

ABIDE

"ABIDE IN ME, AND I IN YOU."
JOHN 15:4

GRACE ROCKFORD
FALL-WINTER 2026-27

INTRODUCTION

Welcome to the Abide Journal! If this is your first time using an Abide Journal, take a few minutes to read through this introduction to learn how to get the most out of it.

The Abide Journal is designed to help you spend intentional time with Jesus, grow in His Word, and put your faith into practice. As a church family, our desire is to be people who are **Following Jesus Together**, growing in our relationship with Him, becoming more like Him, and encouraging one another along the way.

A disciple is someone who believes in and follows Jesus.

Jesus said, *“Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.”* (Luke 9:23 NIV)

Following Jesus is more than a one-time decision to believe in Him. It is a daily decision to trust Him, learn from Him, and seek to live the way He calls us to live. And we cannot do this in our own strength. Jesus Himself reminds us, *“With God all things are possible.”* (Matt. 19:26 NIV)

That’s where **abiding** comes in.

In John 15, Jesus said, *“I am the vine; you are the branches. If you remain (abide) in me and I in you, you will bear much fruit; apart from me you can do nothing... This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.”* (John 15:5, 8 NIV)

Abiding in Jesus is how we learn to depend on Him for everything we need. It means remaining connected to Him, allowing His Word to shape us, and trusting Him to work in and through our lives. As we abide in Him, He produces fruit in us that brings glory to the Father.

The Abide Journal is simply a tool to help us practice this. Through reading Scripture, prayer, reflection, meditation, and putting God’s Word into practice, we are learning to remain connected to Jesus and follow Him each day.

HOW TO USE THIS JOURNAL

The Abide Journal is designed to help us develop rhythms that keep us connected to Jesus throughout the week. Each section gives us an opportunity to slow down, engage with God's Word, pray, reflect, and consider how Jesus is calling us to follow Him.

DAILY READING PLAN

The Daily Reading Plan is designed to go hand-in-hand with what we'll be learning during our time together each Sunday morning. Each new week begins with a page for sermon notes, giving you space to write down what stands out to you, along with any thoughts or questions you may have as you listen.

From there, the daily readings give you an opportunity to continue reflecting on God's Word throughout the week and consider how it applies to your life.

WEEKLY SPIRITUAL CHECK-IN

Use this page each Sunday to practice the disciplines of silence and solitude. As you spend this time quietly in the presence of Jesus, do these four things:

1. Sit quietly in the presence of Jesus.
2. Reflect on what you have to be thankful for.
3. Consider what you need to place in the capable hands of Jesus.
4. Consider who you can pray for and pursue in order to encourage them in their walk with Jesus.

With so much busyness surrounding us, it is important to make space to be quiet, listen, and bring our hearts before Jesus. Consider making this a regular part of your Sunday rhythm as you prepare to enter another week of demands, decisions, and opportunities to follow Jesus.

MEDITATION & MEMORY VERSES

Psalm 1 tells us that the blessed person is one *“whose delight is in the law of the Lord, and who meditates on his law day and night.”*

(Psalm 1:2 NIV)

A critical part of abiding is allowing God's Word to dwell deeply in us. Each week, our reading plan includes a Meditation and Memory Verse for us to focus on, reflect on, and strive to memorize.

We've included Scripture art (hand drawn by Ruth Reed) to help you spend time meditating on the verse. As you color or paint, slow down and reflect on the truth of God's Word. Consider what the verse reveals about God, what it means for your life, and how it might shape the way you follow Jesus.

JOURNAL INSERTS

Your journal includes two inserts designed to help you as you spend time with Jesus throughout the week.

In Christ You Are: A bookmark that serves as a reminder of your identity in Christ. Use it in your Bible or journal as you read and reflect on God's Word.

Meditation Questions: A card with questions to help you slow down and engage more deeply with Scripture. Use these prompts as you read, reflect, and consider how God's Word is shaping the way you follow Jesus.

Together, these resources are meant to help you develop a deeper rhythm of abiding in Jesus.



