

Renew, Refresh, Revive

Scripture writing plan & Journal

Replacing Self-focused Thoughts with

God Focused Thoughts

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How to use this Journal:

There are many study methods out there! I encourage you to search through them and find what motivates and encourages you the most. I like to use the S.O.A.P Method.

Scripture

Write out a verse or passage of scripture.

Observation

What stood out to you about this verse or scriptures?

Where there any commands or instructions?

Application

How can you apply this today to your life today?

How can you live in light of this truth?

Prayer

Write out a prayer. Ask the Lord to show you how to meditate and apply this truth to your life.

Other areas to consider:

- * Author
- * Audience
- * Major Concept
- * Theme
- * Event
- * Keywords and Definitions
- * People
- * Places
- * When
- * Where
- * Who am I in this Verse?
- * Where is God?
- * What Is God Speaking?

Give yourself room to ponder and pray. Allow yourself time to listen for God to speak to you. Get creative! Draw, paint, make diagrams, whatever ignites your awe and wonder to studying God's Word!

Visit It Starts Small for more examples and in-depth study guide ideas!

www.itstartssmall.com

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*W*hat does your conscious sound like? Perhaps it is like mine at times:

That was a stupid thing to say! (imaginary palm to the forehead)

Did she just ignore me? (insert anger followed by the fear of abandonment)

Maybe that is a dumb idea? (internal debates)

I'd really like to _____, but I do not know if I can pull it off. (Who do I think I am?)

Words are constantly floating around and through my mind. Some are good and purposeful and others, not so much. My mental monology generally contains too much self-focus and self-defeating babble. It goes on, and on, and on.

It's exhausting!

My mind and heart needs renewing, refreshing and revival! Maybe you do too!

This scripture plan focuses on the renewing of our hearts and minds through Christ. I pray each day God blesses your heart with the renewing of His Word by letting us focus on Him and less on us!

God Bless,

Kim

Key Verse to Memorize:

²³ *They are new every morning;
great is your faithfulness!*

Lamentations 3:23

Renew, Refresh, Revive

- ☐ Romans 12:2
- ☐ Ephesians 4:23
- ☐ 2 Corinthians 4:16
- ☐ Job 33:25
- ☐ Colossians 3:10
- ☐ Psalm 51:10
- ☐ Psalm 104:30
- ☐ Ruth 4:15
- ☐ Titus 3:5
- ☐ Job 29:20
- ☐ Lamentations 5:21
- ☐ Matthew 19:28
- ☐ Philippians 4:10
- ☐ Psalm 103:5
- ☐ Job 14:14
- ☐ Isaiah 40:31
- ☐ Ephesians 4:24
- ☐ Isaiah 57:10
- ☐ Psalm 51:12
- ☐ Hebrews 6:6
- ☐ Ezekiel 36:26
- ☐ Habakkuk 3:2
- ☐ Psalm 19:7
- ☐ Ephesians 5:26
- ☐ Hebrews 6:4
- ☐ Jeremiah 31:25
- ☐ Zephaniah 3:17
- ☐ Lamentations 3:23
- ☐ Hosea 6:3
- ☐ 2 Corinthians 4:16

Theme: Renew, Refresh, Revive

Romans 12:2

Today's Date:

Write today's verse below. As you read what you wrote, highlight the verses, words, or phrases that jump out at you.

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Theme: Renew, Refresh, Revive

Ephesians 4:32

Today's Date:

Write today's verse below. As you read what you wrote, highlight the verses, words, or phrases that jump out at you.

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Theme: Renew, Refresh, Revive

2 Corinthians 4:16

Today's Date:

Write today's verse below. As you read what you wrote, highlight the verses, words, or phrases that jump out at you.

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Theme: Renew, Refresh, Revive

Job 33:25

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Colossians 3:10

Today's Date:

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Psalm 51:10

Today's Date:

Write today's verse below. As you read what you wrote, highlight the verses, words, or phrases that jump out at you.

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Theme: Renew, Refresh, Revive

Psalm 104:30

Today's Date:

Write today's verse below. As you read what you wrote, highlight the verses, words, or phrases that jump out at you.

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Ruth 4:15

Today's Date:

Write today's verse below. As you read what you wrote, highlight the verses, words, or phrases that jump out at you.

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Titus 3:5

Today's Date:

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Job 29:20

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Lamentations 5:21

Today's Date:

Write today's verse below. As you read what you wrote, highlight the verses, words, or phrases that jump out at you.

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Matthew 19:28

Today's Date:

Write today's verse below. As you read what you wrote, highlight the verses, words, or phrases that jump out at you.

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Philippians 4:10

Today's Date:

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Theme: Renew, Refresh, Revive

Psalm 103:5

Today's Date:

Write today's verse below. As you read what you wrote, highlight the verses, words, or phrases that jump out at you.

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Theme: Renew, Refresh, Revive

Job 14:14

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Isaiah 40:31

Today's Date:

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Ephesians 4:24

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Isaiah 57:10

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Psalm 51:12

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Hebrews 6:6

Today's Date:

Write today's verse below. As you read what you wrote, highlight the verses, words, or phrases that jump out at you.

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Ezekiel 36:26

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Habakkuk 3:2

Today's Date:

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Psalm 19:7

Today's Date:

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Isaiah 61:4

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Ephesians 5:26

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Jeremiah 31:25

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Zephaniah 3:17

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Lamentations 3:23

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Hosea 6:3

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2 Corinthians 4:15

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It Starts Small

