

# RHYTHMS

JOURNAL

JANUARY - MARCH 2024

**THIS JOURNAL BELONGS TO**

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**Scan here for a video with detailed instructions on how to use this book.**

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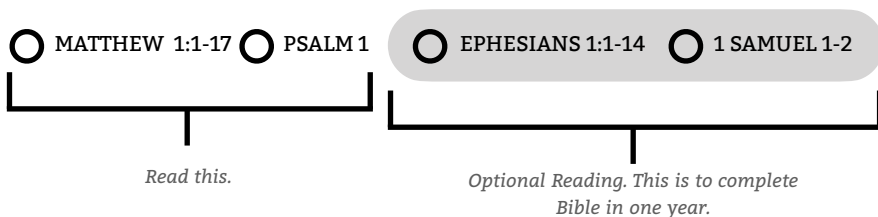
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# HOW TO USE THIS BOOK

Spiritual growth is rarely fast or flashy. **It's most often the result of healthy rhythms.** Our hope is that this book will make as simple as possible the daily priorities of prayer, Bible reading and memorization, and gratitude.

Each month there are **25 readings**, which means that you can miss a few days and still stay on track. If you miss more than that, just pick back up where you left off. If you need more readings, take time to review the most meaningful days that week, or to read the portion of Scripture that will be preached on Sunday at Arrowhead.

You'll notice that at the top of each day there are two readings, followed by two supplemental readings in a gray bubble. If you read the first two each day, you'll make your way through the Bible in two years. If you read all four, you will read the Bible in a year. Proceed at your own pace!



The more you can take part in Bible reading and prayer before you do anything else that day, the better. Each day for reading and prayer is also designed to return back to that page later on in the evening and find something to thank God for or some way you saw Him at work that day.

You'll also find a **5 day prayer guide**, designed to be used on a day of the week, but perfectly suited for any day. Our suggestion is that each day you pray for family and those closest to you, and then turn to that day of the week in the prayer guide and pray through those requests. Many of those requests have Scriptures with them that you can sometimes turn to and learn to pray the Word of God. You can also pray through your day and make some notes on the right side of that day's reading guide. Invite the Lord into whatever you have on your agenda for the day ahead.

The book also includes a space for **sermon notes**, a suggested **weekly memory verse** (which you can write out each day because repetition in rhythm helps lock those into our hearts), and **group notes** and **prayer requests**.

*For a more thorough how-to on these Rhythm journals, scan the QR code on the second page or here below.*



# PRAYER GUIDE

## MONDAY: ARROWHEAD CHURCH

*Various aspects of ministry at our church - including all three congregations in Morristown, Greeneville, and Grainger.*

Send volunteers, leaders, and those with a heart to serve to our church. **Luke 10:2**

Help our pastors to preach and teach with the power of the Holy Spirit. **1 Corinthians 2:4**

Empower our elders to live godly lives and to teach truth. **1 Timothy 4:16**

- *Morristown Elders: Jeff & Emily Sinnamon, Bruce & Lindy Fowler, Ben & Charlie Baker, Kyle & Lisa Biery, Ryan & Jen Lovelace, Ben & Sara Shoun.*
- *Greeneville Elders: Tom & Michelle Stewart, Michael & Jessica Martin, Jay & Susan Guinn, Lee & Mindy Brown.*
- *Grainger Elders: David & Hope Noe, and wisdom as the Lord raises up more in the days ahead.*

Pray for authentic worship of Jesus in Spirit and truth in our services. **John 4:24 & Zechariah 4:6**

Give us broken hearts for the lost and courage to seek to win them to Jesus both locally and globally. **Acts 1:8**

Grant anointing, energy, and clarity to those who teach the Bible, including AKids teachers and connect and believe group leaders.

For our Church Staff and Leaders:

- Wisdom from heaven, personal integrity and moral purity in their minds and bodies, genuine love for Christ, and genuine love for the church, the community, and the lost.
- Morristown Staff: Ben Shoun (Sara / Eli, Sally Beth), Bryce Berry (Taylor / Elias, Arlo), Ryan Lovelace (Jen / Louella, Elijah, 3 foster kids), Garrett Stelling (Rachel), Holden Britton, Lisa Biery (Kyle / Luke, Lilah, Keaton), Jo Rushlow (Adam / Maija, Zoe, Dane), Alyssa Johnson, Drew Fraley, Derek Arnwine (Kelly / Layla, Eillie, Skylar, Deklan)
- Greeneville Staff: Lee Brown (Mindy / Addie, Ellee, Sam, Elijah, Alex), Harrison Nasekos, Chris Shumate (Michelle / Avery, Nolan, Hayden), Jay Guinn (Susan / Chesney), Brooks Gray (Nichole/Maryah, Malachi, Lexa, Maxton, Maebry), (Liz Raith (David), Jessica Martin (Michael / Emmalyn, Ezra)
- Grainger Staff: David Noe (Hope / Jude, Simon, baby on the way)
- Church Network Staff: Jared Belcher (Jill / Malachi, Rosemary, baby on the way), Sabrina Starnes, Nick Bible (Faith).



