

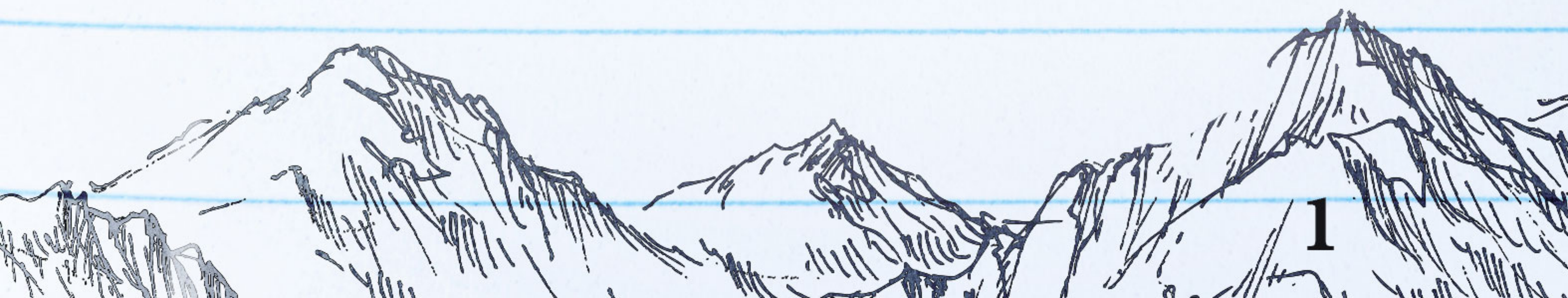
focus

journal



PART 1

**FOCUS
ON WHAT
GOD HAS
SAID**



DAY 1

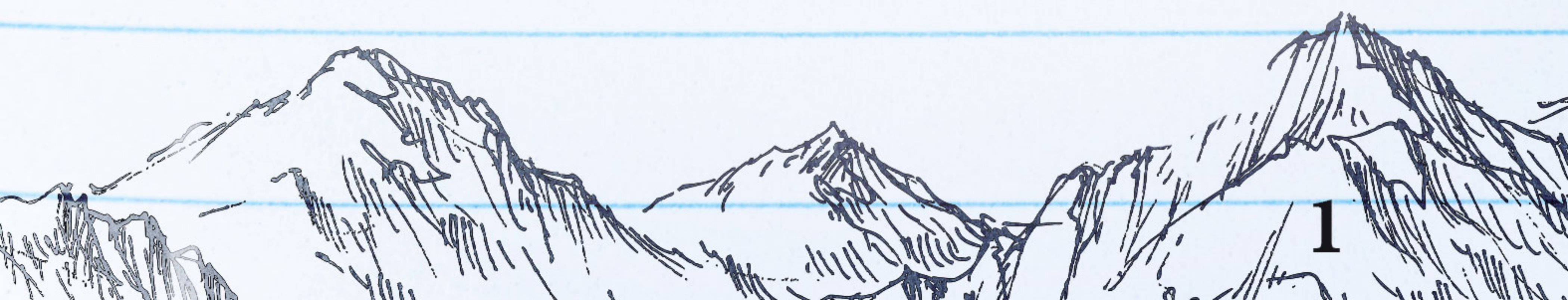
REMEMBER: Focus on what God has said.

READ: Matthew 4:1-11

DO: This week, choose a passage of Scripture to focus on memorizing. (If you need a suggestion, try Psalm 119:33-35!)

I'm going to memorize . . .

Why did you choose that verse?



DAY 2

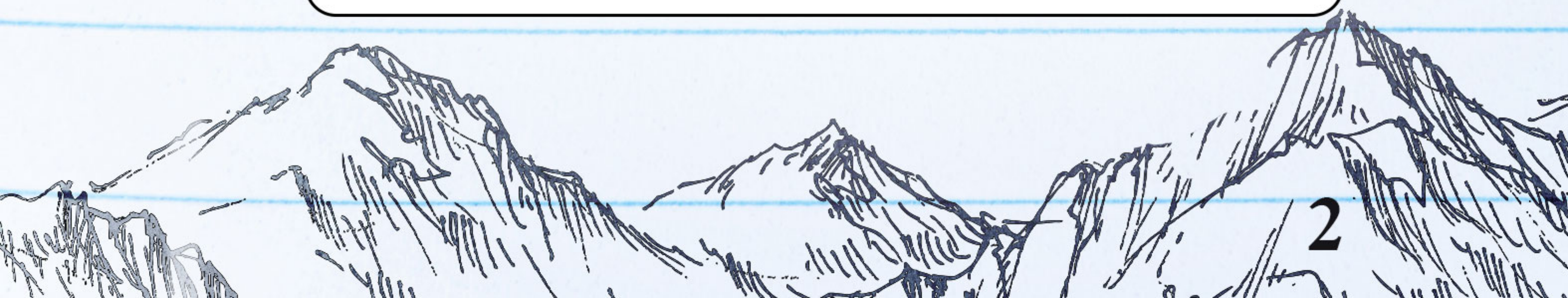
REMEMBER: Focus on what God has said.

