



**lift**church  
journal





# liftchurch

## journal

### **More and More**

Experience more and more of God  
by exploring the New Testament.

Start Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Lift Church**

[liftchurch.co](http://liftchurch.co)

[info@liftchurch.co](mailto:info@liftchurch.co)

[@liftchurch.co](https://www.instagram.com/liftchurch.co)

## HOW TO USE THIS JOURNAL:

**READ:** *“Your words were found, and I ate them, and your words became to me a joy and the delight of my heart, for I am called by your name, O Lord, God of hosts” (Jeremiah 15:16).*

Read the chapter for the day, and write down the main Scripture(s) that stood out to you.

**EXAMINE:** *“For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart” (Hebrews 4:12).*

Write down a few observations from the verse(s) you wrote out.

**APPLY:** *“This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success” (Joshua 1:8).*

Reflect on the observations you made and write down how you can apply them to your life so that you can change and grow.

**PRAY:** *“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus” (Philippians 4:6-7).*

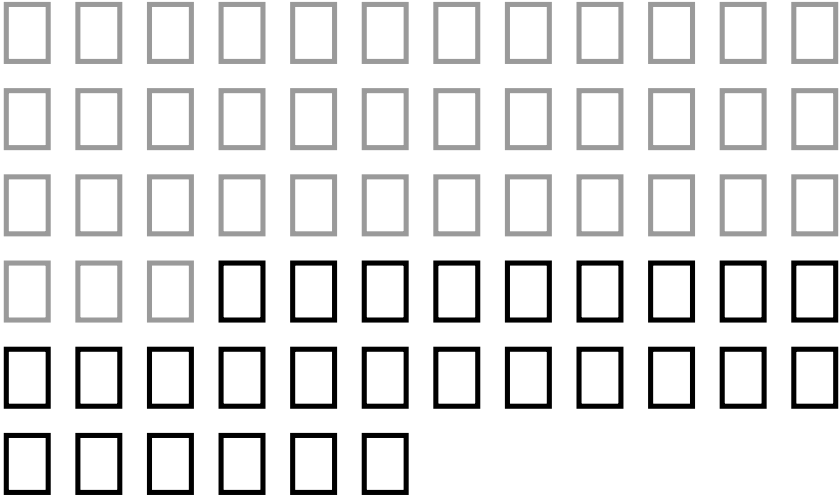
Finish by writing out a prayer to God, thanking Him for who He is and asking for help to apply what you learned to your life. Prayer is simply a conversation with God. Use this prayer as a springboard to continue praying now and throughout your day.

Also, take advantage of the prayer list in the back of the journal by either writing down your prayer request, or the prayer request of a friend or family member so that you can see how God shows up in your life and in the lives of those around you.

# GET FAMILIAR WITH THE BIBLE

The Bible is a compilation of ancient writings, inspired by the Holy Spirit, written by people. Here are some quick facts for you to know your Bible:

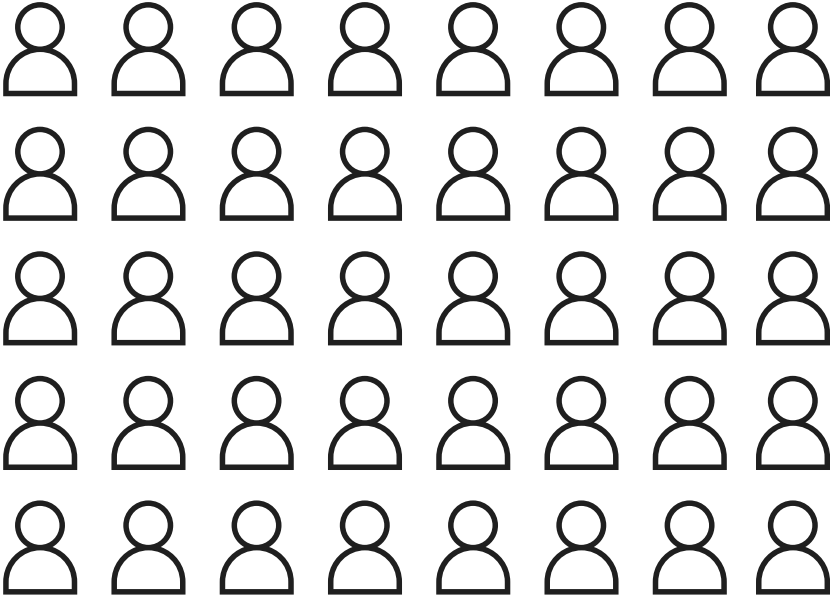
There are 66 books total. 39 in the Old Testament, 27 in the New Testament



The Bible was written over the course of almost 2,000 years in 3 original languages, Aramaic, Ancient Hebrew (Old Testament), and Koine Greek (New Testament).



