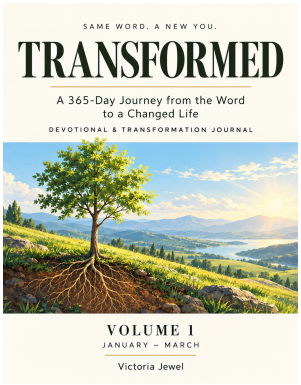
Companion Digital Journal



Volume One | January - March

90 devotionals. One personal page for each.

Victoria Jewel

Your journey through God's Word continues here. Use these pages to record Scripture takeaways, personal reflections, practical commitments, declarations, and prayers.

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JANUARY 1

When Conversations Turn Into Conflict

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 2

When You Feel Emotionally Drained

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 3

When You Feel Unappreciated

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 4

When You’re Tempted to Take Control

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 5

When Bills Are More Than The Money

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 6

When You Need Direction

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 7

Overcome Fear

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 8

When You Feel Alone

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 9

When You Feel Inadequate

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 10

When Shame Tells You It’s Too Late

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 11

When Doing The Right Thing Costs You Something

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 12

When God Tells You To Speak

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 13

Making Decisions

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 14

When the World Feels Unsteady

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 15

When Comparison Steals Your Joy

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 16

Finding Your Footing

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 17

Speaking with Love and Grace

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 18

Check Your Response

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 19

When You’re Carrying More Than You Say

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 20

When You Need A Fresh Start

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 21

When You’re Tempted To Lose Hope

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 22

Feeling Stuck

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 23

Choosing Peace

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 24

Learning To Be Still

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 25

When the Future Feels Uncertain

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 26

Strength To Keep Going

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 27

Faithful In Small Things

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 28

The Wait

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 29

Letting Go

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 30

Walking Forward

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

JANUARY 31

Living What You Have Learned

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 1

Love Is A Choice

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 2

Love That Listens

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 3

Love That Is Patient

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 4

Love That Is Kind

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 5

Love That Tells The Truth

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 6

Love With Boundaries

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 7

Love That Forgives

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 8

Love Without Applause

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 9

Loving When You Are Hurt

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 10

Loving When You Are Misunderstood

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 11

Love That Serves

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 12

Love That Chooses Peace

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 13

Love That Endures

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 14

Love that Reflects Christ

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 15

Love That Corrects

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 16

Love Without Enabling

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 17

Loving from a Distance

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 18

Love That Covers

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 19

Loving While Rebuilding Trust

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 20

Love That Doesn’t Withdraw

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 21

Love That Prays

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 22

Love That Stays Soft

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 23

Love That Speaks Life

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 24

Love That Waits

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 25

Love That Builds

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 26

Love That Lets Go

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 27

Love That Stays Consistent

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

FEBRUARY 28

Love That Lasts

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 1

MENTAL OVERLOAD ENDS HERE

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 2

TAKE EVERY THOUGHT CAPTIVE

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 3

CONTROL THE NARRATIVE

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 4

FEAR IS NOT A FORECAST

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 5

RENEW OR REPEAT

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 6

MAKE ROOM FOR QUIET

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 7

CHOOSE WHAT MATTERS

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 8

UPROOT BITTERNESS

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 9

DROP THE OFFENSE

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 10

RELEASE OLD WOUNDS

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 11

STOP CARRYING WHAT ISN’T YOURS

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 12

REPLACE FEAR WITH TRUST

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 13

GUARD YOUR PEACE

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 14

NOT EVERY VOICE DESERVES INFLUENCE

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 15

YOU CAN’T FIX EVERYONE

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 16

WHEN TO STEP BACK

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 17

STOP AVOIDING THE TRUTH

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 18

YOU DON’T HAVE TO SAY YES

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 19

REST WITHOUT GUILT

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 20

FIND YOUR RHYTHM

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 21

LET IT BE SIMPLE

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 22

CHOOSE YOUR ENERGY

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 23

MAKE THE DECISION

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 24

START AGAIN TODAY

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 25

SHOW UP ANYWAY

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 26

FINISH WHAT YOU START

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 27

STAY CONSISTENT

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 28

PUT IT IN ORDER

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 29

NEXT STEP

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 30

STAY GROUNDED

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.

MARCH 31

CARRY IT FORWARD

Scripture takeaway What is God showing me through His Word?

Personal reflection What needs attention in my heart or choices?

Practical action One step I will take today.

My declaration Truth I will speak and live.

My prayer Speak honestly to God about today.