READ: 2 Timothy 3:16-17

DO: Practice focusing on these words by doing four things:

1. **READ:** Read it once. Twice. Three times!
2. **MEDITATE:** Write down any words or phrases that captured your attention. Why do you think they stood out to you?

3. **PRAY:** Talk to God. While you can always pray silently, there are more ways to talk to God too, like speaking out loud, writing, dancing, exercising, drawing, or whatever helps you focus.
4. **CONTEMPLATE:** Finally, it's time to simply listen. Sit quietly and give God a chance to speak to you.

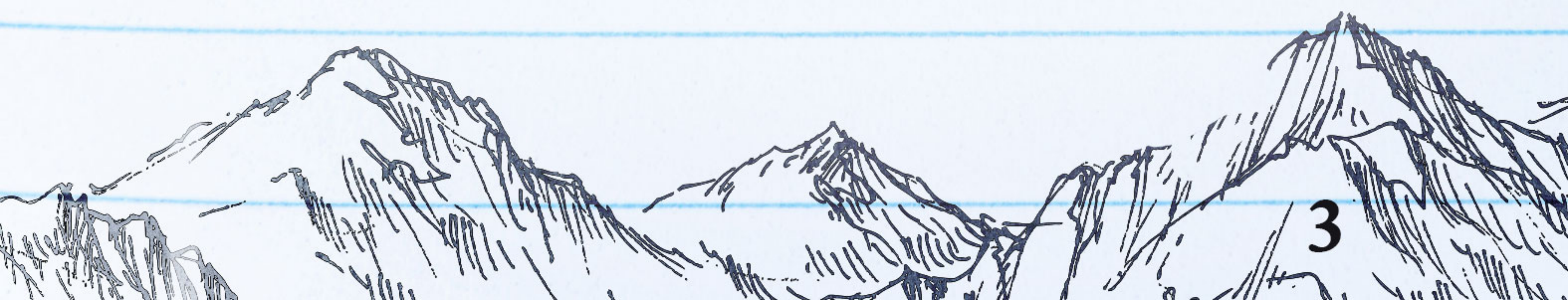


DAY 3

REMEMBER: Focus on what God has said.

READ: Isaiah 40:8

DO: What are some phrases, verses, or stories from Scripture you're already familiar with? Try to choose only ones that stand out to you or mean something to you. Fill this page with your favorite words from Scripture.



DAY 4

REMEMBER: Focus on what God has said.

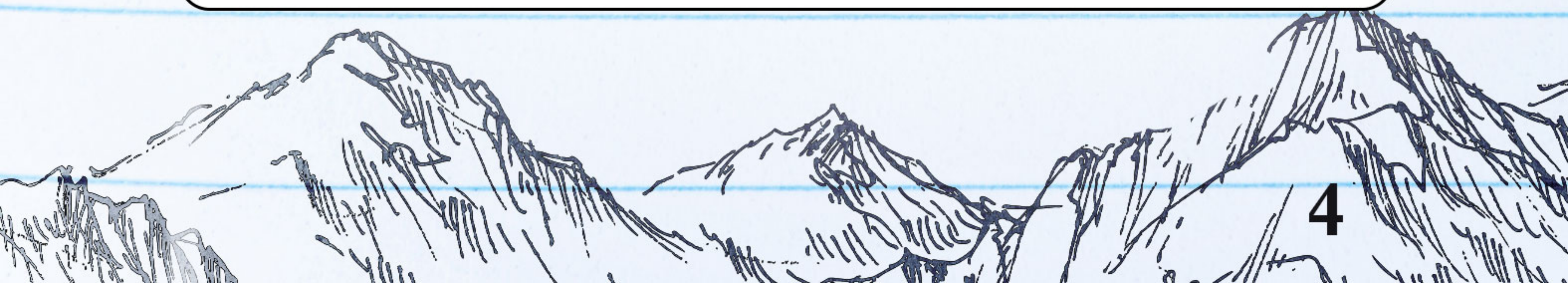
READ: Hebrews 2:1

DO: Look back at what you wrote on the previous page. Do you see any themes? Any words or ideas that keep showing up? Focus on trying to find some connections – God might be trying to show you something.

What do you see?

Why do you think those words or ideas stood out to you?

What do you think God might be trying to tell you?