READING PLAN

September 13, 2026 – January 16, 2027

Week of September 13

Memory: 2 Corinthians 5:17

Monday: 2 Kings 1:1-18

Tuesday: 2 Kings 2:1-25

Wednesday: 2 Kings 3:1-27

Thursday: Proverbs 28

Friday: 2 Kings 4:1-7

Saturday: 2 Kings 4:8-37

Week of September 20

Memory: Romans 3:23

Monday: 2 Kings 4:38-44

Tuesday: 2 Kings 5:1-27

Wednesday: Proverbs 29

Thursday: 2 Kings 6:1-23

Friday: 2 Kings 6:24-7:2

Saturday: 2 Kings 7:3-20

Week of September 27

Memory: 1 Corinthians 3:16

Monday: Proverbs 30

Tuesday: 2 Kings 8:1-15

Wednesday: 2 Kings 8:16-29

Thursday: 2 Kings 9:1-29

Friday: Proverbs 31

Saturday: 2 Kings 9:30-10:17

Week of October 4

Memory: Matthew 6:33

Monday: 2 Kings 10:18-35

Tuesday: 2 Kings 11:1-21

Wednesday: Ecclesiastes 1:1-11

Thursday: Ecclesiastes 1:12-18

Friday: 2 Kings 12:1-21

Saturday: 2 Kings 13:1-9

Week of October 11

Memory: John 13:34-35

Monday: 2 Kings 13:10-25

Tuesday: 2 Kings 14:1-22

Wednesday: 2 Kings 14:23-29

Thursday: Ecclesiastes 2:1-11

Friday: Ecclesiastes 2:12-26

Saturday: 2 Kings 15:1-22

Week of October 18

Memory: 1 John 5:11-12

Monday: 2 Kings 15:23-38

Tuesday: 2 Kings 16:1-20

Wednesday: Ecclesiastes 3:1-8

Thursday: Ecclesiastes 3:9-22

Friday: 2 Kings 17:1-23

Saturday: 2 Kings 17:24-41

Week of October 25

Memory: Galatians 2:20

Monday: Ecclesiastes 4:1-16

Tuesday: 2 Kings 18:1-16

Wednesday: 2 Kings 18:17-37

Thursday: 2 Kings 19:1-19

Friday: Ecclesiastes 5:1-7

Saturday: Ecclesiastes 5:8-20

Week of November 1

Memory: Isaiah 53:6

Monday: 2 Kings 19:20-37

Tuesday: 2 Kings 20:1-11

Wednesday: Ecclesiastes 6:1-12

Thursday: Ecclesiastes 7:1-12

Friday: Ecclesiastes 7:13-8:1

Saturday: 2 Kings 21:1-18

Week of November 8

Memory: 1 Corinthians 2:12

Monday: 2 Kings 21:19-26

Tuesday: Ecclesiastes 8:2-17

Wednesday: Ecclesiastes 9:1-18

Thursday: 2 Kings 22:1-20

Friday: 2 Kings 23:1-30

Saturday: 2 Kings 23:31-35

Week of November 15

Memory: Luke 9:23

Monday: Ecclesiastes 10:1-20

Tuesday: Ecclesiastes 11:1-10

Wednesday: 2 Kings 23:36-24:20

Thursday: 2 Kings 25:1-30

Friday: Ecclesiastes 12:1-8

Saturday: Ecclesiastes 12:9-14

Week of November 22

Memory: 1 John 3:18

Monday: Lamentations 1:1-22

Tuesday: Lamentations 2:1-22

Wednesday: Lamentations 3:1-21

Thursday: Lamentations 3:22-66

Friday: Lamentations 4:1-22

Saturday: Lamentations 5:1-22

Week of November 29

Memory: John 16:24

Monday: Hebrews 1:1-4

Tuesday: Hebrews 1:5-14

Wednesday: Psalm 1

Thursday: Hebrews 2:1-4

Friday: Hebrews 2:5-18

Saturday: Psalm 2

Week of December 6

Memory: Romans 12:1-2

Monday: Hebrews 3:1-6

Tuesday: Hebrews 3:7-19

Wednesday: Psalm 3

Thursday: Hebrews 4:1-13

Friday: Hebrews 4:14-5:10

Saturday: Psalm 4

Week of December 13

Memory: Romans 6:23

Monday: Psalm 5

Tuesday: Hebrews 5:11-6:12

Wednesday: Hebrews 6:13-20

Thursday: Hebrews 7:1-10

Friday: Hebrews 7:11-28

Saturday: Psalm 6

Week of December 20

Memory: Isaiah 41:10

Monday: Luke 1:1-25

Tuesday: Luke 1:26-56

Wednesday: Luke 1:57-80

Thursday: Matthew 1:18-25

Friday: Luke 2:1-21

Saturday: Isaiah 52:13-53:12

Week of December 27

Memory: 1 John 2:15-16

Monday: Psalm 7

Tuesday: Hebrews 8:1-13

Wednesday: Hebrews 9:1-10

Thursday: Hebrews 9:11-28

Friday: Psalm 8

Saturday: Psalm 9

Week of January 3

Memory: Philippians 2:3-4

Monday: Hebrews 10:1-18

Tuesday: Hebrews 10:19-39

Wednesday - Psalm 10

Thursday : Hebrews 11:1-40

Friday: Hebrews 12:1-3

Saturday: Psalm 11

Week of January 10

Memory: 1 Corinthians 10:13

Monday: Hebrews 12:4-13

Tuesday: Hebrews 12:14-17

Wednesday: Hebrews 12:18-29

Thursday: Psalm 12

Friday: Hebrews 13:1-19

Saturday: Hebrews 13:20-25



ABIDE

DATE:

MESSAGE:

NOTES:

SUNDAY, SEPTEMBER 13

Use the prompts below to root yourself for the week, then spend time meditating on this week's memory verse.

GRATITUDE: What are you grateful for from the past 24 hours?

