



BIBLE  
DISCOVERY  
JOURNAL



The cover features a pink background with scattered gold triangle confetti. A light pink ribbon banner is at the top. The title is centered in a white rounded rectangle with a dotted border. At the bottom, there is a floral arrangement with two large peonies (one pink, one white) and a black arrow pointing right.



# How To Use This Journal

Congratulations for making time and effort to immerse yourself in the living Word of God. This is one of the best things you can do to grow your faith or even rediscover it.

This journal is designed to be reviewed a page a day. Each day, you will focus on one or several passages to help you remember, reflect and meditate on God's promise to you. The format used is loosely based on Lectio Divina.

Lectio Divina is a centuries-old, contemplative Bible reading method. It commonly has 4 parts. Lectio, meaning read. Meditatio, meaning meditation. Oratio, meaning prayer, and Contemplatio, meaning contemplation.

Do not let these Latin words scare you. The process is quite simple and requires little to no preparation. All you have to do is come as you are to the Lord, get still and let Him speak to you.





## TODAY'S READING IS MATTHEW 6: 31-33

Before you begin, take a moment to prepare your heart and mind.

Get in a quiet space. Clear your mind. Pray and Invite God to this time.

Slowly read today's passage several times. Take your time with it.

Either read quietly, out loud or write it down.

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Note the word or phrases that speak to you or you are drawn to. Don't analyze. Just notice them.

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Respond with a written prayer. Take a moment to thank and praise The Lord before launching into your prayer.

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## TODAY'S READING IS EXODUS 4: 11-12

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## TODAY'S READING IS JEREMIAH 39: 11- 13

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## TODAY'S READING IS JOHN 14:1

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## TODAY'S READING IS 1 SAMUEL 16:7

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Isa 43:1-2

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## TODAY'S READING IS DEUTERONOMY 4: 29

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## TODAY'S READING IS 2 CORINTHIANS 5: 17

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## TODAY'S READING IS DEUTERONOMY 31:8

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## TODAY'S READING IS PHILIPPIANS 4:6-9

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Exo 14:14

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## TODAY'S READING IS ISAIAH 41: 13

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## TODAY'S READING IS JOHN 14:2-3

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## TODAY'S READING IS JOHN 10: 28

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Heb 10:23

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## TODAY'S READING IS ZEPHANIAH 3: 17

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## TODAY'S READING IS JAMES 4:8

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## TODAY'S READING IS ROMANS 8:1

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## TODAY'S READING IS PSALM 32:8

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## Isaiah 49:15

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## TODAY'S READING IS NUMBERS 6: 24- 26

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