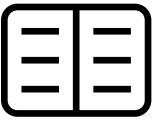
There are an estimated 40 authors, including people like Moses, David, Matthew, and Paul.



The Bible has 7 main genres of literature: Narrative, Law, Poetic/Wisdom literature, Prophetic, Gospel, Epistle, and Apocalyptic.



Everyone knows genre, but not everyone knows it. You read a newspaper different than how you read a cereal box. You read a comic strip, different than how you read an autobiography. Genres are meant to communicate something. While we understand this concept on a subconscious level, we need to be aware of it when reading a book that was written thousands of years ago in a completely different culture. Here are some things to keep in mind when reading each biblical genre:



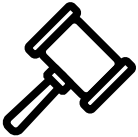
## **NARRATIVE:**

**PURPOSE:** To show what God was doing throughout history to bring about redemption.

**MAIN IDEA:** God is the hero of the story

**SECONDARY IDEA:** To learn from different characters' success and failures

**BOOKS THAT FALL INTO THIS CATEGORY:** Genesis, Exodus 1-19, parts of Numbers, Joshua, Judges, Ruth, 1-2 Samuel, 1-2 Kings, 1-2 Chronicles, Ezra, Nehemiah, Esther, Acts (New Testament).



## **LAW:**

**PURPOSE:** To show how to worship an utterly holy God as sinful people.

**MAIN IDEA:** God's holiness

**SECONDARY IDEA:** Worship patterns and obedience

**BOOKS THAT FALL INTO THIS CATEGORY:** Exodus 20-40, Leviticus, parts of Numbers, Deuteronomy.



## **POETIC/WISDOM LITERATURE:**

**PURPOSE:** To express human emotion to God through psalms, and to communicate how to best live in

God's world.

**MAIN IDEA:** General observations on God's world, not prescriptive promises

**BOOKS THAT FALL INTO THIS CATEGORY:** Job, Psalms, Proverbs, Ecclesiastes, Song of Songs, Lamentations.

## **PROPHETIC LITERATURE:**



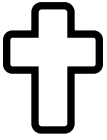
**PURPOSE:** To address Israel's unfaithfulness and call the nation back to its covenant with God.

**MAIN IDEA:** God is bringing these messages to Israel because of His love for them and His desire for them to return to relationship with Him.

**SECONDARY IDEA:** For our personal edification, to learn from Israel's mistakes



**BOOKS THAT FALL INTO THIS CATEGORY:** Isaiah, Jeremiah, Ezekiel, Daniel, Hosea, Joel, Amos, Obadiah, Jonah, Micah, Nahum, Habakkuk, Zephaniah, Haggai, Zechariah, Malachi.



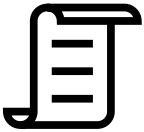
## **GOSPEL:**

**PURPOSE:** To show Jesus of Nazareth as the Messiah of Israel and savior of humanity from its sinfulness.

**MAIN IDEA:** Jesus is Israel's Messiah (the Christ), which his life and ministry on earth show through his teachings and actions.

**SECONDARY IDEA:** We too can learn directly from Jesus through the words preserved in the gospels.

**BOOKS THAT FALL INTO THIS CATEGORY:** Matthew, Mark, Luke, John



## **EPISTLES:**

**PURPOSE:** To instruct and exhort the early church and Christians at large about God, Jesus, the Holy Spirit, the Church, and Christian living.

**MAIN IDEA:** To rightly understand who Jesus is, what He taught, and what it means for our lives

**SECONDARY IDEA:** To see how the early church grew and developed

**BOOKS THAT FALL INTO THIS CATEGORY:** Romans, 1-2 Corinthians, Galatians, Ephesians, Philippians, Colossians, 1-2 Thessalonians, 1-2 Timothy, Titus, Philemon, Hebrews, James, 1-2 Peter, 1-3 John, Jude.



## **APOCALYPTIC:**

**PURPOSE:** To give a glimpse into the end of time and show that Jesus is and will be victorious over sin and death.

**MAIN IDEA:** Jesus is Lord over all.

**SECONDARY IDEA:** Glimpses into the end of time

**BOOKS THAT FALL INTO THIS CATEGORY:** Revelation



## **WHEN READING THE BIBLE, ASK THESE QUESTIONS:**

- Is there a lesson to be learned?
- Is there an example to follow?
- Is there an error to avoid?
- Is there a sin to confess?
- Is there a command to obey?
- Is there a promise to enjoy?