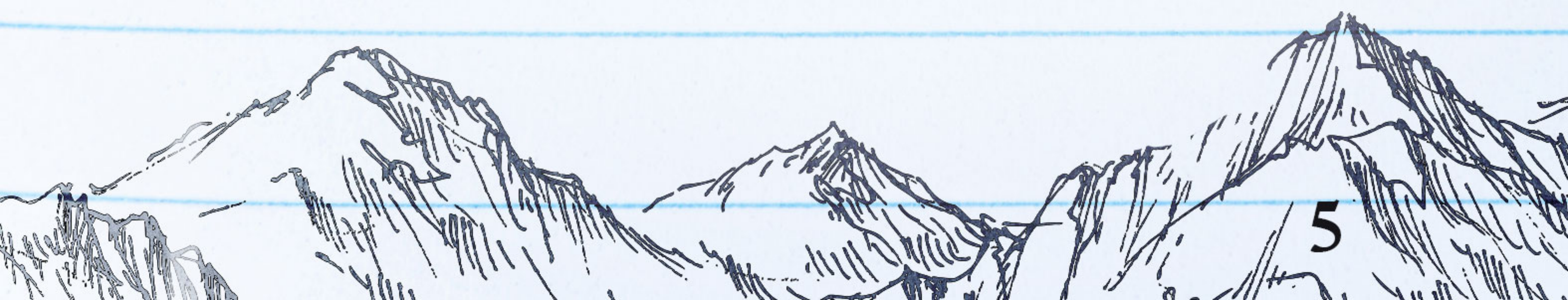
DAY 5

REMEMBER: Focus on what God has said.

READ: Proverbs 4:20-22

DO: How's that memorizing going? Focus on the verse you're trying to remember by writing as much of it as you can from memory. Try it a few times if you need to.

What's a situation where having this verse memorized might be helpful?



DAY 6

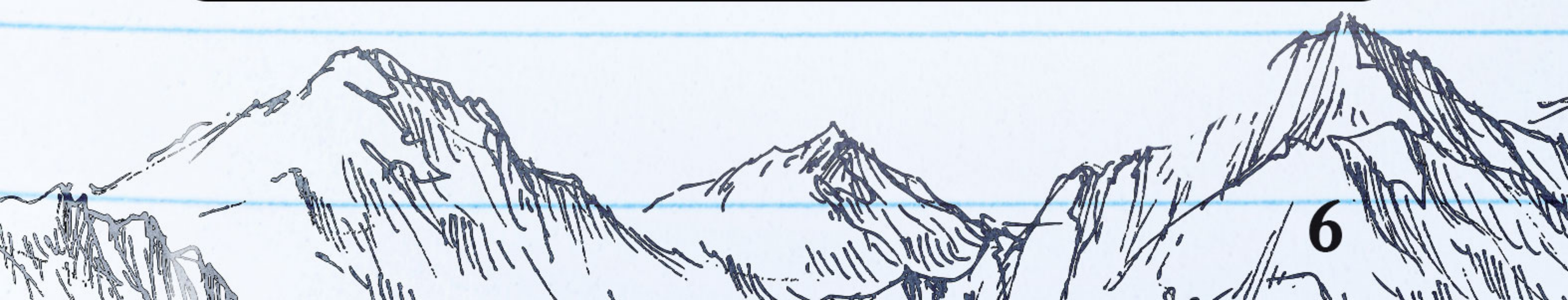
REMEMBER: Focus on what God has said.

READ: Psalm 119:105

DO: Reach out to a friend or family member today and ask them what they're learning lately from God's words. Then, you could . . .

- Ask how they like to learn about what God has said.
- Ask what helps them stay focused on God's words.
- Share what you're learning too.
- Or just say, "Thanks!"

Who'd you talk to? And what did you talk about?



DAY 7

REMEMBER: Focus on what God has said.

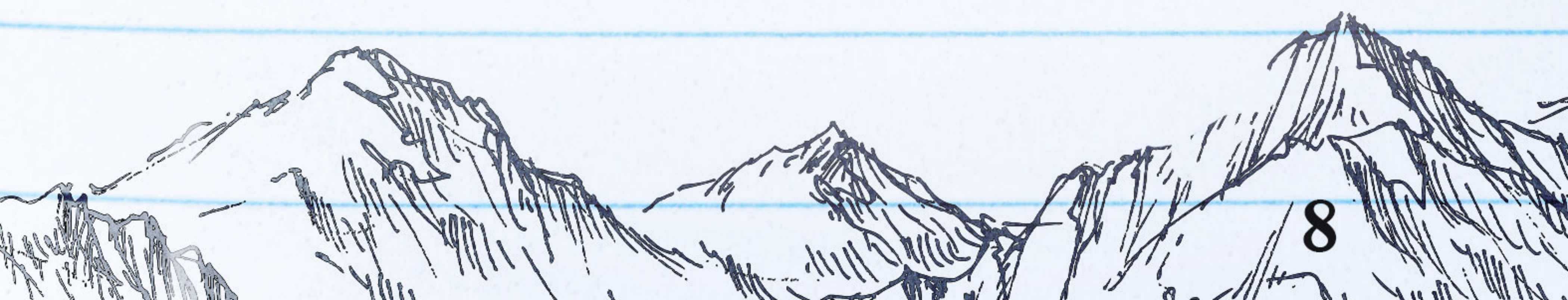
READ: Hebrews 4:12-13

DO: Focus on an area of your life where you need God's words to help you right now. Do you need to learn? Do you need help or encouragement? Do you need guidance? Is there something you need to change with God's help? What do you need?