HEART CHECK-IN: "This morning my heart is..." (tell God what's on your heart)

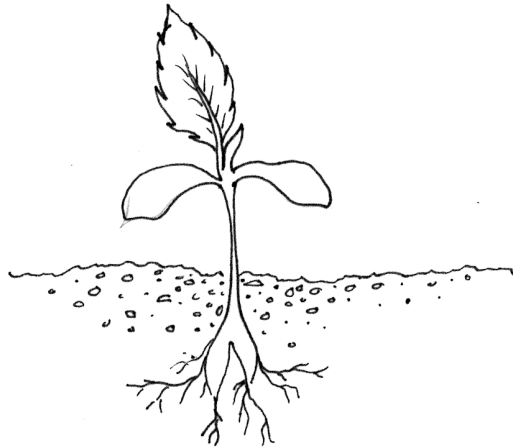
WHAT'S AHEAD?

Is there anything you feel anxious, nervous, or excited about? Write it down and entrust it to the Lord, who is sovereign over all things.

MAKE DISCIPLES

Write down the name of at least one person you know who doesn't know Jesus, and one person who is committed to following him. Make it a priority to pray for both of them this week.

THEREFORE,
if anyone is in
CHRIST,
he is a new creation;
the old has passed
away and see
THE NEW HAS COME!



II CORINTHIANS 5:17

Week of September 13 - Monday - 2 Kings 1:1-18

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of September 13 - Tuesday - 2 Kings 2:1-25

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of September 13 - Wednesday - 2 Kings 3:1-27

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of September 13 - Thursday - Proverbs 28

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of September 13 - Friday - 2 Kings 4:1-7

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of September 13 - Saturday - 2 Kings 4:8-37

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.



DATE:

MESSAGE:

NOTES:

SUNDAY, SEPTEMBER 20

Use the prompts below to root yourself for the week, then spend time meditating on this week's memory verse.

GRATITUDE: What are you grateful for from the past 24 hours?

HEART CHECK-IN: "This morning my heart is..." (tell God what's on your heart)

WHAT'S AHEAD?

Is there anything you feel anxious, nervous, or excited about? Write it down and entrust it to the Lord, who is sovereign over all things.

MAKE DISCIPLES

Write down the name of at least one person you know who doesn't know Jesus, and one person who is committed to following him. Make it a priority to pray for both of them this week.

Romans 3:23



for ALL have sinned,
and fall short of the glory
of God.

ROMANS 3: 23

Week of September 20 - Monday - 2 Kings 4:38-44

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of September 20 - Tuesday - 2 Kings 5:1-27

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of September 20 - Wednesday - Proverbs 29

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of September 20 - Thursday - 2 Kings 6:1-23

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of September 20 - Friday - 2 Kings 6:24-7:2

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of September 20 - Saturday - 2 Kings 7:3-20

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.



DATE:

MESSAGE:

NOTES:

SUNDAY, SEPTEMBER 27

Use the prompts below to root yourself for the week, then spend time meditating on this week's memory verse.

GRATITUDE: What are you grateful for from the past 24 hours?

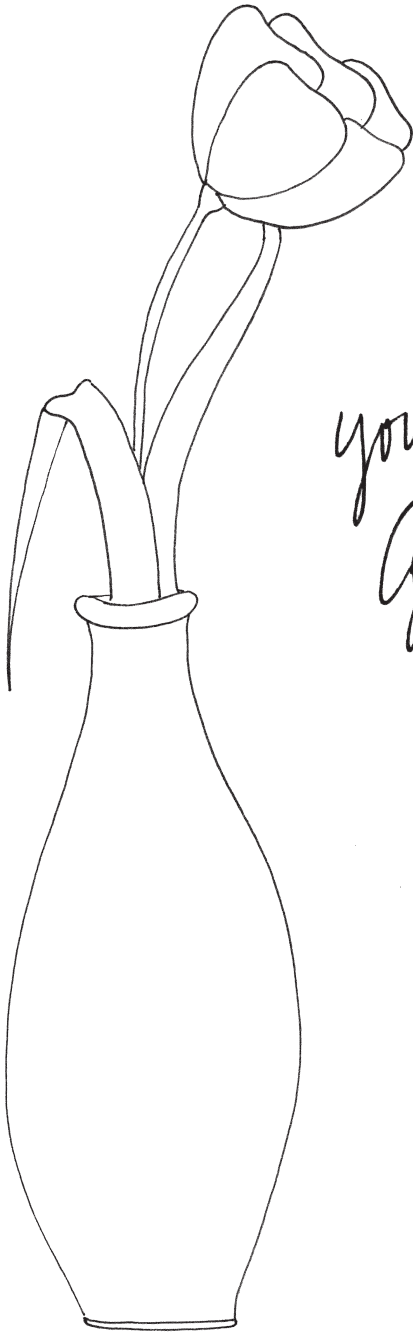
HEART CHECK-IN: "This morning my heart is..." (tell God what's on your heart)

WHAT'S AHEAD?

Is there anything you feel anxious, nervous, or excited about? Write it down and entrust it to the Lord, who is sovereign over all things.

MAKE DISCIPLES

Write down the name of at least one person you know who doesn't know Jesus, and one person who is committed to following him. Make it a priority to pray for both of them this week.



don't you
know that you
yourselves are
God's temple
and that
God's Spirit
dwells in
your midst?

1 CORINTHIANS 3:16

Week of September 27 - Monday - Proverbs 30

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of September 27 - Tuesday - 2 Kings 8:1-15

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of September 27 - Wednesday - 2 Kings 8:16-29

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of September 27 - Thursday - 2 Kings 9:1-29

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of September 27 - Friday - Proverbs 31

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of September 27 - Saturday - 2 Kings 9:30-10:17

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.



