

thankful for:

- Successful surgery for a friend
- God's provision to pay a billPeace in the middle of a hard time
- A friend you got to have coffee with

Whatever is good in our lives is a gift from God, and ending your day thanking Him makes those gifts all the sweeter.

#### QUESTION 5: **God, forgive me of... and change me to be more**

None of us have perfect days. The world is a hard place that reveals our hearts have been broken by our sin. God's promise is to deliver us from this sin by confessing, repenting and asking him to change us. This might seem hard at first, but we can't grow and change until we recognize our imperfections. These don't have to be "giant" sins, but we all have areas where we need Jesus to change us. Some examples:

*God, forgive me of: Getting angry at the kids*

*...and change me to be more: Patient*

*God, forgive me of: Not trusting you to provide*

*...and change me to be more: Full of faith*

*God, forgive me of: Gossiping*

*...and change me to be more: Compassionate for others*

Ask God to show you where you are broken and confess your sin. Most importantly, receive grace and put on God's forgiveness for what you've done wrong. Know that Jesus has already died for what you are confessing and wants you to grow and change.

And that's all of it. It might sound complicated, but hopefully after a few days you'll get the hang of it. If anything seems too hard, or you are stuck on how to answer a question, ask a friend or Gospel Community Group leader for help.

Enjoy being with Jesus!

## *How to Use this Notebook*

This notebook is meant to be a quick, focused way to connect you to Jesus, grow your joy, and encourage change. Using it shouldn't take more than 5 minutes per day, 10 if you include reading a chapter of the Bible. It's a prayer journal of sorts designed for you to fill out one page per day in both the morning and evening.

### **MORNING**

Your morning time has two components to it, 1) read a section of the Bible, 2) then respond to it by answering some questions.

#### *First, read your Bible*

Begin your time of being with Jesus by opening His word, the Bible. You don't have to read a huge amount, the idea is to begin focusing your heart and mind on Him and what He's done. If you are looking for a place to start, we recommend a simple, 5-minute Bible Reading Plan. It will take you through one chapter a day, five days a week, and by the end you will have read through the whole new testament in a year. You can download and print a copy at <http://redeemerbrady.com/gospelchange>

When reading, this is not a "bible study" as you might think of it. The goal is *not* to dive deep into every verse. The goal is to begin to engage with Jesus for the day; to jumpstart the process of abiding with Him. So, if a chapter a day is too much, stick to a few verses. If the New Testament feels dry, try turning to the Psalms. Feel free to read whatever you like here, but reading something from the Bible is important to

priming the pump of connecting to Jesus.

*Then, answer some questions*

There are 3 simple sets of questions to fill out each morning:

#### QUESTION 1: **Who is God? ...and who am I?**

This question is not a theological test, there are no right or wrong answers. Instead, it should be a *reflection* of what you just read in the scriptures. For example, if your reading for the morning was John 1 and you were struck with verses 1-5:

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through him, and without him was not any thing made that was made. In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it.

Then, you might answer the questions like this:

Who is God: The Creator ...and who am I: His creation

or

Who is God: Light ...and who am I: Reflector of His light

Don't overthink it, searching for the "correct" answer - simply write what you see and trust the Holy Spirit.

#### QUESTION 2: **God, today would you give me?**

Another way to say this, is "What would make today great?" These should be simple requests to God. Our Heavenly Father invites us to ask Him for both what we *need* and what we *want*. This may be the hardest part for some of you, but it doesn't need to be. He invites us to ask for big things and small things and to *keep asking*. Your requests may seem "spiritual" or not – God wants to be with us even in the mundane. Today, you might ask for:

- A productive day at work
- Money to pay a bill
- Peace in the middle of a tough situation

- To get the toilet fixed
- A nap
- To have some fun

He's a good Father; ask for what's in your heart.

#### QUESTION 3: **God, today I'm praying for... and would you give them?**

We all have someone around us with needs. Use this opportunity to pray for one person and what you want for them. This could be for healing, comfort, or wisdom. The point is to get the focus off ourselves and ask for God's blessings for someone else. Examples:

God, today I'm praying for: my son

...and would you give them: wisdom for his test

God, today I'm praying for: my-co-worker

...and would you give them: salvation

God, today I'm praying for: Keith

...and would you give them: healing from cancer

That's it! You're done for the morning. Go spend your day looking for Jesus to show up.

## EVENING

At the end of your day, finish your 5 minutes by quickly reflecting on your day with the two sets of evening questions:

#### QUESTION: 4: **God, today I am thankful for**

What amazing things did God do today? Take the chance to reflect and grow in thankfulness. You might find you are thankful that God answered things you asked for earlier in the day – there's something to celebrate! Or maybe God did amazing things you weren't expecting. Everyday there is something for which to thank God. You might be