The Discipleship Course

BetterMan (Core 2.0 + Defined) × The Ways of the Alongsider

Quiet Time Journal

Weeks 1–35 of 35

THIS JOURNAL BELONGS TO _____

GROUP _____

MY BROTHER IN THIS GROUP _____

How to use this journal

SEVEN SESSIONS A WEEK

Each week has a week page and seven day pages. Two days carry a printed Scripture focus: the passage the group will work together, and the memory verse for the week. The other five days are yours — choose your own passage and write it in.

THE DAILY PATTERN

Read	Read the whole passage before you write anything.
Themes	Note the major themes of everything you read — a line or two.
Best verse	Choose the one verse that stood out. Write it out, then write your thoughts.
Meditate	Work the verse with the column on the right: ask questions of it, emphasize a different word each time you read it, rewrite it in your own words.
Pray	Close with W-A-R: worship Him, admit sin, make your requests.
Apply	Finish with one thing you will actually do today.

WHAT YOU BRING TO THE MEETING

One entry read out loud, your memory verse quoted from memory, and last week's “I will…” answered honestly. Fill in the week page before you come: what hit you in the session, what you found in the Word, and what you want to ask.

A WORD ON THE BLANK DAYS

The five open days are not filler. A man who only reads what he is handed never learns to feed himself. Pick a book and work through it, or stay in the anchor passage all week. Either way, write the reference down and keep the record.

Launch & the Covenant

WATCH THIS WEEK Leader-led

SCRIPTURE FOCUS **Mark 3:14**

MEMORY VERSE **Matthew 22:37–38**

FROM THIS WEEK'S SESSION — ONE THING THAT HIT ME

FROM MY OWN TIME IN THE WORD THIS WEEK

QUESTIONS I WANT TO BRING TO THE GROUP

I WILL…

NOTES FROM THE MEETING

THIS WEEK'S SEVEN SESSIONS

Day 1	Mark 3:14
Day 2	
Day 3	
Day 4	Matthew 22:37–38
Day 5	
Day 6	
Day 7	

SCRIPTURE FOCUS

Mark 3:14

This week's Scripture focus. Read all of it before the group meets.

PASSAGE I READ TODAY _____

MAJOR THEMES FROM ALL I READ

BEST VERSE AND THOUGHT FOR THE DAY

ASK QUESTIONS

Is there:

- A command to obey
- A promise to claim
- A sin to avoid
- An application to make
- Something new about God

Ask: who, what, when, where, why

EMPHASIZE

Read it again, stressing a different word each time.

REWRITE

Put the verse in your own words.

COMMUNICATE WITH GOD

W Worship Him

A Admit sin

R My requests

ONE THING I WILL DO TODAY _____

SCRIPTURE FOCUS

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Matthew 22:37–38

This week's memory verse. Write it out, then work it until you can quote it.

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