DATE:

MESSAGE:

NOTES:

SUNDAY, OCTOBER 4

Use the prompts below to root yourself for the week, then spend time meditating on this week's memory verse.

GRATITUDE: What are you grateful for from the past 24 hours?

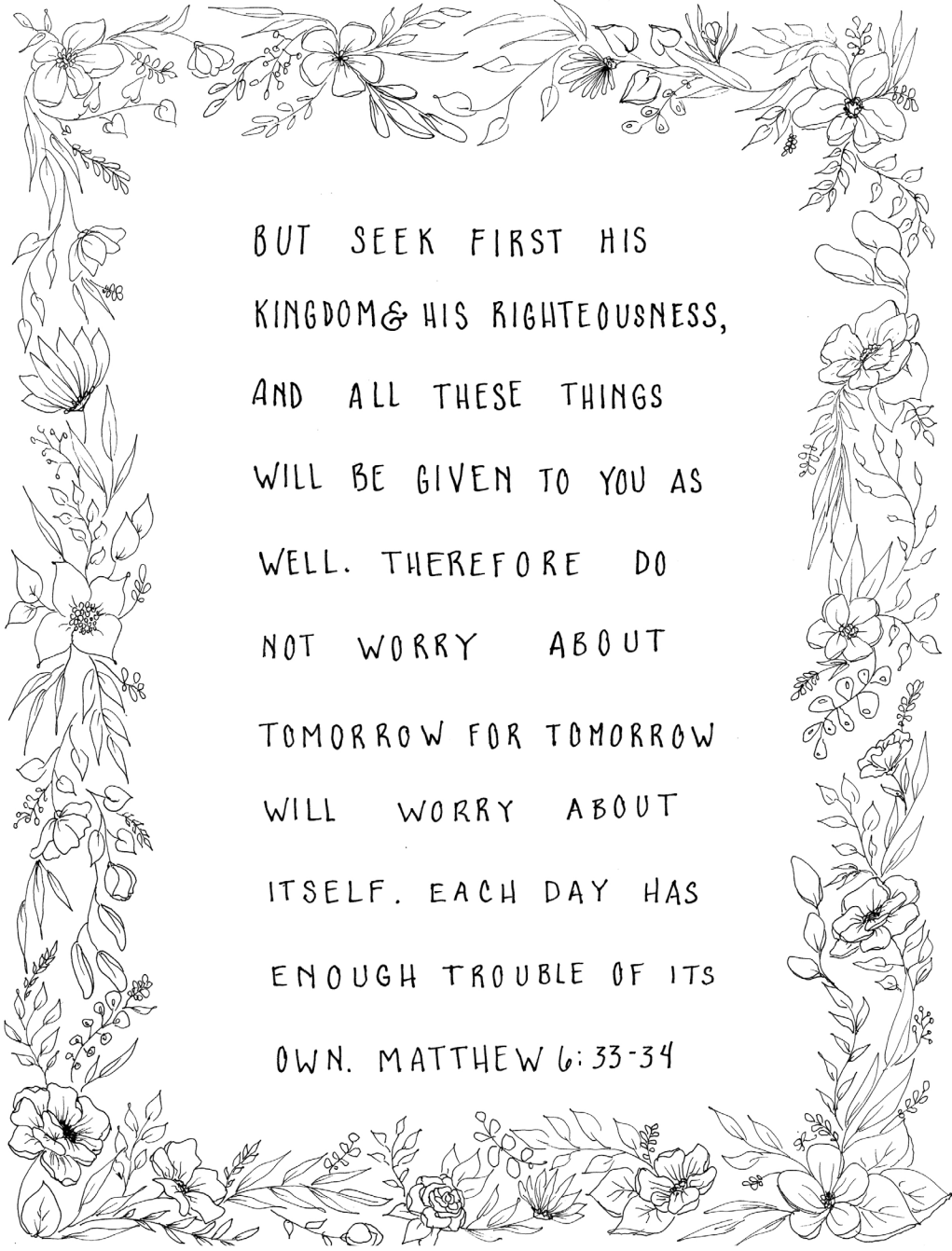
HEART CHECK-IN: "This morning my heart is..." (tell God what's on your heart)

WHAT'S AHEAD?

Is there anything you feel anxious, nervous, or excited about? Write it down and entrust it to the Lord, who is sovereign over all things.

MAKE DISCIPLES

Write down the name of at least one person you know who doesn't know Jesus, and one person who is committed to following him. Make it a priority to pray for both of them this week.



BUT SEEK FIRST HIS
KINGDOM & HIS RIGHTEOUSNESS,
AND ALL THESE THINGS
WILL BE GIVEN TO YOU AS
WELL. THEREFORE DO
NOT WORRY ABOUT
TOMORROW FOR TOMORROW
WILL WORRY ABOUT
ITSELF. EACH DAY HAS
ENOUGH TROUBLE OF ITS
OWN. MATTHEW 6:33-34

Week of October 4 - Monday - 2 Kings 10:18-35

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 4 - Tuesday - 2 Kings 11:1-21

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 4 - Wednesday - Ecclesiastes 1:1-11

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 4 - Thursday - Ecclesiastes 1:12-18

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 4 - Friday - 2 Kings 12:1-21

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 4 - Saturday - 2 Kings 13:1-9

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.



