

## the 8 steps in the journey

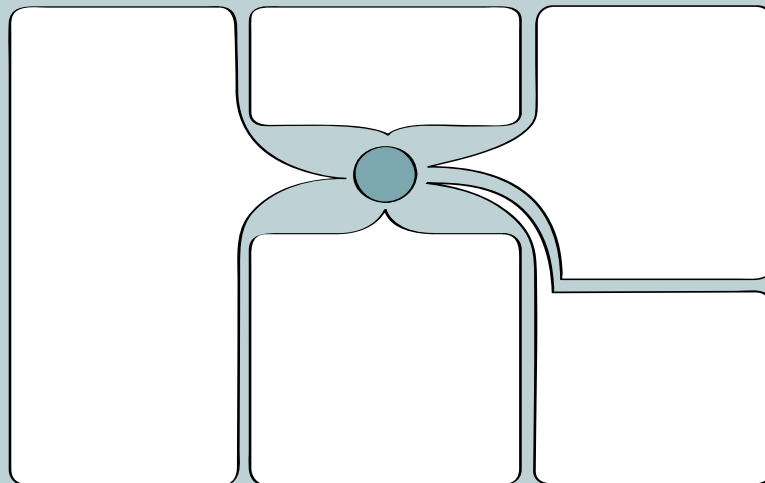
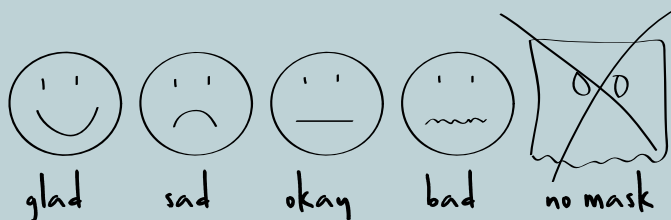
Begin by drawing in the middle of the page a face that expresses how you're feeling—glad, sad, okay or bad.

No mask allowed.  
Come as you are before God.

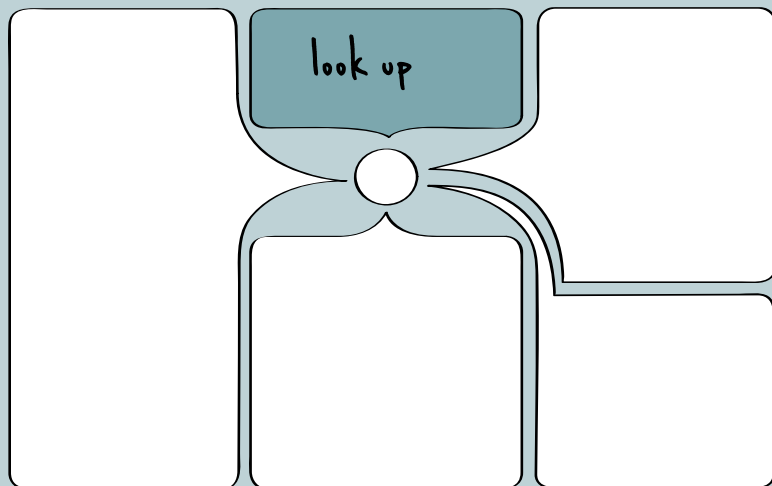
*"Find a quiet, secluded place  
so you won't be tempted  
to role-play before God.  
Just be there as simply  
and honestly as you  
can manage."*

Matthew 6:6 THE MESSAGE

### step 1 come as I am



## step 2 look up to seek your face



In the first bubble, *look up* to seek His face in worship.

Begin to *speak* praise to God.  
Try not to ask Him for anything—that will come later.

Then *sing* to Him or play a song—something you know or something new. This helps you to center on God.

Then take a minute or so to be *still* before Him and know that He is God.

If anything grabs you about what you said or sang to God or while being still, write down your thoughts in the bubble and circle which word it refers to—*speak, sing, or still*.

*"My heart says of you,  
'Seek His face!'  
Your face, LORD, I will seek."*

Psalm 27:8 NIV

*in the cool of the day*

Now look back to yesterday. With pen in hand ask God to show you where His hand was at work in your life.

Was there something God did *for* you—providing encouragement, finances, protection etc?

Did God work *in* you by pointing out a word, thought or action that either pleased Him or didn't?

Was there some way God worked *through* you to help meet a need by praying, giving or encouraging someone?

As you jot something down, give thanks to God for His hand on your life, whether in one, two or all three ways.

Journaling like this helps you see God's hand making you *FIT—working For, In and Through you.*

*"Let them know that it is your **hand**, that you, LORD, have done it."*

Psalms 109:27 NIV

## step 3 look back to see your hand

for

see your hand

in

through

look back

## step 4 look in to hear your voice

ponder

thank you \_\_\_\_\_

sorry

please

hear your voice

look in

We now want to look into the Word to hear God's voice.