Now use a tool like the Bible App to search what the Bible says about what you're going through. Write down anything that helps you.

PART 2

**FOCUS
ON GIVING
SOMETHING
UP**



DAY 8

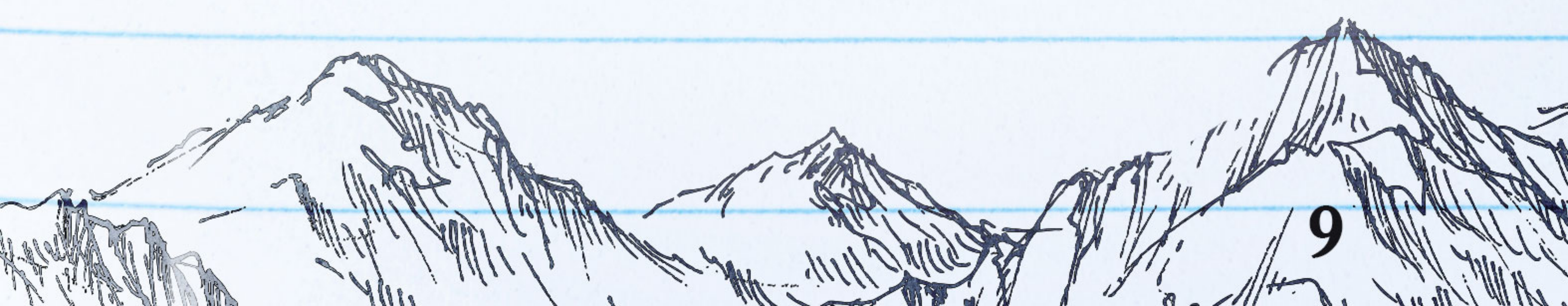
REMEMBER: Focus on giving something up.

READ: Matthew 6:16-18

DO: Fasting is when you give up something you like, but can live without, in order to focus on something so much more important. Today, **choose one thing to subtract** from your life for the next 7 days (like video games, candy, or social media) and **one thing to add** that can take its place (like reading a book of the Bible, serving others, or taking a walk to pray).

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DAY 9

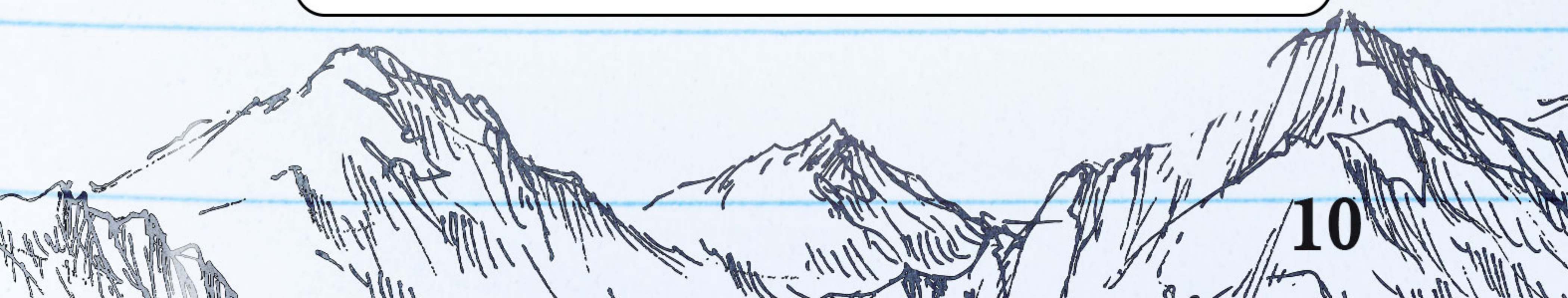
REMEMBER: Focus on giving something up.

READ: Luke 18:9-14

DO: Practice focusing on Jesus' words about fasting by doing four things:

1. **READ:** Read it once. Twice. Three times!
2. **MEDITATE:** Write down any words or phrases that captured your attention. Why do you think they stood out to you?

3. **PRAY:** Talk to God. While you can always pray silently, there are more ways to talk to God too, like speaking out loud, writing, dancing, exercising, drawing, or whatever helps you focus.
4. **CONTEMPLATE:** Finally, it's time to simply listen. Sit quietly and give God a chance to speak to you.