## **TUESDAY: TIMES & SEASONS**

*These requests cover national and local leaders and those who serve in our area. 1 Timothy 2:1-2*

Prayers for Our President: Wisdom, moral discretion, courage, and humility, energy.

Lift up the same requests for each of these state and local leaders:

*Governor Lee*

*Tennessee Regional Leaders/Senators and Representatives*

*County & City Mayor in your town*

*Police, Fire, and EMT leadership: our sheriff, police chief, and fire chief*

*School Superintendents and all administrators, teachers, and students*

*County Commissioners & City Council*

Those who minister to the young, to the elderly, and to the poor: ALPS, Isaiah117, Kings Corner Church, Stepping Out, Food on Foot, Kingswood Home for Children, Central Services, Lakeway Fostering Hope Closet.

Lord, please send revival and spiritual awakening across the land!

**2 Chronicles 7:14**

## **WEDNESDAY: WITNESS**

*Evangelistic ministries and passions in all three congregations, other churches in our community, and other ministries we support doing evangelistic work.*

### **Arrowhead Morristown:**

- For growth & wisdom in expansion of their impact and facility.
- For evangelistic passion to reach the next generation.

### **Arrowhead Greeneville:**

- For growth & wisdom in expansion of their impact and facility.

### **Arrowhead Grainger:**

- For those serving in leadership in these early days, for a solid foundation that will honor Jesus for years to come.

### **Bless other pastors and churches (first name listed):**

In & around Morristown: Manley (Tony), True Life (Jimmy), Providence (Tony), Avenue (Justin), FBC Morristown (Dean), FBC Dandridge (Justin), Lakeway Presbyterian (Chris), Freedom Fellowship (Dustin), GracePoint (George).

In & around Greeneville: First Christian (Scott), Grace Reform Presbyterian (Carl), FBC Greeneville (David), Calvary Chapel (Gary), Towering Oaks (Tommy), FBC Tusculum (David), Freedom Fellowship (Scott), Bibles Chapel (Donnie).

In & around Grainger: TCAR (Marty), Oakland (Stacey), Blue Springs (Jared).

**Missionaries through Arrowhead, NAMB, SBC:**

- Taylor & Jessica Jolley (Lylah, Brayden, pending adoption) - Nairobi, Kenya
- Amanda Gibson - Rwanda
- Nueva Esperanza - Honduras (Carlos & Barbara Barahona)
- Young Life - Lakeway area (Scott, Brooke (Grayson, Arden) McMinn, Taylor Berry, Jackson Mullins, Mackenzie Doane, Jerlissa Jenkins)
- DC Church Plant (Bill & Katie Decker, Emmanuel Church)
- Arrowhead Español - Greeneville and surrounding area (Gerson and Allie Gabriel)
- Young Life - Greene (Katie Collins and Adam)
- John Coombs - Mongolia (Summer 2024)

*Our Personal Evangelistic Focus:*

*Lord, give us open eyes and courage to share the gospel as we live sent wherever we go.*

## **THURSDAY: TROUBLES**

*These requests cover those we know who are hurting or who serve the hurting. Fill in personal knowledge of people in each of these categories, or send an email to [pray@arrowhead.church](mailto:pray@arrowhead.church) for a list.*

**Marriage and Family Issues**

**Sicknesses, Surgeries, Losses, and/or Other Concerns**

**Pregnancies**

**Recovery + Support and Counseling Leaders and Situations**

Take minute and send a text or write a note to those in these categories:

**Who is hurting?**

**Who needs encouragement?**

**Who do I need to remember?**

**Who do I need to thank?**

## **FRIDAY: FRIENDS & FAMILY**

*Friday is a chance to personalize these lists a little more and to pray for those who fall in our relational categories:*

As a spouse I pray for:

As a parent I pray for:

As a son/daughter I pray for:

As a sibling I pray for:

As a nephew/niece, uncle/aunt I pray for:

As a cousin I pray for:

As a friend I pray for:

As a neighbor I pray for:

As an employer/employee I pray for:

As a citizen I pray for:

Though as a parent, spouse, son or daughter, you may pray for family every day, here are a few things to pray for:

For your husband or future husband:

1. His heart and mind - **Proverbs 4:23, Colossians 3:2**
2. His walk with Christ - **Galatians 5:22-23**
3. His work - **Psalms 90:17**

For your wife or future wife:

1. Her faith - **Romans 8:28-30**
2. Her joy - **Psalms 16:11**
3. Her wisdom - **1 Peter 3:4**

For your kids or future kids:

