

SCRIPTURE

AND

PRAYER

JOURNAL





Introduction

Are you ready for a deep dive into scripture journaling and prayer? As you wrestle with some of these topics as a family, may you grow closer to God and one another.

Each week's devotion starts on Monday morning and is taken from Pastor Todd's sermon. Read the scripture as a family and then use the R.E.A.D. method to journal through the scripture. If you are unsure what this method is, scan the QR for an instructional video on our Family Ministry Podcast. After you have journaled through the scripture, use the prayer prompts to pray through the day's scripture together. Some of the topics are tough ones, but this activity will stretch you and mold you to look more like Christ!



READ Method

The R.E.A.D. method is a structured approach to Bible journaling that will help you engage deeply with scripture through four steps: **Reveal**, **Explain**, **Apply**, and **Devotion**. Below are practical steps that will help you implement the R.E.A.D. method, making your Bible study reflective, meaningful, and personal.

Step 1: Reveal

Purpose: Uncover what the passage REVEALS about God or Jesus.

How to Do It: This first step involves reading a passage of scripture and identifying verses, phrases, or words that resonate. Focus on what catches your attention and seems relevant to your life situation.

Write It Down: Make a note of your observations in your journal.

Step 2: Explain

Purpose: Understand the meaning of the passage in its original context and its broader biblical significance.

How to Do It: At this stage, you will EXPLAIN what the text means. By asking some simple questions, with the help of God's Spirit, you can understand the meaning of a passage or verse. Here are a few questions to consider that will help you understand what the text means:

- Why was this written?
- · To whom was it originally written?
- · How does it fit with the verses before and after it?

- · Why did the Holy Spirit include this passage in the book?
- What is He intending to communicate through this text?

At this point, you are beginning the process of discovering the specific and personal word that God has for you from His Word. What is important is that you are engaging the text and wrestling with its meaning.

Write It Down: In your journal, explain the passage's meaning in a few sentences, noting insights you have gained up to this point.

Step 3: Apply

Purpose: Make the passage personal by applying its truth to your life.

How to Do It: After writing a short summary of what you think the text means, it is now time to apply God's Word to your life. The application step is the heart of the process. Everything you have done so far culminates under this heading. As you have done before, answer a series of questions to uncover the significance of these verses to you personally, such as:

- How can this help me?
- · What does this mean today?
- What would the application of this verse look like in my life?
- What does this mean to me?
- · What is God saying to me?

These questions will help bridge the gap between the ancient world and your world today. They provide a way for God to speak to you from the specific passage or verse.

Write It Down: Write down between two and five sentences about how the text applies to your life.

Step 4: Devotion

Purpose: Commit to actively obeying the truths you have learned from the passage.

How to Do It:

- Pray the passage. Turn the verse into a prayer, asking God to help you live out its truth.
- Express gratitude or worship. Write a short prayer of thanks or praise based on what you've learned.
- Commit to change. Dedicate yourself to applying the passage's lesson in a specific way, such as a daily habit or mindset shift.

Write It Down: Write your prayer or daily commitment in your journal.

Week 1

2 TIMOTHY 1:14

Day 1 (Sep 8)	
Read 2 Timothy 1:3–5.	
Scripture Journaling:	
Reveal:	
Explain:	
Apply:	
Devotion:	

Thanksgiving: Make a list of people you are grateful for who have spiritually poured into you. Pray a prayer of thanksgiving for them.	
Repentance: Confess ways that you have hurt each other and ask for forgiveness Then forgive each other. Pray over your conversation and relationships.	
Surrender: Make a list of things or people you have been holding onto too tightly Then pray and ask God to help you give them over to Him.	
Request: Write prayer requests and then pray over them.	

Day 2 (Sep 9)
Read 2 Timothy 1:6-7.
Scripture Journaling:
Reveal:
revear.
Explain:
Dapium.
Apply:
Devotion:

Thanksgiving: Make a list of the spiritual gifts that you see in each other. The pray and thank God for giving you those gifts for His glory and your good.
Repentance: What sins do you need to repent of today? Pray a prayer of repentanc for your sins.
Surrender: Make a list of things or people you have been holding onto too tightly Then pray and ask God to help you give them over to Him.
Request: Write prayer requests and then pray over them.

