



MY BIBLE  
**Journal**  
BELIEVING GOD'S PLAN IS BEST





WELCOME TO

# MY BIBLE Journal

Thank you for using this Bible Journal as you seek to dig deeper into the Word of God. This blessing tool is simple and easy to use. It provides the perfect combination of journaling activities for your daily experience of studying the Bible.

Let's look at the sections on each page.

**Scripture:** Write out the day's Bible text. The transference of the brain's electrical impulses to the hand as it writes the words increases one's ability to memorize.

**Connections:** The Bible repeats important themes. For example, if you are reading Philippians 4:6 (do not be anxious about anything), look for other texts about handling anxiety or with a similar thought, such as 1 Peter 5:7 (cast all your cares upon Him). Begin a list of connected texts.

**What I Learned about Me:** List what Scripture says about you, such as, what you should do, and what you should avoid.

**Pray for Change:** Take time to pray and as you do, pray the words of a Scripture promise. Also, make a list of scriptural counsel to guide your prayers when asking to come into alignment with God's will, such as, Hebrews 4:12 (to know what's really in your heart), Psalm 119:18, 68 (to understand God's will and to learn His law), and Psalm 27:14 (to wait patiently for God to act).

**My Decision Today:** Write what you want today for yourself and leave it in God's hands. He will be the Lamp for your feet when you trust His leading.

WOMEN'S MINISTRIES DEPARTMENT  
GENERAL CONFERENCE OF SEVENTH DAY ADVENTIST





SCRIPTURE

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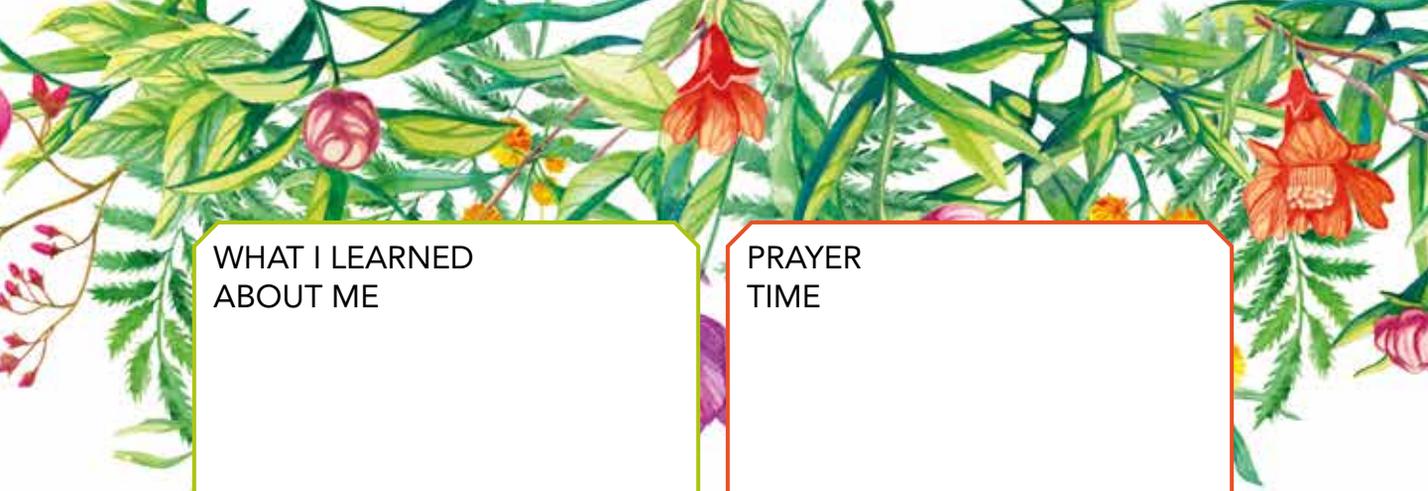
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CONNECTIONS



WHAT I LEARNED  
ABOUT ME

Empty box for writing reflections on what was learned about oneself.

PRAYER  
TIME

Empty box for writing prayer requests or reflections.

MY DECISION TODAY

Five horizontal dotted lines for writing the decision made today.



Your word is a  
lamp for my feet, a  
light on my path.

PSALM 119:105, NIV