1. Salvation - **Matthew 19:13-15**
2. Growth - **Romans 8:28-30**
3. Purpose - **2 Corinthians 6:14, Luke 9:23**

*If you're a partner at Arrowhead, pray here for the section of our roster of partners that come to you each month by email.*

































# DAY 15

JANUARY 2024

- MATTHEW 6:16-24  
  PSALM 15  
  PHILIPPIANS 1:12-20  
  2 SAMUEL 3-4

## IN TODAY'S READING, I SEE:

*Pick 1-2 of these and explain in the space below.*

- |  |   |
|--|---|
| <input type="checkbox"/> A PRAISE TO LIFT UP   | <input type="checkbox"/> AN EXAMPLE TO FOLLOW |
| <input type="checkbox"/> A SIN TO CONFESS      | <input type="checkbox"/> A COMMAND TO OBEY    |
| <input type="checkbox"/> AN ATTITUDE TO CHANGE | <input type="checkbox"/> A PROMISE TO CLAIM   |

*Write out your memory verse below*

## MORNING PRAYER

- Prayer Guide*
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## EVENING GRATITUDE

- MATTHEW 6:25-34  
  PSALM 16  
  PHILIPPIANS 1:21-30  
  2 SAMUEL 5-7

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

- |                              |                             |
|------------------------------|-----------------------------|
| <b>A PRAISE TO LIFT UP</b>   | <b>AN EXAMPLE TO FOLLOW</b> |
| <b>A SIN TO CONFESS</b>      | <b>A COMMAND TO OBEY</b>    |
| <b>AN ATTITUDE TO CHANGE</b> | <b>A PROMISE TO CLAIM</b>   |

A large grid of dots for taking notes on the reading reflections.

*Write out your memory verse below*

A large grid of dots for writing out the memory verse.

**MORNING PRAYER**

- Prayer Guide*
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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING GRATITUDE**

A large grid of dots for evening gratitude journaling.

- MATTHEW 7:1-14   
  PSALM 17   
  PHILIPPIANS 2:1-11   
  2 SAMUEL 8-10

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

A large grid of dots for writing notes. The grid is 20 columns wide and 30 rows high.

*Write out your memory verse below*

A large grid of dots for writing the memory verse. The grid is 20 columns wide and 18 rows high.

**MORNING PRAYER**

- Prayer Guide*
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- \_\_\_\_\_
- \_\_\_\_\_
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**EVENING GRATITUDE**

A large grid of dots for writing evening gratitude. The grid is 20 columns wide and 25 rows high.



MATTHEW 8:1-13  PSALM 18:25-50

PHILIPPIANS 2:19-30  2 SAMUEL 13

### IN TODAY'S READING, I SEE:

*Pick 1-2 of these and explain in the space below.*

A PRAISE TO LIFT UP

AN EXAMPLE TO FOLLOW

A SIN TO CONFESS

A COMMAND TO OBEY

AN ATTITUDE TO CHANGE

A PROMISE TO CLAIM

*(Large dotted grid for reflection on the text options)*

*Write out your memory verse below*

*(Large dotted grid for writing out the memory verse)*

### MORNING PRAYER

*Prayer Guide*

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### EVENING GRATITUDE

*(Large dotted grid for evening gratitude)*



MATTHEW 8:14-22  PSALM 19

PHILIPPIANS 3:1-9  2 SAMUEL 14-15

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

A PRAISE TO LIFT UP

AN EXAMPLE TO FOLLOW

A SIN TO CONFESS

A COMMAND TO OBEY

AN ATTITUDE TO CHANGE

A PROMISE TO CLAIM

Dotted grid for reflection notes.

Write out your memory verse below

Dotted grid for writing out the memory verse.

**MORNING PRAYER**

Prayer Guide

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**EVENING GRATITUDE**

Dotted grid for evening gratitude notes.

MATTHEW 8:23-34  PSALM 20

PHILIPPIANS 3:10-14  2 SAMUEL 16-17

## IN TODAY'S READING, I SEE:

*Pick 1-2 of these and explain in the space below.*

A PRAISE TO LIFT UP

AN EXAMPLE TO FOLLOW

A SIN TO CONFESS

A COMMAND TO OBEY

AN ATTITUDE TO CHANGE

A PROMISE TO CLAIM

Dot grid area for writing responses.

*Write out your memory verse below*

Dot grid area for writing the memory verse.

## MORNING PRAYER

Prayer Guide

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## EVENING GRATITUDE

Dot grid area for writing evening gratitude.

MATTHEW 9:1-13

PSALM 21

PHILIPPIANS 3:15-21

2 SAMUEL 18-19

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

Grid of dots for writing notes.

*Write out your memory verse below*

Grid of dots for writing a memory verse.

**MORNING PRAYER**

Prayer Guide

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**EVENING GRATITUDE**

Grid of dots for writing evening gratitude.