DATE:

MESSAGE:

NOTES:

SUNDAY, OCTOBER 11

Use the prompts below to root yourself for the week, then spend time meditating on this week's memory verse.

GRATITUDE: What are you grateful for from the past 24 hours?

HEART CHECK-IN: "This morning my heart is..." (tell God what's on your heart)

WHAT'S AHEAD?

Is there anything you feel anxious, nervous, or excited about? Write it down and entrust it to the Lord, who is sovereign over all things.

MAKE DISCIPLES

Write down the name of at least one person you know who doesn't know Jesus, and one person who is committed to following him. Make it a priority to pray for both of them this week.

A NEW COMMAND I GIVE YOU:

Love
one
another.

AS I HAVE LOVED YOU,

SO YOU MUST LOVE ONE ANOTHER.

BY THIS EVERYONE WILL KNOW YOU

ARE MY DISCIPLES, IF YOU

Love one another.

Week of October 11 - Monday - 2 Kings 13:10-25

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 11 - Tuesday - 2 Kings 14:1-22

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 11 - Wednesday - 2 Kings 14:23-29

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 11 - Thursday - Ecclesiastes 2:1-11

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 11 - Friday - Ecclesiastes 2:12-26

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 11 - Saturday - 2 Kings 15:1-22

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.



DATE:

MESSAGE:

NOTES:

SUNDAY, OCTOBER 18

Use the prompts below to root yourself for the week, then spend time meditating on this week's memory verse.

GRATITUDE: What are you grateful for from the past 24 hours?

HEART CHECK-IN: "This morning my heart is..." (tell God what's on your heart)

WHAT'S AHEAD?

Is there anything you feel anxious, nervous, or excited about? Write it down and entrust it to the Lord, who is sovereign over all things.

MAKE DISCIPLES

Write down the name of at least one person you know who doesn't know Jesus, and one person who is committed to following him. Make it a priority to pray for both of them this week.

and this is the testimony:
God has given us eternal
life, and this life is in
His Son.

Whoever
has the
Son has
life; whoever
does not
have the Son
of God does
not have life.

first john five: eleven to twelve



Week of October 18 - Monday - 2 Kings 15:23-38

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 18 - Tuesday - 2 Kings 16:1-20

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 18 - Wednesday - Ecclesiastes 3:1-8

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 18 - Thursday - Ecclesiastes 3:9-22

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 18 - Friday - 2 Kings 17:1-23

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 18 - Saturday - 2 Kings 17:24-41

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.



DATE:

MESSAGE:

NOTES:

SUNDAY, OCTOBER 25

Use the prompts below to root yourself for the week, then spend time meditating on this week's memory verse.

GRATITUDE: What are you grateful for from the past 24 hours?

HEART CHECK-IN: "This morning my heart is..." (tell God what's on your heart)

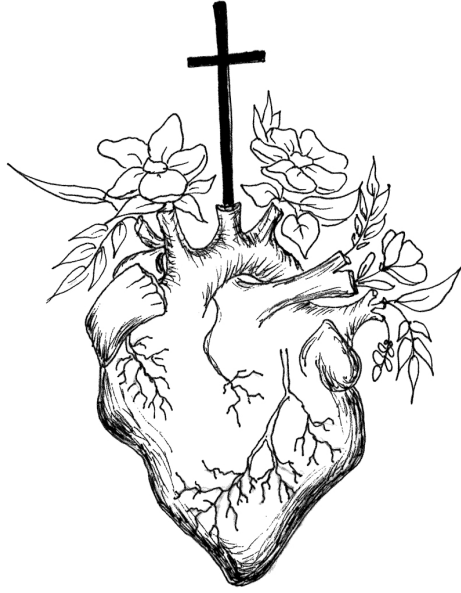
WHAT'S AHEAD?

Is there anything you feel anxious, nervous, or excited about? Write it down and entrust it to the Lord, who is sovereign over all things.

MAKE DISCIPLES

Write down the name of at least one person you know who doesn't know Jesus, and one person who is committed to following him. Make it a priority to pray for both of them this week.

Galatians 2:20



I have been crucified with
Christ and I no longer live, but

Christ lives in me.

The life I now live in the body,
I live by faith in the Son of
God, who loved me and gave
himself for me.

galatians 2:20

Week of October 25 - Monday - Ecclesiastes 4:1-16

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 25 - Tuesday - 2 Kings 18:1-16

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 25 - Wednesday - 2 Kings 18:17-37

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 25 - Thursday - 2 Kings 19:1-19

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 25 - Friday - Ecclesiastes 5:1-7

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of October 25 - Saturday - Ecclesiastes 5:8-20

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.



DATE:

MESSAGE:

NOTES:

SUNDAY, NOVEMBER 1

Use the prompts below to root yourself for the week, then spend time meditating on this week's memory verse.

GRATITUDE: What are you grateful for from the past 24 hours?

