

# JOURNAL TEMPLATE

*This is a three-week journey designed to help you develop a habit of spending time with God in His Word. Each week includes five videos so that you can have some flexibility. We're seeking growth, not perfection! Commit to meeting with God five times each week for three weeks, and you'll see amazing things happen in your life!*

**Daily**   
**Discipleship**  
with Chip

Today's Date: \_\_\_\_\_ Today's Scripture Passage: \_\_\_\_\_

## PREPARE

- Before reading today's passage, take a moment to pause in prayer.
- What person or event you're concerned about comes to mind? Write them down. (Identifying them sets the stage for God to dialogue with you as you read today's passage.)
- Write down an adjective that describes how you feel about the people or event.
- Write one sentence that starts with "Yesterday..." (Getting in touch with where you are emotionally will prepare you to hear more clearly from God.)

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## STUDY

*Read the passage four times.*

- **First time:** Scan the passage quickly just to get the general flow.
- **Second time:** Circle or underline any words that jump off the page. Draw a box around structural markers (words that tell you the direction of communication, i.e.: because, so that, for.)
- **Third time:** Jot down your observations. What is the main message or idea you gleaned from the passage?
- **Fourth time:** Pick one verse that speaks to you in particular; write it down.

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## RESPOND

*Reflecting on today's scripture, ask yourself:*

- Lord, what were you saying through the Apostle Paul to this church in Philippi?
- Lord, what are you saying to me today?
- How should I respond to this truth? (What should I give thanks for? What sin should I confess? What direction are you giving me? What action should I take?)