MATTHEW 11:1-19  PSALM 25

COLOSSIANS 1:15-29  1 KINGS 2-3

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

- |   |  |
|---|--|
| <input type="radio"/> A PRAISE TO LIFT UP   | <input type="radio"/> AN EXAMPLE TO FOLLOW |
| <input type="radio"/> A SIN TO CONFESS      | <input type="radio"/> A COMMAND TO OBEY    |
| <input type="radio"/> AN ATTITUDE TO CHANGE | <input type="radio"/> A PROMISE TO CLAIM   |

A large grid of dotted lines for writing notes, corresponding to the options above.

*Write out your memory verse below*

A large grid of dotted lines for writing the memory verse.

**MORNING PRAYER**

- Prayer Guide*
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING GRATITUDE**

A large grid of dotted lines for writing evening gratitude notes.



# DAY 3

FEBRUARY 2024

MATTHEW 11:20-30  PSALM 26

COLOSSIANS 2:1-7  1 KINGS 4-5

## IN TODAY'S READING, I SEE:

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

*[A large area of dotted lines for writing answers to the reading reflection prompts.]*

*Write out your memory verse below*

*[A large area of dotted lines for writing the memory verse.]*

## MORNING PRAYER

*Prayer Guide*

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## EVENING GRATITUDE

*[A large area of dotted lines for writing evening gratitude.]*

MATTHEW 12:1-21     PSALM 27

COLOSSIANS 2:8-15     1 KINGS 6-7

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

Dot grid area for notes.

*Write out your memory verse below*

Dot grid area for writing the memory verse.

**MORNING PRAYER**

- Prayer Guide*
- \_\_\_\_\_
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**EVENING GRATITUDE**

Dot grid area for evening gratitude notes.

MATTHEW 12:22-37
  PSALM 28
  COLOSSIANS 2:16-23
  1 KINGS 8

## IN TODAY'S READING, I SEE:

Pick 1-2 of these and explain in the space below.

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

A PRAISE TO LIFT UP  
 A SIN TO CONFESS  
 AN ATTITUDE TO CHANGE  
 AN EXAMPLE TO FOLLOW  
 A COMMAND TO OBEY  
 A PROMISE TO CLAIM

Write out your memory verse below

A PRAISE TO LIFT UP  
 A SIN TO CONFESS  
 AN ATTITUDE TO CHANGE  
 AN EXAMPLE TO FOLLOW  
 A COMMAND TO OBEY  
 A PROMISE TO CLAIM

## MORNING PRAYER

Prayer Guide

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## EVENING GRATITUDE

A PRAISE TO LIFT UP  
 A SIN TO CONFESS  
 AN ATTITUDE TO CHANGE  
 AN EXAMPLE TO FOLLOW  
 A COMMAND TO OBEY  
 A PROMISE TO CLAIM



**DAY 7**

**FEBRUARY 2024**



MATTHEW 13:1-23



PSALM 30



COLOSSIANS 3:15-25



1 KINGS 11

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

Grid of dotted lines for writing notes.

*Write out your memory verse below*

Grid of dotted lines for writing the memory verse.

**MORNING PRAYER**



*Prayer Guide*



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**EVENING GRATITUDE**

Grid of dotted lines for writing evening gratitude.

- MATTHEW 13:24-43   
  PSALM 31   
  COLOSSIANS 4:1-9   
  1 KINGS 12

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

A large area of dotted lines for writing reflections, organized into columns corresponding to the reading prompts above.

*Write out your memory verse below*

A large area of dotted lines for writing the memory verse.

**MORNING PRAYER**

- Prayer Guide
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**EVENING GRATITUDE**

A large area of dotted lines for writing evening gratitude.



MATTHEW 14:1-21
  PSALM 33

 1 THESSALONIANS 1
  1 KINGS 15-16
**IN TODAY'S READING, I SEE:***Pick 1-2 of these and explain in the space below.***A PRAISE TO LIFT UP****AN EXAMPLE TO FOLLOW****A SIN TO CONFESS****A COMMAND TO OBEY****AN ATTITUDE TO CHANGE****A PROMISE TO CLAIM**

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*Write out your memory verse below*

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**MORNING PRAYER**
 *Prayer Guide*  
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**EVENING GRATITUDE**

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MATTHEW 15:1-20     PSALM 35

1 THESS. 2:10-20     1 KINGS 19-20

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

A PRAISE TO LIFT UP

AN EXAMPLE TO FOLLOW

A SIN TO CONFESS

A COMMAND TO OBEY

AN ATTITUDE TO CHANGE

A PROMISE TO CLAIM

Dot grid area for writing reflections on the reading.

*Write out your memory verse below*

Dot grid area for writing out the memory verse.

**MORNING PRAYER**

Prayer Guide

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**EVENING GRATITUDE**

Dot grid area for evening gratitude.