HEART CHECK-IN: "This morning my heart is..." (tell God what's on your heart)

WHAT'S AHEAD?

Is there anything you feel anxious, nervous, or excited about? Write it down and entrust it to the Lord, who is sovereign over all things.

MAKE DISCIPLES

Write down the name of at least one person you know who doesn't know Jesus, and one person who is committed to following him. Make it a priority to pray for both of them this week.



we all like Sheep have
gone astray, each of us
has turned our own way;
the Lord has laid on Him
the iniquity of us all.

Week of November 1 - Monday - 2 Kings 19:20-37

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 1 - Tuesday - 2 Kings 20:1-11

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 1 - Wednesday - Ecclesiastes 6:1-12

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 1 - Thursday - Ecclesiastes 7:1-12

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 1 - Friday - Ecclesiastes 7:13-8:1

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 1 - Saturday - 2 Kings 21:1-18

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.



DATE:

MESSAGE:

NOTES:

SUNDAY, NOVEMBER 8

Use the prompts below to root yourself for the week, then spend time meditating on this week's memory verse.

GRATITUDE: What are you grateful for from the past 24 hours?

HEART CHECK-IN: "This morning my heart is..." (tell God what's on your heart)

WHAT'S AHEAD?

Is there anything you feel anxious, nervous, or excited about? Write it down and entrust it to the Lord, who is sovereign over all things.

MAKE DISCIPLES

Write down the name of at least one person you know who doesn't know Jesus, and one person who is committed to following him. Make it a priority to pray for both of them this week.



What we have
received is not
the spirit of the
world, but the

Spirit

who is from God,
so that we may understand what
God has freely given us.

First Corinthians two verse twelve.

Week of November 8 - Monday - 2 Kings 21:19-26

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 8 - Tuesday - Ecclesiastes 8:2-17

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 8 - Wednesday - Ecclesiastes 9:1-18

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 8 - Thursday - 2 Kings 22:1-20

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 8 - Friday - 2 Kings 23:1-30

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 8 - Saturday - 2 Kings 23:31-35

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.



DATE:

MESSAGE:

NOTES:

SUNDAY, NOVEMBER 15

Use the prompts below to root yourself for the week, then spend time meditating on this week's memory verse.

GRATITUDE: What are you grateful for from the past 24 hours?

HEART CHECK-IN: "This morning my heart is..." (tell God what's on your heart)

WHAT'S AHEAD?

Is there anything you feel anxious, nervous, or excited about? Write it down and entrust it to the Lord, who is sovereign over all things.

MAKE DISCIPLES

Write down the name of at least one person you know who doesn't know Jesus, and one person who is committed to following him. Make it a priority to pray for both of them this week.

Luke 9:23

THEN HE SAID TO THEM ALL: "WHOEVER
WANTS TO BE MY

DISCIPLE

MUST

deny themselves

AND

take up their cross daily

AND

follow me.

LUKE 9:23

Week of November 15 - Monday - Ecclesiastes 10:1-20

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 15 - Tuesday - Ecclesiastes 11:1-10

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 15 - Wednesday - 2 Kings 23:36-24:20

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 15 - Thursday - 2 Kings 25:1-30

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 15 - Friday - Ecclesiastes 12:1-8

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 15 - Saturday - Ecclesiastes 12:9-14

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.



DATE:

MESSAGE:

NOTES:

SUNDAY, NOVEMBER 22

Use the prompts below to root yourself for the week, then spend time meditating on this week's memory verse.

GRATITUDE: What are you grateful for from the past 24 hours?

HEART CHECK-IN: "This morning my heart is..." (tell God what's on your heart)

WHAT'S AHEAD?

Is there anything you feel anxious, nervous, or excited about? Write it down and entrust it to the Lord, who is sovereign over all things.

MAKE DISCIPLES

Write down the name of at least one person you know who doesn't know Jesus, and one person who is committed to following him. Make it a priority to pray for both of them this week.

DEAR CHILDREN,



AND IN TRUTH. 1 JOHN 3:18

Week of November 22 - Monday - Lamentations 1:1-22

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 22 - Tuesday - Lamentations 2:1-22

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 22 - Wednesday - Lamentations 3:1-21

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 22 - Thursday - Lamentations 3:22-66

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 22 - Friday - Lamentations 4:1-22

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 22 - Saturday - Lamentations 5:1-22

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.



DATE:

MESSAGE:

NOTES:

SUNDAY, NOVEMBER 29

Use the prompts below to root yourself for the week, then spend time meditating on this week's memory verse.

GRATITUDE: What are you grateful for from the past 24 hours?

HEART CHECK-IN: "This morning my heart is..." (tell God what's on your heart)

WHAT'S AHEAD?

Is there anything you feel anxious, nervous, or excited about? Write it down and entrust it to the Lord, who is sovereign over all things.

MAKE DISCIPLES

Write down the name of at least one person you know who doesn't know Jesus, and one person who is committed to following him. Make it a priority to pray for both of them this week.

until now you have
not asked for anything
in my name.

ASK



and you will
receive,
and your JOY
will be
complete.