DAY 10

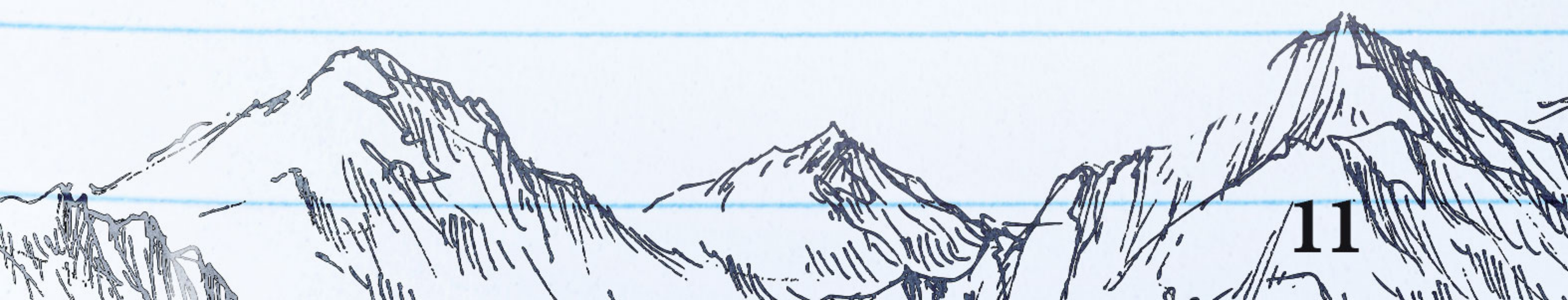
REMEMBER: Focus on giving something up.

READ: Psalm 51:16-17

DO: Today, choose one hour to spend in silence. You might go for a walk, visit a museum or library, or just sit quietly and listen to music. While you give up talking to (or messaging) others, spend that time listening for God's voice instead.

What will you do while you're practicing silence?

What did you think about, experience, or learn while you were quiet?



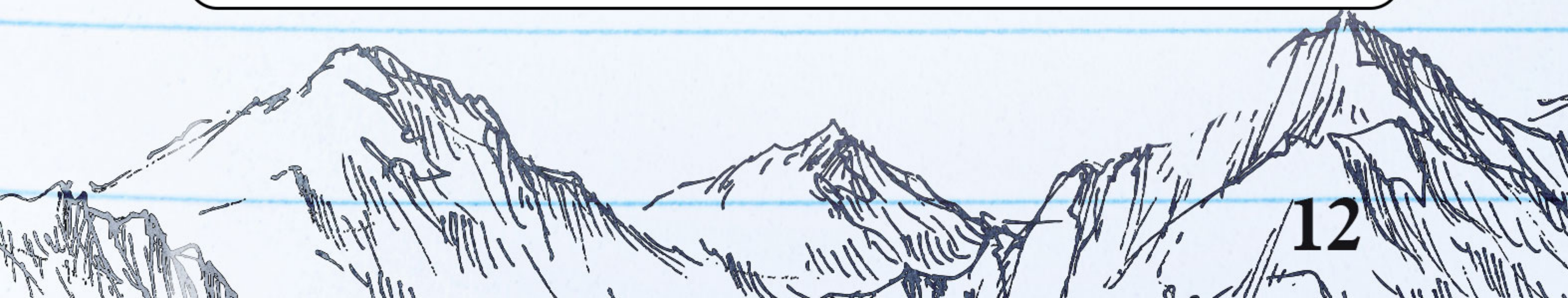
DAY 11

REMEMBER: Focus on giving something up.

READ: Galatians 2:20

DO: Today, focus on how doing something difficult can help you depend more on God's strength. On a scale of 1-10, how easy or difficult has it been to stick with your fast so far?

What do you think this fast could be teaching you about relying on God's strength — not just while you're fasting, but all the time?



DAY 12

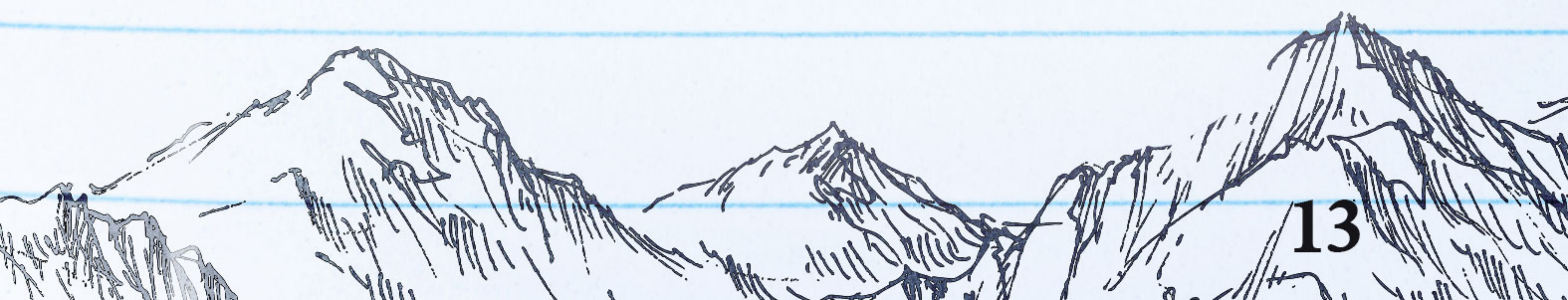
REMEMBER: Focus on giving something up.