MATTHEW 10:21-39     PSALM 36

1 THESS. 3:1-6

1 KINGS 21-22

IN TODAY'S READING, I SEE:

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

Dotted grid area for writing reflections on the reading.

*Write out your memory verse below*

Dotted grid area for writing out the memory verse.

**MORNING PRAYER**

Prayer Guide

Four horizontal lines for writing morning prayer notes.

**EVENING GRATITUDE**

Dotted grid area for writing evening gratitude notes.







MATTHEW 17:14-27  PSALM 39

1 THESS. 5:1-11

2 KINGS 8-9

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

A PRAISE TO LIFT UP

AN EXAMPLE TO FOLLOW

A SIN TO CONFESS

A COMMAND TO OBEY

AN ATTITUDE TO CHANGE

A PROMISE TO CLAIM

Grid of dots for writing notes.

Write out your memory verse below

Grid of dots for writing the memory verse.

**MORNING PRAYER**

Prayer Guide

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**EVENING GRATITUDE**

Large grid of dots for evening gratitude.

MATTHEW 18:1-14  PSALM 40

1 THESS. 5:12-28  2 KINGS 10-11

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

Large dotted grid area for writing responses to the prompts.

*Write out your memory verse below*

Large dotted grid area for writing the memory verse.

**MORNING PRAYER**

*Prayer Guide*

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**EVENING GRATITUDE**

Large dotted grid area for evening gratitude.



MATTHEW 18:15-35  PSALM 41  2 THESSALONIANS 1:1-7  2 KINGS 12-13

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

Grid of dots for writing notes.

**MORNING PRAYER**

- Prayer Guide*
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING GRATITUDE**

Grid of dots for writing notes.

# DAY 20

# FEBRUARY 2024

MATTHEW 19:1-15     PSALM 42

2 THESS. 1:8-12     2 KINGS 14-15

## IN TODAY'S READING, I SEE:

*Pick 1-2 of these and explain in the space below.*

- A PRAISE TO LIFT UP
- A SIN TO CONFESS
- AN ATTITUDE TO CHANGE
- AN EXAMPLE TO FOLLOW
- A COMMAND TO OBEY
- A PROMISE TO CLAIM

[Dotted grid for note-taking]

*Write out your memory verse below*

[Dotted grid for memory verse]

## MORNING PRAYER

- Prayer Guide
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## EVENING GRATITUDE

[Dotted grid for evening gratitude]



MATTHEW 20:1-16    PSALM 44

2 THESS. 2:13-17    2 KINGS 18-19

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

Grid of dots for writing notes.

*Write out your memory verse below*

Grid of dots for writing the memory verse.

**MORNING PRAYER**

*Prayer Guide*

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**EVENING GRATITUDE**

Grid of dots for writing evening gratitude.



MATTHEW 21:1-11     PSALM 46

2 THESS. 3:6-13     2 KINGS 22-23

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

Large dotted grid area for taking notes.

*Write out your memory verse below*

Large dotted grid area for writing the memory verse.

**MORNING PRAYER**

Prayer Guide

Four empty circles, each followed by a horizontal line, for morning prayer notes.

**EVENING GRATITUDE**

Large dotted grid area for evening gratitude notes.

MATTHEW 21:12-22    PSALM 47

2 THESS. 3:14-18    2 KINGS 24-25

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

A PRAISE TO LIFT UP

AN EXAMPLE TO FOLLOW

A SIN TO CONFESS

A COMMAND TO OBEY

AN ATTITUDE TO CHANGE

A PROMISE TO CLAIM

Grid of dots for writing notes.

**MORNING PRAYER**

*Prayer Guide*

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**EVENING GRATITUDE**

Grid of dots for writing notes.

MATTHEW 21:23-32    PSALM 48

JAMES 1:1-11

HOSEA 1-3

### IN TODAY'S READING, I SEE:

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

Grid of dotted lines for notes, consisting of 2 columns and 20 rows of dots.

*Write out your memory verse below*

Grid of dotted lines for writing a memory verse, consisting of 2 columns and 15 rows of dots.

### MORNING PRAYER

Prayer Guide

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### EVENING GRATITUDE

Grid of dotted lines for evening gratitude, consisting of 2 columns and 18 rows of dots.







MATTHEW 22:15-33  PSALM 51

JAMES 2:1-13  HOSEA 9-12

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

Dotted grid for writing notes.

*Write out your memory verse below*

Dotted grid for writing out the memory verse.

**MORNING PRAYER**

*Prayer Guide*

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**EVENING GRATITUDE**

Dotted grid for writing evening gratitude notes.

MATTHEW 22:34-46    PSALM 52

JAMES 2-14-26    HOSEA 13-14

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

Grid of dotted lines for writing notes.

*Write out your memory verse below*

Grid of dotted lines for writing the memory verse.

**MORNING PRAYER**

- Prayer Guide*
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING GRATITUDE**

Grid of dotted lines for writing evening gratitude.