JOHN 16:24

Week of November 29 - Monday - Hebrews 1:1-4

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 29 - Tuesday - Hebrews 1:5-14

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 29 - Wednesday - Psalm 1

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 29 - Thursday - Hebrews 2:1-4

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 29 - Friday - Hebrews 2:5-18

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of November 29 - Saturday - Psalm 2

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.



DATE:

MESSAGE:

NOTES:

SUNDAY, DECEMBER 6

Use the prompts below to root yourself for the week, then spend time meditating on this week's memory verse.

GRATITUDE: What are you grateful for from the past 24 hours?

HEART CHECK-IN: "This morning my heart is..." (tell God what's on your heart)

WHAT'S AHEAD?

Is there anything you feel anxious, nervous, or excited about? Write it down and entrust it to the Lord, who is sovereign over all things.

MAKE DISCIPLES

Write down the name of at least one person you know who doesn't know Jesus, and one person who is committed to following him. Make it a priority to pray for both of them this week.

therefore, I urge you, brothers and sisters, in view of God's mercy to offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper worship. do not be conformed to the pattern of this world, but be transformed by the renewing of your mind. then you will be able to test and approve what God's will is - His good, pleasing and perfect will.

Romans twelve, verses one and two

Week of December 6 - Monday - Hebrews 3:1-6

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 6 - Tuesday - Hebrews 3:7-19

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 6 - Wednesday - Psalm 3

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 6 - Thursday - Hebrews 4:1-13

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 6 - Friday - Hebrews 4:14-5:10

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 6 - Saturday - Psalm 4

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.



DATE:

MESSAGE:

NOTES:

SUNDAY, DECEMBER 13

Use the prompts below to root yourself for the week, then spend time meditating on this week's memory verse.

GRATITUDE: What are you grateful for from the past 24 hours?

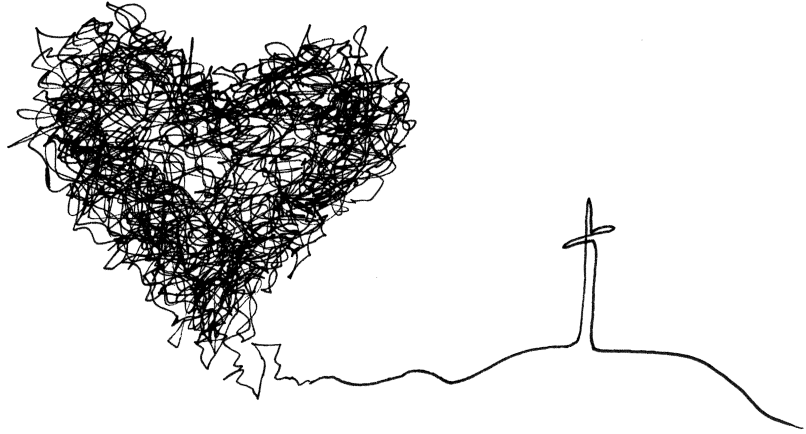
HEART CHECK-IN: "This morning my heart is..." (tell God what's on your heart)

WHAT'S AHEAD?

Is there anything you feel anxious, nervous, or excited about? Write it down and entrust it to the Lord, who is sovereign over all things.

MAKE DISCIPLES

Write down the name of at least one person you know who doesn't know Jesus, and one person who is committed to following him. Make it a priority to pray for both of them this week.



for the wages of
sin is death

BUT THE GIFT OF GOD
IS ETERNAL LIFE.

ROMANS 6:23

Week of December 13 - Monday - Psalm 5

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 13 - Tuesday - Hebrews 5:11-6:12

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 13 - Wednesday - Hebrews 6:13-20

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 13 - Thursday - Hebrews 7:1-10

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 13 - Friday - Hebrews 7:11-28

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 13 - Saturday - Psalm 6

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.



DATE:

MESSAGE:

NOTES:

SUNDAY, DECEMBER 20

Use the prompts below to root yourself for the week, then spend time meditating on this week's memory verse.

GRATITUDE: What are you grateful for from the past 24 hours?

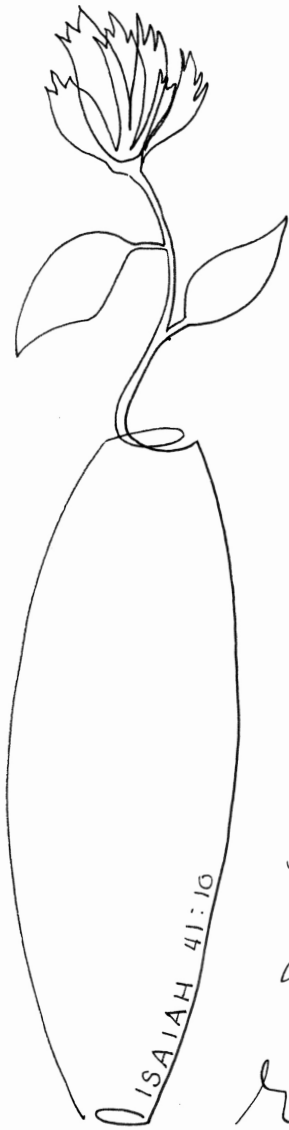
HEART CHECK-IN: "This morning my heart is..." (tell God what's on your heart)

WHAT'S AHEAD?