READ: Proverbs 21:3 and Hebrews 13:16

DO: Today, refocus your perspective on fasting. You may have been thinking about your fast as something just between you and God. But what if you thought about giving something up so you could better love others? **What are some things you could subtract** from your life in order to **add more opportunities to love, encourage, or serve others?** Make a list.

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DAY 13

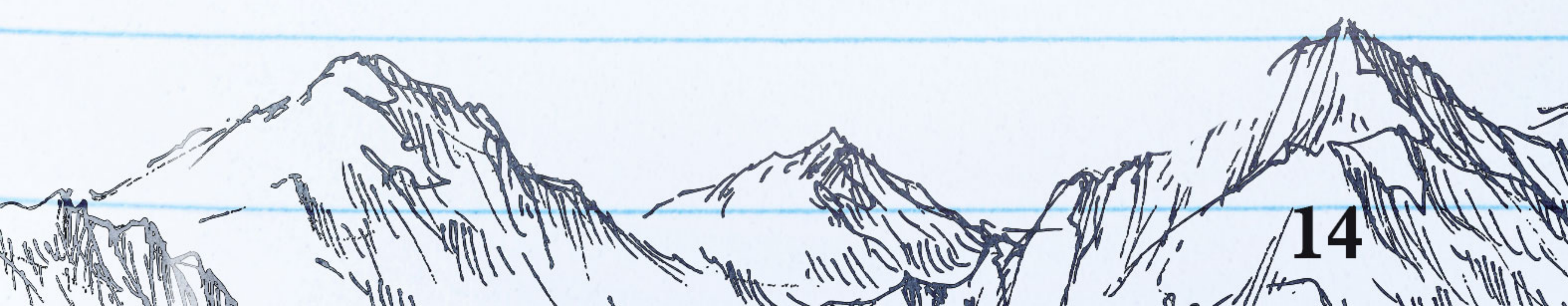
REMEMBER: Focus on giving something up.

READ: Luke 9:23-25

DO: Today, focus on Jesus' words about giving something up in order to gain something greater. Tomorrow will be Day 7 of focusing on fasting, but what will you focus on after this week? **Is there anything else Jesus might be inviting you to subtract** from your life in order to **gain something greater**? It might be a habit, a harmful behavior, or a relationship that's keeping you from knowing Jesus better. Today, write down one big thing that would be a challenge for you to give up. Then write what you might gain in exchange.

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DAY 14

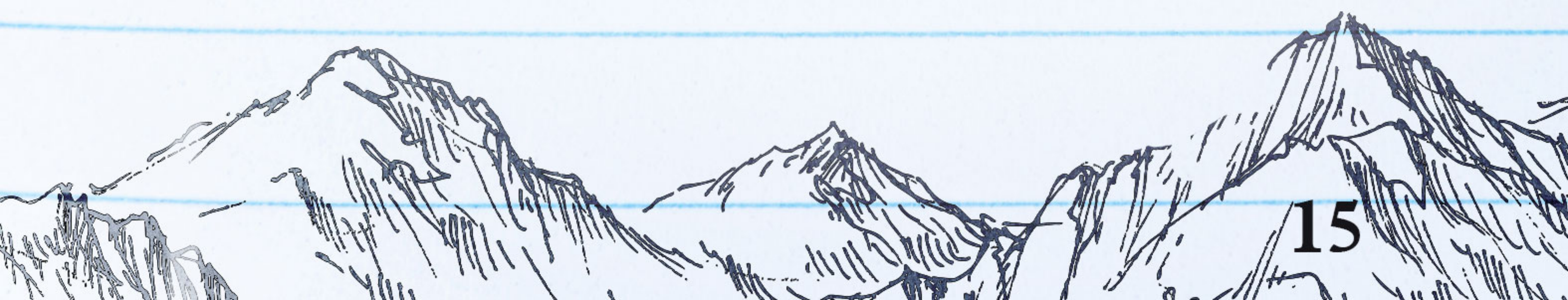
REMEMBER: Focus on giving something up.

READ: Isaiah 58:4-10

DO: Reflect on the last seven days. What have you discovered about fasting?

What questions do you still have about fasting?

Do you think you'll try fasting again anytime soon?