Day 3 (Sep 10) Read 2 Timothy 1:8-12. **Scripture Journaling:** Reveal: Explain: Apply: Devotion:

Day 4 (Sep 11) Read 2 Timothy 1:13. **Scripture Journaling:** Reveal: Explain: Apply: Devotion:

Thanksgiving: Make a list of people who are spiritual role models in your life Pray a prayer of thanksgiving for the space that they have in your life.
Repentance: What sins do you need to repent of today? Pray a prayer of repentance for your sins.
Surrender: Make a list of things or people you have been holding onto too tightly Then pray and ask God to help you give them over to Him.
Request: Write prayer requests and then pray over them.

Day 5 (Sep 12) Read 2 Timothy 1:14. **Scripture Journaling:** Reveal: Explain: Apply: Devotion:

Thanksgiving: Spend time thanking God for trusting you with the good deposit of salvation.
Repentance: What sins do you need to repent of today? Pray a prayer of repentance for your sins.
Surrender: Make a list of things or people you have been holding onto too tightly Then pray and ask God to help you give them over to Him.
Request: Write prayer requests and then pray over them.

Week 2

-2 TIMOTHY 2:1-2-

Day 1 (Sep 15)	
Read 2 Timothy 2:1-2.	
Scripture Journaling:	
Reveal:	
Explain:	
Expiani.	
Apply:	
Devotion:	

Thanksgiving: Make a list of the ways that you have seen God move in your life this week. Then pray a prayer of thanksgiving.
Repentance: What sins do you need to repent of today? Pray a prayer of repentance for your sins.
Surrender: Make a list of things that you have been pursuing more than Christ. Then pray and surrender those pursuits to God.
Request: Write prayer requests and then pray over them.

Day 2 (Sep 16) Read 2 Timothy 2:3-4. **Scripture Journaling:** Reveal: Explain: Apply: Devotion:

Thanksgiving: Make a list of the trials that God gave you strength for and the pray a prayer of thanksgiving.
Repentance: What sins do you need to repent of today? Pray a prayer of repentance
for your sins.
Surrender: Make a list of the things you have been trying to do on your own. The pray a prayer of surrender.
Request: Write prayer requests and then pray over them.

Day 3 (Sep 17) Read 2 Timothy 2:5. **Scripture Journaling:** Reveal: Explain: Apply: Devotion:

Thanksgiving: Make a list of the victories you have in y prayer of thanksgiving.	our life and then pray a
Repentance: What sins do you need to repent of today? Pr for your sins.	ay a prayer of repentance
Surrender: Make a list of the goals you have been pursing a prayer of surrender.	on your own. Then pray
Poquest: Write prayer requests and then pray ever them	
Request: Write prayer requests and then pray over them	•

Day 4 (Sep 18) Read 2 Timothy 2:6. **Scripture Journaling:** Reveal: Explain: Apply: Devotion:

Thanksgiving: Make a list of the times God gave you strength to overcome something and then pray a prayer of thanksgiving.
Repentance: What sins do you need to repent of today? Pray a prayer of repentance for your sins.
Surrender: Make a list of the situations you have been pursing on your own. Then pray a prayer of surrender.
Request: Write prayer requests and then pray over them.

Day 5 (Sep 19) Read 2 Timothy 2:7. **Scripture Journaling:** Reveal: Explain: Apply: Devotion:

Thanksgiving: Pray a prayer of thanksgiving for the understanding the given you of His Word.	hat God has
Repentance: What sins do you need to repent of today? Pray a prayer of for your sins.	repentance
Surrender: Make a list of the ways have you been striving without Opray a prayer of surrender.	Christ. Then
Degrees Milita mayon negreets and then may even them	
Request: Write prayer requests and then pray over them.	

Week 3

2 TIMOTHY 3:16 -

Thanksgiving: Pray a prayer of thanksgiving for the ways that God has helped you to overcome these things.
Repentance: What sins do you need to repent of today? Pray a prayer of repentance for your sins.
Surrender: Make a list of things from this list that you have been pursuing. Then
pray a prayer of surrender.
Request: Write prayer requests and then pray over them.
request. Write prayer requests and then pray over them.