Is there anything you feel anxious, nervous, or excited about? Write it down and entrust it to the Lord, who is sovereign over all things.

MAKE DISCIPLES

Write down the name of at least one person you know who doesn't know Jesus, and one person who is committed to following him. Make it a priority to pray for both of them this week.



So do not fear, for
I am with you;
do not be dismayed,
FOR I AM YOUR GOD.
I will strengthen
you and help you;
I will uphold you
with my righteous
right hand.

Week of December 20 - Monday - Luke 1:1-25

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 20 - Tuesday - Luke 1:26-56

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 20 - Wednesday - Luke 1:57-80

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 20 - Thursday - Matthew 1:18-25

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 20 - Friday - Luke 2:1-21

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 20 - Saturday - Isaiah 52:13-53:12

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.



DATE:

MESSAGE:

NOTES:

SUNDAY, DECEMBER 27

Use the prompts below to root yourself for the week, then spend time meditating on this week's memory verse.

GRATITUDE: What are you grateful for from the past 24 hours?

HEART CHECK-IN: "This morning my heart is..." (tell God what's on your heart)

WHAT'S AHEAD?

Is there anything you feel anxious, nervous, or excited about? Write it down and entrust it to the Lord, who is sovereign over all things.

MAKE DISCIPLES

Write down the name of at least one person you know who doesn't know Jesus, and one person who is committed to following him. Make it a priority to pray for both of them this week.

DO NOT LOVE THE WORLD OR
ANYTHING IN THE WORLD. IF
ANYONE LOVES THE WORLD,
LOVE FOR THE FATHER IS NOT
IN THEM. FOR EVERYTHING IN
THE WORLD-THE LUST OF THE
EYES, AND THE
PRIDE OF LIFE-

COMES NOT
FROM THE
FATHER BUT



FROM THE WORLD.

FIRST JOHN TWO: FIFTEEN & SIXTEEN.

Week of December 27 - Monday - Psalm 7

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 27 - Tuesday - Hebrews 8:1-13

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 27 - Wednesday - Hebrews 9:1-10

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 27 - Thursday - Hebrews 9:11-28

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 27 - Friday - Psalm 8

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of December 27 - Saturday - Psalm 9

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.



DATE:

MESSAGE:

NOTES:

SUNDAY, JANUARY 3

Use the prompts below to root yourself for the week, then spend time meditating on this week's memory verse.

GRATITUDE: What are you grateful for from the past 24 hours?

HEART CHECK-IN: "This morning my heart is..." (tell God what's on your heart)

WHAT'S AHEAD?

Is there anything you feel anxious, nervous, or excited about? Write it down and entrust it to the Lord, who is sovereign over all things.

MAKE DISCIPLES

Write down the name of at least one person you know who doesn't know Jesus, and one person who is committed to following him. Make it a priority to pray for both of them this week.



do nothing out of selfish ambition
or vain conceit. Rather, in humility
value others above yourselves, not
looking to your own interests, but
each of you to the interests of others.

Week of January 3 - Monday - Hebrews 10:1-18

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of January 3 - Tuesday - Hebrews 10:19-39

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of January 3 - Wednesday - Psalm 10

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of January 3 - Thursday - Hebrews 11:1-40

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of January 3 - Friday - Hebrews 12:1-3

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of January 3 - Saturday - Psalm 11

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.



DATE:

MESSAGE:

NOTES:

SUNDAY, JANUARY 10

Use the prompts below to root yourself for the week, then spend time meditating on this week's memory verse.

GRATITUDE: What are you grateful for from the past 24 hours?

HEART CHECK-IN: "This morning my heart is..." (tell God what's on your heart)

WHAT'S AHEAD?

Is there anything you feel anxious, nervous, or excited about? Write it down and entrust it to the Lord, who is sovereign over all things.

MAKE DISCIPLES

Write down the name of at least one person you know who doesn't know Jesus, and one person who is committed to following him. Make it a priority to pray for both of them this week.

1 Corinthians 10:13



NO TEMPTATION HAS OVERTAKEN YOU EXCEPT WHAT IS
COMMON TO MANKIND. AND GOD IS FAITHFUL, HE WILL
NOT LET YOU BE TEMPTED BEYOND WHAT YOU
CAN BEAR. BUT WHEN YOU ARE TEMPTED, HE WILL
ALSO PROVIDE A WAY OUT SO THAT YOU CAN ENDURE IT.

1 Corinthians 10:13-14

Week of January 10 - Monday - Hebrews 12:4-13

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of January 10 - Tuesday - Hebrews 12:14-17

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of January 10 - Wednesday - Hebrews 12:18-29

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of January 10 - Thursday - Psalm 12

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of January 10 - Friday - Hebrews 13:1-19

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

Week of January 10 - Saturday - Hebrews 13:20-25

Gratitude: What are you grateful for from the past 24 hours?

Heart Check-In: "This morning my heart is..." (tell God what's on your heart)

Read and Reflect: Use the meditation questions card to assist you.

Respond in Prayer:

Identity: Use the In Christ You Are insert to remind yourself who you are in Christ.

This is _____, your child whom you _____.