- MATTHEW 23:13-24
- PSALM 54
- JAMES 3:13-18
- JOEL 2-3

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

<div style="background-color: #e0e0e0; width: 100%; height: 100%; border: 1px dashed #ccc; display: flex; flex-direction: column; justify-content: space-between;"> <div style="margin-bottom: 10px;"><b>A PRAISE TO LIFT UP</b></div> <div style="margin-bottom: 10px;"><b>A SIN TO CONFESS</b></div> <div><b>AN ATTITUDE TO CHANGE</b></div> </div>	<div style="background-color: #e0e0e0; width: 100%; height: 100%; border: 1px dashed #ccc; display: flex; flex-direction: column; justify-content: space-between;"> <div style="margin-bottom: 10px;"><b>AN EXAMPLE TO FOLLOW</b></div> <div style="margin-bottom: 10px;"><b>A COMMAND TO OBEY</b></div> <div><b>A PROMISE TO CLAIM</b></div> </div>
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*Write out your memory verse below*

Write your memory verse here.

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Write your memory verse here.

**MORNING PRAYER**

*Prayer Guide*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING GRATITUDE**

Write your evening gratitude here.

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Write your evening gratitude here.



MATTHEW 24:1-14

PSALM 56

JAMES 4:11-17

AMOS 3-4

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

Grid of dots for writing notes in the reading section.

*Write out your memory verse below*

Grid of dots for writing the memory verse.

**MORNING PRAYER**

*Prayer Guide*

Four horizontal lines with radio buttons for morning prayer options.

**EVENING GRATITUDE**

Large grid of dots for evening gratitude notes.







MATTHEW 25:1-13

PSALM 59

JAMES 5:13-20

OBADIAH 1-21

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

Grid of dots for writing notes.

*Write out your memory verse below*

Grid of dots for writing memory verse.

**MORNING PRAYER**

*Prayer Guide*

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**EVENING GRATITUDE**

Grid of dots for writing evening gratitude.

- MATTHEW 25:14-30  
  PSALM 60  
  1 PETER 1:1-9  
  JONAH 1-4

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

- |                              |                             |
|------------------------------|-----------------------------|
| <b>A PRAISE TO LIFT UP</b>   | <b>AN EXAMPLE TO FOLLOW</b> |
| <b>A SIN TO CONFESS</b>      | <b>A COMMAND TO OBEY</b>    |
| <b>AN ATTITUDE TO CHANGE</b> | <b>A PROMISE TO CLAIM</b>   |

*(Dotted grid for writing responses to the reading questions)*

*Write out your memory verse below*

*(Dotted grid for writing out the memory verse)*

**MORNING PRAYER**

- Prayer Guide*
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING GRATITUDE**

*(Dotted grid for writing evening gratitude)*

# DAY 14

MARCH 2024

- MATTHEW 25:31-46     PSALM 61     1 PETER 1:10-16     MICAH 1-3

## IN TODAY'S READING, I SEE:

*Pick 1-2 of these and explain in the space below.*

A PRAISE TO LIFT UP

AN EXAMPLE TO FOLLOW

A SIN TO CONFESS

A COMMAND TO OBEY

AN ATTITUDE TO CHANGE

A PROMISE TO CLAIM

<p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p>	<p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p>
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*Write out your memory verse below*

<p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p>
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**MORNING PRAYER**

*Prayer Guide*

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**EVENING GRATITUDE**

<p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p> <p>. . . . .</p>
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- MATTHEW 26:1-16
- PSALM 62
- 1 PETER 1:17-25
- MICAH 4-5

## IN TODAY'S READING, I SEE:

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

*[A large dotted grid area for taking notes.]*

*Write out your memory verse below*

*[A large dotted grid area for writing out the memory verse.]*

## MORNING PRAYER

*Prayer Guide*

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## EVENING GRATITUDE

*[A large dotted grid area for evening gratitude.]*

MATTHEW 26:17-35

PSALM 63

1 PETER 2:1-8

MICAH 6-7

## IN TODAY'S READING, I SEE:

*Pick 1-2 of these and explain in the space below.*

**A PRAISE TO LIFT UP**

**AN EXAMPLE TO FOLLOW**

**A SIN TO CONFESS**

**A COMMAND TO OBEY**

**AN ATTITUDE TO CHANGE**

**A PROMISE TO CLAIM**

A grid of dotted lines for taking notes on the reading reflection options.

## MORNING PRAYER

Prayer Guide

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\_\_\_\_\_

## EVENING GRATITUDE

A large grid of dotted lines for writing evening gratitude notes.

*Write out your memory verse below*

A grid of dotted lines for writing out the memory verse.







