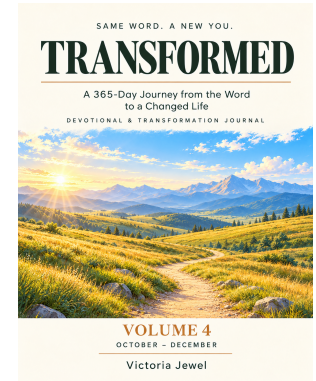


Companion Digital Journal

Volume Four | October - December

92 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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A personal space: This journal has no submission button and does not send your responses to the author or website. Keep and back up your completed copy in a location you choose.

OCTOBER 1

Consider Your Ways

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.

OCTOBER 2

Notice What Comes First

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.

OCTOBER 3

Follow the Fruit

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.

OCTOBER 4

Stop Calling It Normal

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.

OCTOBER 5

Who Gets the Best of You?

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.

OCTOBER 6

When There's Nothing in It for You

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.

OCTOBER 7

When You Don't Get Your Way

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.

OCTOBER 8

When They Fall

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.

OCTOBER 9

When the Error Benefits You

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.

OCTOBER 10

Esteem Others Higher

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.

OCTOBER 11

Let Yourself Be Helped

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.

OCTOBER 12

Look Again Before You Label

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.

OCTOBER 13

Don't Feed the Complaint

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.

OCTOBER 14

What You Know Isn't Yours to Tell

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.

OCTOBER 15

Same Respect, Every Person

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.

OCTOBER 16

Don't Rush Their Tears

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.

OCTOBER 17

Let Your Apology Bear Fruit

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.

OCTOBER 18

Don't Keep the Lesson to Yourself

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.

OCTOBER 19

When Preference Becomes Law

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.

OCTOBER 20

Don't Pretend to Know

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.

OCTOBER 21

Keep the Hard Part

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.

OCTOBER 22

What Comes Out Under Pressure

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.

OCTOBER 23

When Your Apology Has an Excuse

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.

OCTOBER 24

When You Need the Last Word

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.

OCTOBER 25

When the Enemy's Voice Gets Louder

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.

OCTOBER 26

Slow 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.

OCTOBER 27

When You Need Help

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.

OCTOBER 28

When Your Yes Is Not Honest

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.

OCTOBER 29

When You Keep Score

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.

OCTOBER 30

When Not Yet Becomes Disobedience

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.

OCTOBER 31

The Fruit Reveals the Root

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.

NOVEMBER 1

Open the Book

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.

NOVEMBER 2

When the Word Comes Alive

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.

NOVEMBER 3

Hearing God's Voice Through His Word

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.

NOVEMBER 4

So I Can Show You How Much I Love You

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.

NOVEMBER 5

The Word Is Your Weapon

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.

NOVEMBER 6

Finding Direction in the Word

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.

NOVEMBER 7

Understanding God's Word

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.

NOVEMBER 8

Let the Word Transform Your Mind

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.

NOVEMBER 9

The Word of God That Strengthens

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.

NOVEMBER 10

The Word That Sustains You in the Storm

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.

NOVEMBER 11

The Word That Builds Your Faith

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.

NOVEMBER 12

Faith in Action — Living What You've 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.

NOVEMBER 13

The Word That Produces Fruit

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.

NOVEMBER 14

Abiding in the Word

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.

NOVEMBER 15

The Word That Brings 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.

NOVEMBER 16

The Word That Sets You Free

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.

NOVEMBER 17

The Word That Gives You Confidence

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.

NOVEMBER 18

The Word Strengthens Relationships

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.

NOVEMBER 19

The Word That Gives You Wisdom

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.

NOVEMBER 20

The Word That Keeps You From Temptation

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.

NOVEMBER 21

The Word That Conquers

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.

NOVEMBER 22

The Word That Heals All 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.

NOVEMBER 23

The Word That Builds Faith

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.

NOVEMBER 24

The Word That Breaks Strongholds

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.

NOVEMBER 25

The Word That Reveals

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.

NOVEMBER 26

The Word That Brings Comfort

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.

NOVEMBER 27

The Word That Embraces Holiness

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.

NOVEMBER 28

The Word That Destroys Generational Curses

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.

NOVEMBER 29

The Word That Exposes the Enemy

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.

NOVEMBER 30

The Word — Your Life, Your Strength, Your Everything

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.

DECEMBER 1

The Call to Live for God 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.

DECEMBER 2

Returning to Quietness and Stillness

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.

DECEMBER 3

Laying Aside Every Weight

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.

DECEMBER 4

Cleansing the Heart Before God

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.

DECEMBER 5

Guarding Your Spiritual Gateways

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.

DECEMBER 6

Cleansing Your Atmosphere

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.

DECEMBER 7

Healing the Hidden Places

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.

DECEMBER 8

Breaking Emotional Agreements

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.

DECEMBER 9

Confronting Emotional Triggers

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.

DECEMBER 10

Rewiring Emotional Patterns

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.

DECEMBER 11

Releasing the Pain You Learned to Carry

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.

DECEMBER 12

Giving Language to What Hurts

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.

DECEMBER 13

Letting God Redefine Your Story

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.

DECEMBER 14

Restoring Emotional 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.

DECEMBER 15

Choosing Healing as a Lifestyle

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.

DECEMBER 16

Preparing the Way for a New Season

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.

DECEMBER 17

Recommitting to the Word

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.

DECEMBER 18

Strengthening Your Prayer 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.

DECEMBER 19

Fasting as Separation Unto God

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.

DECEMBER 20

Building Spiritual Discipline

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.

DECEMBER 21

Removing Distractions

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.

DECEMBER 22

Ordering Your Time With God

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.

DECEMBER 23

Confronting the Enemy of Inconsistency

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.

DECEMBER 24

Getting Ready for What's Next

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.

DECEMBER 25

Establishing Spiritual Non-Negotiables

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.

DECEMBER 26

Aligning Relationships for the New Season

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.

DECEMBER 27

Building Daily Rhythms That Last

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.

DECEMBER 28

Designing a Life That Supports Growth

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.

DECEMBER 29

Establishing a Realistic Weekly 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.

DECEMBER 30

Protecting Consistency When Life Gets Busy

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.

DECEMBER 31

Crossing Over Prepared, Not Rushed

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.