In the third bubble under *ponder*, on the line given, write the chapter & verse where you will begin reading in the Word. Use each day the passage from the Psalms on the page above (in the New Living Translation) or choose your own Scriptures to ponder. Read slowly, asking the Lord to speak to you.

If you see something special about who God is or what He has done, note it and say *thank you* to Him.

If His Word points out something you've done wrong or should have done, jot it down and say *sorry* to God.

You might turn that *sorry* into a *please* help me do the right thing today, or something else may cause you to ask God to please help you.

You might respond to God's voice in all three ways, sometimes in just one or two.

*"Listen and hear my voice,  
pay attention and hear what I say."*

Isaiah 28:23 NIV

in the cool of the day

Now let's *look out* to move God's arm in prayer across 3 places in your life:

**Across the *Table*:** is there a need, either for yourself, your family or a friend?  
Jot it down and pray.

**Across the *Street*:** is there a need either for your church, community or leaders?  
Jot it down and pray.

**Across the *World*:** Is there any need in your nation, or a needy country \* or something urgent in the news needing prayer? Jot it down and pray.

*\* In the back is a chart giving a special need for a different country each day with a map of the world showing where the country is located.*

*"Ah, Sovereign LORD, You have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you."*

Jeremiah 32:17 NIV

## step 5

look out to move your arm

move your arm  
across the table

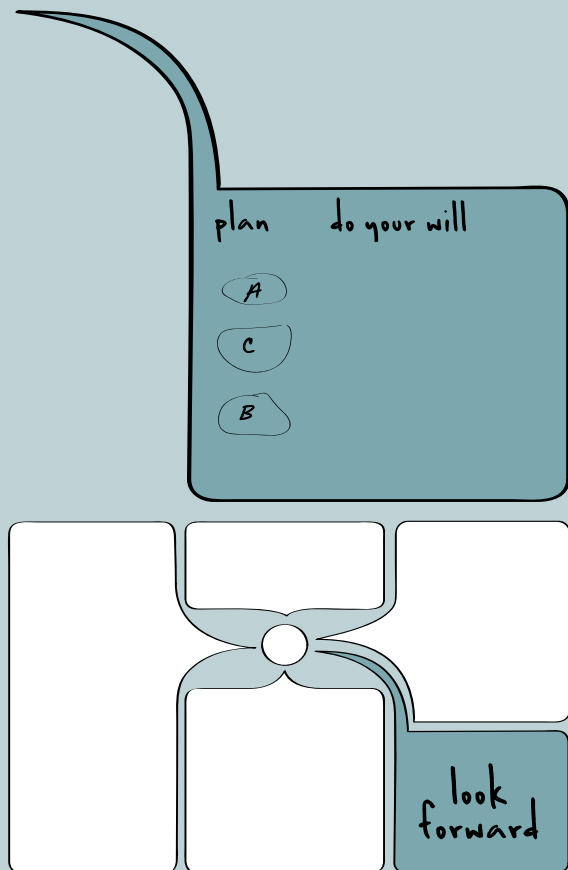
across the street

pray

across the globe

look out

## step 6 look forward to do your will



It's now time to look forward to today to do God's will.

In the fifth bubble there are three big rocks for important tasks for today.

There will be many things you will do today, but you want to make sure you get to the most important things. Choosing three big rocks helps stop all the little pebble activities from filling up your day.

Ask God to guide you as to what are the big three rocks—a writing or reading assignment, a call to make, a person to meet, etc.

Looking at these rocks, write A inside the rock that you must make sure you do first, B inside the next most important task, and C for the third must-do action.

Tomorrow when you get together again with God, check back on how you did with these three rocks. Sometimes all three rocks get done, sometimes one or two, but that is better than one or none, and tomorrow there will be a fresh set of rocks.

*"I desire to **do** your will, O my God."*

Psalm 40:8 NIV

*in the cool of the day*

Look at all your faces this past week and whichever face you have drawn the most (glad, sad, okay or bad), draw that as your face of the week that most reflects how you felt. Then thank God, that however you felt, He brought you through the week.