Day 2 (Sep 23)
Read 2 Timothy 3:6-9.
Scripture Journaling:
Reveal:
Explain:
Apply:
Devotion:

Thanksgiving: Pray a prayer of thanksgiving for the healthy biblical communi God has given you.
Repentance: What sins do you need to repent of today? Pray a prayer of repentance for your sins.
Surrender: Make a list of the ways that you have been the person from today scripture. Then pray a prayer of surrender.
Request: Write prayer requests and then pray over them.

Day 3 (Sep 24) **Read 2 Timothy 3:10-17. Scripture Journaling:** Reveal: Explain: Apply: Devotion:

Guided Prayer: Thanksgiving: Pray a prayer of thanksgiving for God's Word. Repentance: What sins do you need to repent of today? Pray a prayer of repentance for your sins. Surrender: What sins are you trying to hide? Repent and surrender to God. Request: Write prayer requests and then pray over them.

Day 4 (Sep 25)
Read 2 Timothy 3:10–13.
Scripture Journaling:
Reveal:
Explain:
Apply:
Devotion:

Guided Prayer:
Thanksgiving: Pray a prayer of thanksgiving for God's Word.
Repentance: What sins do you need to repent of today? Pray a prayer of repentance for your sins.
Surrender: What sins are you trying to hide? Repent and surrender to God toda
Request: Write prayer requests and then pray over them.

Day 5 (Sep 26) **Read 2 Timothy 3:14-17. Scripture Journaling:** Reveal: Explain: Apply: Devotion:

Thanksgivin community.	g: Pray	a praye	r of	thanksgi	ving 1	for C	God's	Word	and	biblical
Repentance:		ns do you	need t	o repent	oftod	ay? P	ray a	prayer	of rep	entance
Surrender: S	Surrende	r your dr	eams a	and goal	s of so	cial s	tatus	to God		
Request: Wr	rite praye	er reques	ts and	then pra	ay ove	r ther	n.			

Week 4

2 TIMOTHY 4:8

Day 1 (Sep 29)		
Read 2 Timothy 4:1.		
Scripture Journaling:		
Reveal:		
Explain:		
Apply:		
rr J		
Devotion:		
Devotion:		

Guided Prayer: Thanksgiving: Pray a prayer of thanksgiving for Jesus' sacrifice for your sins. Repentance: What sins do you need to repent of today? Pray a prayer of repentance for your sins. Surrender: Surrender your relationships to God and ask Him to make you an example of Christ to them. Request: Write prayer requests and then pray over them.

Day 2 (Sep 30) Read 2 Timothy 4:2. **Scripture Journaling:** Reveal: Explain: Apply: Devotion:

Guided Prayer:

Thanksgiving: Pray a prayer of thanksgiving for God's love and grace in refining you to be more like Jesus.
Repentance: What sins do you need to repent of today? Pray a prayer of repentance for your sins.
Surrender: Surrender your character to God and ask Him to make you more like Christ.
Request: Write prayer requests and then pray over them.

Day 3 (Oct 1)
Read 2 Timothy 4:3–4.
Scripture Journaling:
Reveal:
F
Explain:
Apply:
Devotion:

Guided Prayer: Thanksgiving: Pray a prayer of thanksgiving for sound doctrine. Repentance: What sins do you need to repent of today? Pray a prayer of repentance for your sins. Surrender: Surrender your ideas to God and ask Him to renew a sound mind in you. Request: Write prayer requests and then pray over them.

Day 4 (Oct 2) Read 2 Timothy 4:5. **Scripture Journaling:** Reveal: Explain: Apply: Devotion:

Guided Prayer:
Thanksgiving: Pray a prayer of thanksgiving for giving you a ministry.
Repentance: What sins do you need to repent of today? Pray a prayer of repentance for your sins.
Surrender: Surrender your future plans to God.
Request: Write prayer requests and then pray over them.

Day 5 (Oct 3)
Read 2 Timothy 4:6-8.
Scripture Journaling:
Reveal:
Explain:
Apply:
Devotion:

Guided Prayer: Thanksgiving: Pray a prayer of thanksgiving for spiritual endurance. Repentance: What sins do you need to repent of today? Pray a prayer of repentance for your sins. Surrender: Surrender your daily tasks to God and ask Him to realign your goals with His. Request: Write prayer requests and then pray over them.