MATTHEW 27:1-10

PSALM 66

1 PETER 3:1-7

ZEPHANIAH 1-2

**IN TODAY'S READING, I SEE:**

*Pick 1-2 of these and explain in the space below.*

A PRAISE TO LIFT UP

AN EXAMPLE TO FOLLOW

A SIN TO CONFESS

A COMMAND TO OBEY

AN ATTITUDE TO CHANGE

A PROMISE TO CLAIM

Grid of dots for writing reflections.

*Write out your memory verse below*

Grid of dots for writing the memory verse.

**MORNING PRAYER**

Prayer Guide

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**EVENING GRATITUDE**

Large grid of dots for writing evening gratitude.









MATTHEW 28:1-10  PSALM 70

1 PETER 5:1-7  ZECHARIAH 10-14

IN TODAY'S READING, I SEE:

*Pick 1-2 of these and explain in the space below.*

A PRAISE TO LIFT UP

AN EXAMPLE TO FOLLOW

A SIN TO CONFESS

A COMMAND TO OBEY

AN ATTITUDE TO CHANGE

A PROMISE TO CLAIM

*(Dotted grid for writing notes)*

*Write out your memory verse below*

*(Dotted grid for writing notes)*

MORNING PRAYER

- Prayer Guide
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

EVENING GRATITUDE

*(Dotted grid for writing notes)*

- MATTHEW 28:11-20
- PSALM 71
- 1 PETER 5:8-14
- MALACHI 1-4

### IN TODAY'S READING, I SEE:

*Pick 1-2 of these and explain in the space below.*

- |                              |                             |
|------------------------------|-----------------------------|
| <b>A PRAISE TO LIFT UP</b>   | <b>AN EXAMPLE TO FOLLOW</b> |
| <b>A SIN TO CONFESS</b>      | <b>A COMMAND TO OBEY</b>    |
| <b>AN ATTITUDE TO CHANGE</b> | <b>A PROMISE TO CLAIM</b>   |

[Grid of dots for writing notes]

*Write out your memory verse below*

[Grid of dots for writing memory verse]

### MORNING PRAYER

- Prayer Guide
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### EVENING GRATITUDE

[Grid of dots for writing gratitude]



# SERMON NOTES

Date:    /    /

Scripture:



A large grid of small dots for taking notes, consisting of 20 columns and 30 rows.

# SERMON NOTES

Date: / /

Scripture:



A large grid of small dots for taking notes.

# SERMON NOTES

Date:   /   /   Scripture:

A large grid of small dots for taking notes, consisting of 28 columns and 30 rows.



# SERMON NOTES

Date:    /    /    Scripture:



Greenville Weekly



Morristown Weekly

A large grid of small dots for taking notes, consisting of 20 columns and 30 rows.

# SERMON NOTES

Date:   /   /   Scripture:



Greenville Weekly



Morristown Weekly

A large grid of small dots for taking notes, consisting of 20 columns and 30 rows.

# SERMON NOTES

Date:    /    /    Scripture:

A large grid of small dots for taking notes, consisting of 28 columns and 30 rows.



# SERMON NOTES

Date:    /    /    Scripture:



Greenville Weekly



Morristown Weekly

A large grid of small dots for taking notes, consisting of 20 columns and 30 rows.

# SERMON NOTES

Date:   /   /   Scripture:

A large grid of small dots for taking notes, consisting of 28 rows and 30 columns.





# SERMON NOTES

Date:    /    /        Scripture:



A large grid of dots for taking notes, consisting of approximately 28 rows and 32 columns of small, light gray dots.

# SERMON NOTES

Date:    /    /    Scripture:

A large grid of small dots for writing sermon notes, consisting of 20 columns and 30 rows.



# SERMON NOTES

Date:   /   /   Scripture:



Greenville Weekly



Morristown Weekly

A large grid of dots for taking sermon notes, consisting of 28 columns and 30 rows of small black dots.

# SERMON NOTES

Date:   /   /   Scripture:

A large grid of small dots for taking notes, consisting of 20 columns and 30 rows.



# SERMON NOTES

Date:   /   /   Scripture:

A large grid of small dots for writing sermon notes, consisting of 25 columns and 30 rows.