# NEW TESTAMENT READING PLAN

## WEEK 1

- Mark 1
- Mark 2
- Mark 3
- Mark 4
- Mark 5
- Mark 6
- Mark 7

## WEEK 4

- Galatians 1
- Galatians 2
- Galatians 3
- Galatians 4
- Galatians 5
- Galatians 6
- 1 Thessalonians 1

## WEEK 7

- 1 Corinthians 8
- 1 Corinthians 9
- 1 Corinthians 10
- 1 Corinthians 11
- 1 Corinthians 12
- 1 Corinthians 13
- 1 Corinthians 14

## WEEK 2

- Mark 8
- Mark 9
- Mark 10
- Mark 11
- Mark 12
- Mark 13
- Mark 14

## WEEK 5

- 1 Thessalonians 2
- 1 Thessalonians 3
- 1 Thessalonians 4
- 1 Thessalonians 5
- 2 Thessalonians 1
- 2 Thessalonians 2
- 2 Thessalonians 3

## WEEK 8

- 1 Corinthians 15
- 1 Corinthians 16
- 2 Corinthians 1
- 2 Corinthians 2
- 2 Corinthians 3
- 2 Corinthians 4
- 2 Corinthians 5

## WEEK 3

- Mark 15
- Mark 16
- James 1
- James 2
- James 3
- James 4
- James 5

## WEEK 6

- 1 Corinthians 1
- 1 Corinthians 2
- 1 Corinthians 3
- 1 Corinthians 4
- 1 Corinthians 5
- 1 Corinthians 6
- 1 Corinthians 7

## WEEK 9

- 2 Corinthians 6
- 2 Corinthians 7
- 2 Corinthians 8
- 2 Corinthians 9
- 2 Corinthians 10
- 2 Corinthians 11
- 2 Corinthians 12

**WEEK 10**

- 2 Corinthians 13
- Romans 1
- Romans 2
- Romans 3
- Romans 4
- Romans 5
- Romans 6

**WEEK 13**

- Colossians 1
- Colossians 2
- Colossians 3
- Colossians 4
- Philemon
- Ephesians 1
- Ephesians 2

**WEEK 16**

- Luke 11
- Luke 12
- Luke 13
- Luke 14
- Luke 15
- Luke 16
- Luke 17

**WEEK 11**

- Romans 7
- Romans 8
- Romans 9
- Romans 10
- Romans 11
- Romans 12
- Romans 13

**WEEK 14**

- Ephesians 3
- Ephesians 4
- Ephesians 5
- Ephesians 6
- Luke 1
- Luke 2
- Luke 3

**WEEK 17**

- Luke 18
- Luke 19
- Luke 20
- Luke 21
- Luke 22
- Luke 23
- Luke 24

**WEEK 12**

- Romans 14
- Romans 15
- Romans 16
- Philippians 1
- Philippians 2
- Philippians 3
- Philippians 4

**WEEK 15**

- Luke 4
- Luke 5
- Luke 6
- Luke 7
- Luke 8
- Luke 9
- Luke 10

**WEEK 18**

- Acts 1
- Acts 2
- Acts 3
- Acts 4
- Acts 5
- Acts 6
- Acts 7

# NEW TESTAMENT READING PLAN

## WEEK 19

- Acts 8
- Acts 9
- Acts 10
- Acts 11
- Acts 12
- Acts 13
- Acts 14

## WEEK 22

- 1 Timothy 1
- 1 Timothy 2
- 1 Timothy 3
- 1 Timothy 4
- 1 Timothy 5
- 1 Timothy 6
- Titus 1

## WEEK 25

- Jude
- Hebrews 1
- Hebrews 2
- Hebrews 3
- Hebrews 4
- Hebrews 5
- Hebrews 6

## WEEK 20

- Acts 15
- Acts 16
- Acts 17
- Acts 18
- Acts 19
- Acts 20
- Acts 21

## WEEK 23

- Titus 2
- Titus 3
- 1 Peter 1
- 1 Peter 2
- 1 Peter 3
- 1 Peter 4
- 1 Peter 5

## WEEK 26

- Hebrews 7
- Hebrews 8
- Hebrews 9
- Hebrews 10
- Hebrews 11
- Hebrews 12
- Hebrews 13

## WEEK 21

- Acts 22
- Acts 23
- Acts 24
- Acts 25
- Acts 26
- Acts 27
- Acts 28

## WEEK 24

- 2 Peter 1
- 2 Peter 2
- 2 Peter 3
- 2 Timothy 1
- 2 Timothy 2
- 2 Timothy 3
- 2 Timothy 4