PART 3

**FOCUS
ON
TALKING
TO GOD**

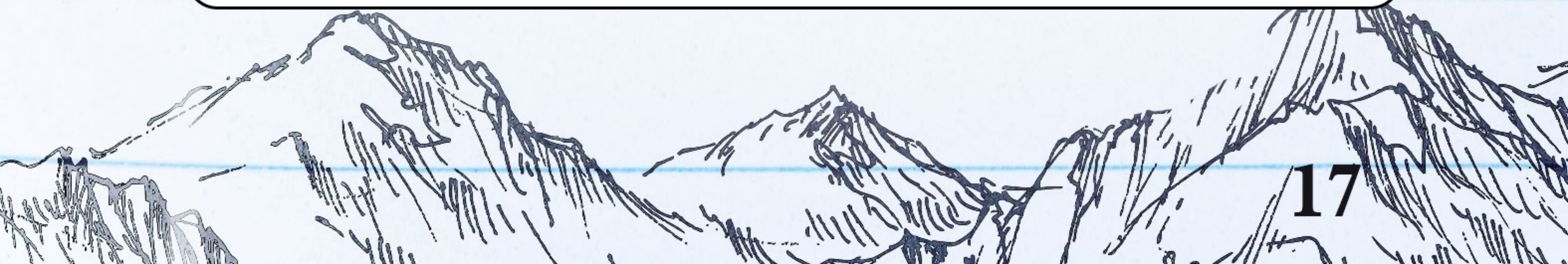
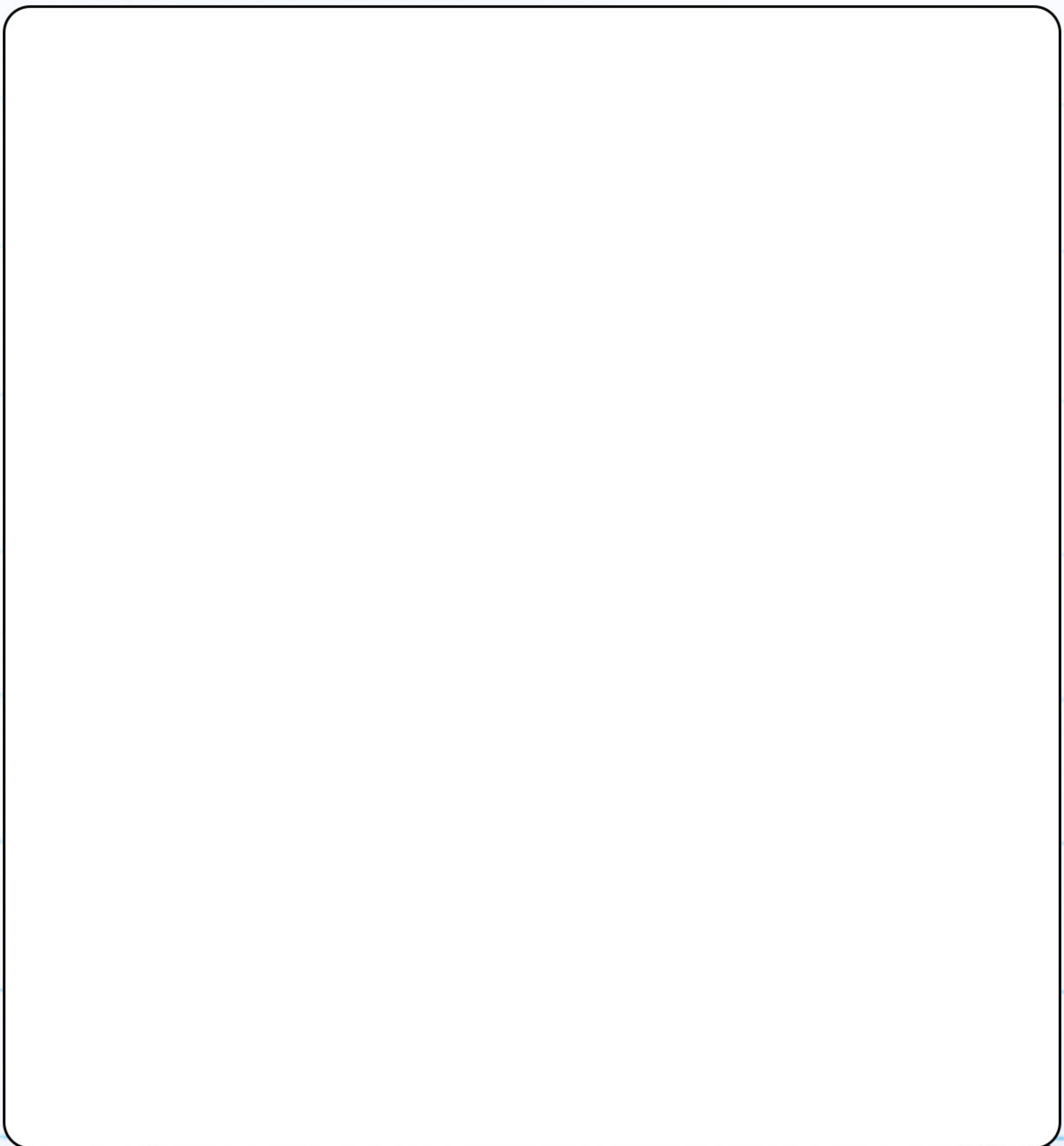
DAY 15

REMEMBER: Focus on talking to God.