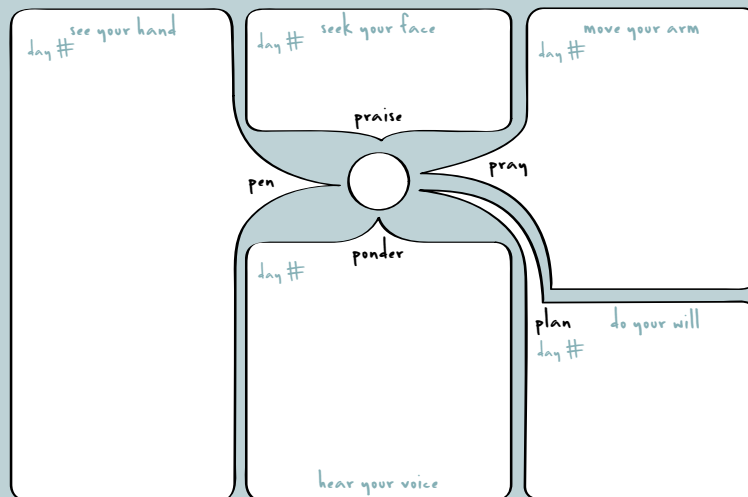
Then read through all the bubbles and write down a highlight for the week from each one and thank God for each highlight.

*"I'll make a list of God's gracious dealings,  
all the things God has done  
that need praising."*

Isaiah 63:7 THE MESSAGE

## step 7 look over the week

### trace the week



Now let's *look out* to move God's arm in prayer across 3 places in your life:

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## step 5

look out to move your arm

move your arm  
across the table

across the street

pray

across the globe

look out



## step 6 look forward to do your will

plan do your will

A

C

B

look forward

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in the cool of the day

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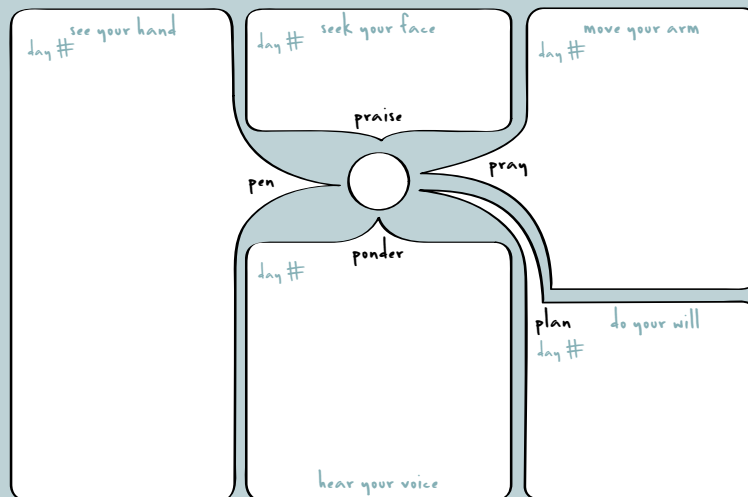
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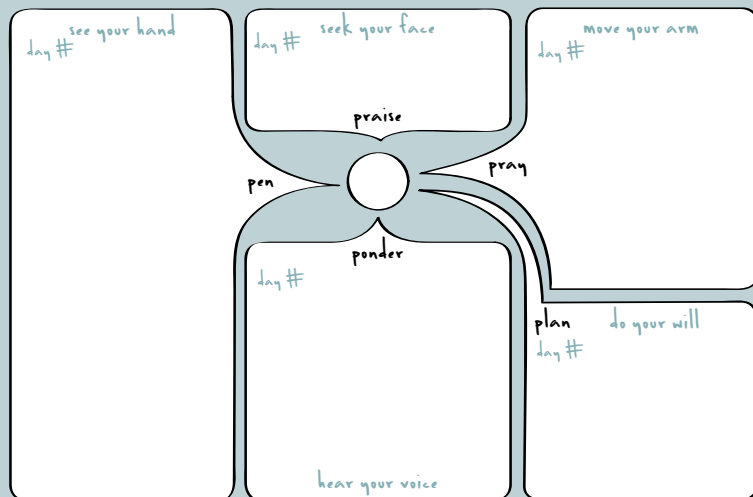
### trace the week



## step 8

## trace the journey

### trace the journey



At the end of the 28 days, use the *Trace the Journey* diagram at the back of the journal to look back over the whole journey to see how you have grown in your walk with God.

Look at the faces of the past four *Trace the Week* diagrams and whichever face you have drawn the most (glad, sad, okay or bad), draw that as your face of the journey that most reflects how you felt. Then thank God, that however you felt, He brought you through the journey.

Read through the four *Trace the Week* sheets. Look at all the bubbles from each weekly sheet and find a special highlight for the month. Write a monthly highlight from each bubble and thank God for each highlight.

*“Once again I’ll go over what God has done...I’ll ponder all the things you’ve accomplished, and give a long, loving look at your acts.”*

Psalm 77:11-12 THE MESSAGE

in the cool of the day

# Richard's personal example