## WEEK 27

- 1 John 1
- 1 John 2
- 1 John 3
- 1 John 4
- 1 John 5
- 2 John
- 3 John

**WEEK 28**

- Matthew 1
- Matthew 2
- Matthew 3
- Matthew 4
- Matthew 5
- Matthew 6
- Matthew 7

**WEEK 31**

- Matthew 22
- Matthew 23
- Matthew 24
- Matthew 25
- Matthew 26
- Matthew 27
- Matthew 28

**WEEK 34**

- John 15
- John 16
- John 17
- John 18
- John 19
- John 20
- John 21

**WEEK 29**

- Matthew 8
- Matthew 9
- Matthew 10
- Matthew 11
- Matthew 12
- Matthew 13
- Matthew 14

**WEEK 32**

- John 1
- John 2
- John 3
- John 4
- John 5
- John 6
- John 7

**WEEK 35**

- Revelation 1
- Revelation 2
- Revelation 3
- Revelation 4
- Revelation 5
- Revelation 6
- Revelation 7

**WEEK 30**

- Matthew 15
- Matthew 16
- Matthew 17
- Matthew 18
- Matthew 19
- Matthew 20
- Matthew 21

**WEEK 33**

- John 8
- John 9
- John 10
- John 11
- John 12
- John 13
- John 14

**WEEK 36**

- Revelation 8
- Revelation 9
- Revelation 10
- Revelation 11
- Revelation 12
- Revelation 13
- Revelation 14

# NEW TESTAMENT READING PLAN

## WEEK 37

- Revelation 15
- Revelation 16
- Revelation 17
- Revelation 18
- Revelation 19
- Revelation 20
- Revelation 21

## WEEK 38

- Revelation 22
- Ephesians 1
- Ephesians 2
- Ephesians 3
- Ephesians 4
- Ephesians 5
- Ephesians 6



**DATE:** September 12th

**SCRIPTURE:** Psalm 19

**READ**

“the law of the Lord is perfect, testimony of the Lord is sure, the precepts of the Lord are right, the commandment of the Lord is pure, the fear of the Lord is clean, the rules of the Lord are true... more to be desired are they than gold...” (from v. 7 – v. 10)

**EXAMINE**

The author lists 6 different things related to God and his Word (his law, testimony, precepts, commandment, fear, and rules) and describes them as perfect, sure, right, pure, clean, and true. He then defines these things as more desirable than a lot of gold. That means these things are precious and worth seeking out. The chapter ends by acknowledging who God is – rock and redeemer – and asking him to receive my words and thoughts.

**APPLY**

Have I given God’s Word the proper place in my life? How important is it to me; do I make it a priority every day? When was the last time I acknowledged God as my rock, the one I can always count on and build my life upon? When was the last time I was grateful that he saved me? It’s easy to let the urgency of daily life take priority over spending quality time with God or let it rob me of giving God the honor he is due.

**PRAY**

God, thank you for reminding me in this passage who you are and how important your Word is. Help me give you the proper place every single day. I want more and more of you in my life. Walk with me through as I read the New Testament and make the words come alive in my life! I love you, and I’m grateful for your love. Amen.



DATE:

SCRIPTURE:

READ

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EXAMINE

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APPLY

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PRAY

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**DATE:**

**SCRIPTURE:**

**READ**

**EXAMINE**

**APPLY**

**PRAY**

A series of horizontal lines for writing notes, organized into sections by the labels on the left. The lines are distributed as follows:

- Section **READ**: 5 lines
- Section **EXAMINE**: 7 lines
- Section **APPLY**: 8 lines
- Section **PRAY**: 6 lines

**DATE:**

**SCRIPTURE:**

**READ**

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**EXAMINE**

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**DATE:**

**SCRIPTURE:**

READ

EXAMINE

APPLY

PRAY

Lined writing area for notes.















DATE:

SCRIPTURE:

READ

EXAMINE

APPLY

PRAY

Lined writing area for the worksheet.











**DATE:**

**SCRIPTURE:**

**READ**

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**EXAMINE**

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**DATE:**

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<b>READ</b>	
<b>EXAMINE</b>	
<b>APPLY</b>	
<b>PRAY</b>	











**DATE:**

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**EXAMINE**

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**APPLY**

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**DATE:**

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**EXAMINE**

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**APPLY**

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**PRAY**

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**DATE:**

**SCRIPTURE:**

**READ**

**EXAMINE**

**APPLY**

**PRAY**

A series of 24 horizontal lines for writing, organized into four sections of six lines each:

- Section 1 (top): 6 lines
- Section 2: 6 lines
- Section 3: 6 lines
- Section 4 (bottom): 6 lines

