# MEMORY VERSES

- |         |  |         |  |
|---------|--|---------|--|
| WEEK 1  | <input type="radio"/> 2 CORINTHIANS 5:17 | WEEK 27 | <input type="radio"/> ISAIAH 41:10         |
| WEEK 2  | <input type="radio"/> GALATIANS 2:20     | WEEK 28 | <input type="radio"/> PHILIPPIANS 4:13     |
| WEEK 3  | <input type="radio"/> ROMANS 12:1        | WEEK 29 | <input type="radio"/> LAMENTATIONS 3:22-23 |
| WEEK 4  | <input type="radio"/> JOHN 14:21         | WEEK 30 | <input type="radio"/> NUMBERS 23:19        |
| WEEK 5  | <input type="radio"/> 2 TIMOTHY 3:16-17  | WEEK 31 | <input type="radio"/> ISAIAH 26:3          |
| WEEK 6  | <input type="radio"/> JOSHUA 1:8         | WEEK 32 | <input type="radio"/> 1 PETER 5:7          |
| WEEK 7  | <input type="radio"/> JOHN 15:7          | WEEK 33 | <input type="radio"/> ROMANS 8:32          |
| WEEK 8  | <input type="radio"/> PHILIPPIANS 4:6-7  | WEEK 34 | <input type="radio"/> PHILIPPIANS 4:19     |
| WEEK 9  | <input type="radio"/> MATTHEW 18:20      | WEEK 35 | <input type="radio"/> HEBREWS 2:18         |
| WEEK 10 | <input type="radio"/> HEBREWS 10:24-25   | WEEK 36 | <input type="radio"/> PSALM 119:9,11       |
| WEEK 11 | <input type="radio"/> MATTHEW 4:19       | WEEK 37 | <input type="radio"/> MATTHEW 6:33         |
| WEEK 12 | <input type="radio"/> ROMANS 1:16        | WEEK 38 | <input type="radio"/> LUKE 9:23            |
| WEEK 13 | <input type="radio"/> ROMANS 3:23        | WEEK 39 | <input type="radio"/> 1 JOHN 2:15-16       |
| WEEK 14 | <input type="radio"/> ISAIAH 53:6        | WEEK 40 | <input type="radio"/> ROMANS 12:2          |
| WEEK 15 | <input type="radio"/> ROMANS 6:23        | WEEK 41 | <input type="radio"/> 1 CORINTHIANS 15:58  |
| WEEK 16 | <input type="radio"/> HEBREWS 9:27       | WEEK 42 | <input type="radio"/> HEBREWS 12:3         |
| WEEK 17 | <input type="radio"/> ROMANS 5:8         | WEEK 43 | <input type="radio"/> MARK 10:45           |
| WEEK 18 | <input type="radio"/> 1 PETER 3:18       | WEEK 44 | <input type="radio"/> 2 CORINTHIANS 4:5    |
| WEEK 19 | <input type="radio"/> EPHESIANS 2:8-9    | WEEK 45 | <input type="radio"/> PROVERBS 3:9-10      |
| WEEK 20 | <input type="radio"/> TITUS 3:5          | WEEK 46 | <input type="radio"/> 2 CORINTHIANS 9:6-7  |
| WEEK 21 | <input type="radio"/> JOHN 1:12          | WEEK 47 | <input type="radio"/> ACTS 1:8             |
| WEEK 22 | <input type="radio"/> REVELATION 3:20    | WEEK 48 | <input type="radio"/> MATTHEW 28:19-20     |
| WEEK 23 | <input type="radio"/> 1 JOHN 5:13        | WEEK 49 | <input type="radio"/> JOHN 13:34-35        |
| WEEK 24 | <input type="radio"/> JOHN 5:24          | WEEK 50 | <input type="radio"/> 1 JOHN 3:18          |
| WEEK 25 | <input type="radio"/> 1 CORINTHIANS 3:16 | WEEK 51 | <input type="radio"/> PHILIPPIANS 2:3-4    |
| WEEK 26 | <input type="radio"/> 1 CORINTHIANS 2:12 | WEEK 52 | <input type="radio"/> 1 PETER 5:5-6        |

# GROUP NOTES

A large grid of small dots for taking notes, consisting of 20 columns and 30 rows.

## PRAYER REQUESTS

A vertical list of 10 empty circles, each followed by a horizontal line, for writing prayer requests.



# GROUP NOTES

A large grid of small dots for taking notes, consisting of 20 columns and 30 rows.

## PRAYER REQUESTS

A vertical list of ten prayer request lines. Each line begins with a large empty circle, followed by a horizontal line for writing.



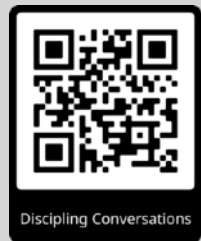


# GROUP NOTES

A large grid of 20 columns and 30 rows of small dots, intended for taking group notes.

## PRAYER REQUESTS

A vertical list of ten prayer request entries, each consisting of a circle followed by a horizontal line.

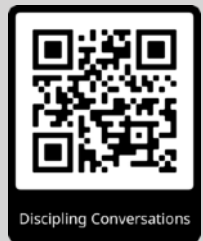


# GROUP NOTES

A large grid of small dots for taking notes, consisting of 20 columns and 30 rows.

## PRAYER REQUESTS

A vertical list of ten prayer request lines. Each line begins with a large empty circle, followed by a horizontal line for writing.



# GROUP NOTES

A large grid of small dots for taking notes, consisting of 20 columns and 30 rows.

## PRAYER REQUESTS

A vertical list of ten prayer request lines. Each line begins with a large empty circle, followed by a horizontal line for writing.

