS?

WHAT IMPACTED ME OR STOOD OUT THE MOST?

WHAT DO I HAVE QUESTIONS ABOUT OR FEEL UNCOMFORTABLE WITH?



**Rejoice always, pray  
continually, give thanks  
in all circumstances; for  
this is God's will for you  
in Christ Jesus.**

*1 Thessalonians 5:16-18*

# A Posture of Prayer

Start each day coming before the Lord in prayer. (**ACTS** model)

1. **ADORE** and praise Him for who He is
2. **CONFESS** anything in your life that is not pleasing to Him
3. **THANK** Him for what He is doing and where you see him moving
4. **SEEK** Him for help and provision

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# DAY 1

DATE
PASSAGE(S) TO READ
PASSAGE TO SOAR

**S: Scripture** *(write out SOAR verse)*

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**O: Observation** *(what does the passage say?)*

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**A: Application** (*how can I apply this?*)

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**R: Response / Prayer** (*what will I do with this?*)

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# DAY 2

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PASSAGE(S) TO READ
PASSAGE TO SOAR

**S: Scripture** *(write out SOAR verse)*

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**O: Observation** *(what does the passage say?)*

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**A: Application** *(how can I apply this?)*

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**R: Response / Prayer** *(what will I do with this?)*

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DATE
PASSAGE(S) TO READ
PASSAGE TO SOAR

DAY  
**3**

**S: Scripture** (*write out SOAR verse*)

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**O: Observation** (*what does the passage say?*)

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**A: Application** *(how can I apply this?)*

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**R: Response / Prayer** *(what will I do with this?)*

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— APPLICATION FOR THE WEEK —

HOW WILL I BE DIFFERENT TODAY BECAUSE OF WHAT GOD HAS SHOWN ME THIS WEEK?





# Reflection Questions

WHAT DID I LEARN ABOUT GOD, JESUS, OR THE HOLY SPIRIT?

WHAT DID I LEARN ABOUT MYSELF OR OTHERS?

WHAT IMPACTED ME OR STOOD OUT THE MOST?

WHAT DO I HAVE QUESTIONS ABOUT OR FEEL UNCOMFORTABLE WITH?

**Finally, brothers and  
sisters, whatever  
is true, whatever is  
noble, whatever is  
right, whatever is pure,  
whatever is lovely,  
whatever is admirable—  
if anything is excellent  
or praiseworthy—think  
about such things.**

*Philippians 4:8*

# A Posture of Prayer

Start each day coming before the Lord in prayer. (**ACTS** model)

1. **ADORE** and praise Him for who He is
2. **CONFESS** anything in your life that is not pleasing to Him
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4. **SEEK** Him for help and provision

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# DAY 1

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PASSAGE(S) TO READ
PASSAGE TO SOAR

**S: Scripture** *(write out SOAR verse)*

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**O: Observation** *(what does the passage say?)*

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**A: Application** *(how can I apply this?)*

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**R: Response / Prayer** *(what will I do with this?)*

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# DAY 2

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PASSAGE(S) TO READ
PASSAGE TO SOAR

**S: Scripture** *(write out SOAR verse)*

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**O: Observation** *(what does the passage say?)*

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**A: Application** *(how can I apply this?)*

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**R: Response / Prayer** *(what will I do with this?)*

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DATE
PASSAGE(S) TO READ
PASSAGE TO SOAR

DAY  
**3**

**S: Scripture** *(write out SOAR verse)*

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**O: Observation** *(what does the passage say?)*

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**A: Application** *(how can I apply this?)*

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**R: Response / Prayer** *(what will I do with this?)*

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— APPLICATION FOR THE WEEK —

HOW WILL I BE DIFFERENT TODAY BECAUSE OF WHAT GOD HAS SHOWN ME THIS WEEK?





Reread your self inventory from the beginning of the journal,  
then reflect on those questions again.

## **Self Inventory**

HOW/WHERE AM I CURRENTLY EXPERIENCING SPIRITUAL VICTORY?

HOW/WHERE AM I CURRENTLY CHALLENGED SPIRITUALLY?

WHERE HAVE I SEEN GOD WORKING AND MOVING IN THIS SEASON?

WHERE DO I FEEL A LACK OF AWARENESS OF GOD'S PRESENCE IN THIS SEASON?

WHAT WOULD I LIKE TO SEE CHANGE IN MY RELATIONSHIP WITH JESUS?



# NOTES

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**Scan the barcode below  
to get the verses for the week.**

*Or visit the [Impact.church](http://Impact.church) homepage. Material is updated on Mondays.*





**IMPACT.CHURCH**