READ: Psalm 18:1-6

DO: Look for the different things the author of this psalm talks to God about. What do you see?

What are some of the ways you could talk to God, or the kinds of things you could talk to God about? Fill this page



DAY 16

REMEMBER: Focus on talking to God.

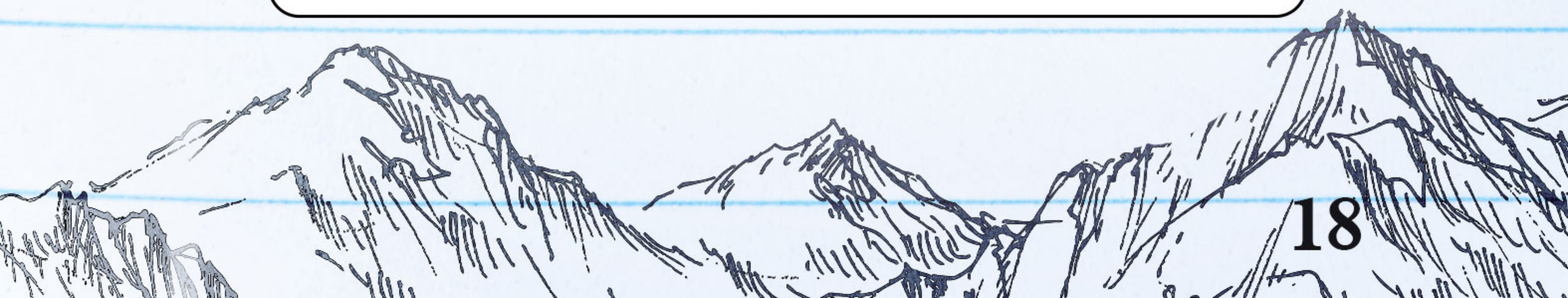
READ: Matthew 6:5-14

DO: Practice focusing on Jesus' words about prayer by doing four things:

1. **READ:** Read it once. Twice. Three times!
2. **MEDITATE:** Write down any words or phrases that captured your attention. Why do you think they stood out to you?

3. **PRAY:** Talk to God. While you can always pray silently, there are more ways to talk to God too, like speaking out loud, writing, dancing, exercising, drawing, or whatever helps you focus.

4. **CONTEMPLATE:** Finally, it's time to simply listen. Sit quietly and give God a chance to speak to you.



DAY 17

REMEMBER: Focus on talking to God.

READ: Romans 8:26

DO: Ask God's Spirit to help you grow in your ability to talk to God this week. Ask for help knowing what to pray for, what to say, and how to hear God's voice. What do you see?

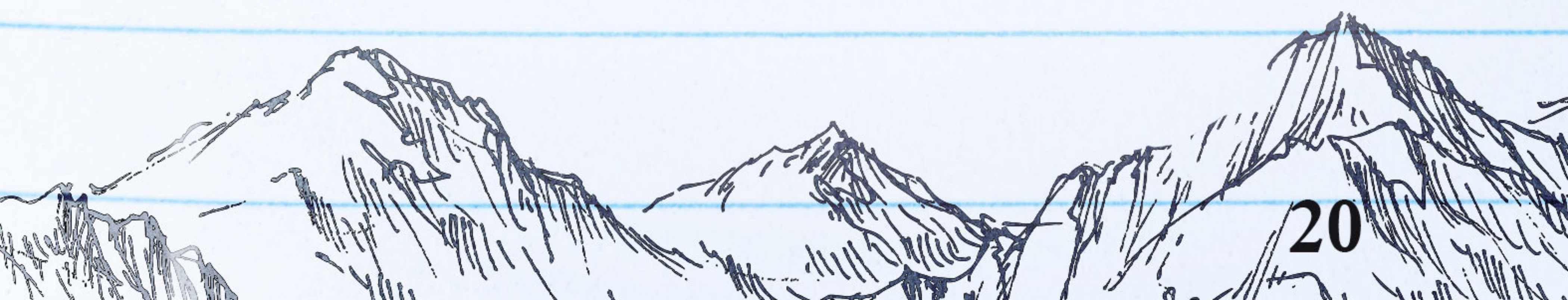
Write your prayer here!

DAY 18

REMEMBER: Focus on talking to God.

READ: Ephesians 5:19-20

DO: Spend time saying thank you for what God has done and for what God is like. You can do this silently or by writing a prayer, but you can also sing, worship, dance, or create a piece of art in worship to God!



DAY 19

REMEMBER: Focus on talking to God.

READ: Philippians 4:6

DO: Talk to God about something you need help with. What's causing you stress, pain, or fear?

Write your prayer here!

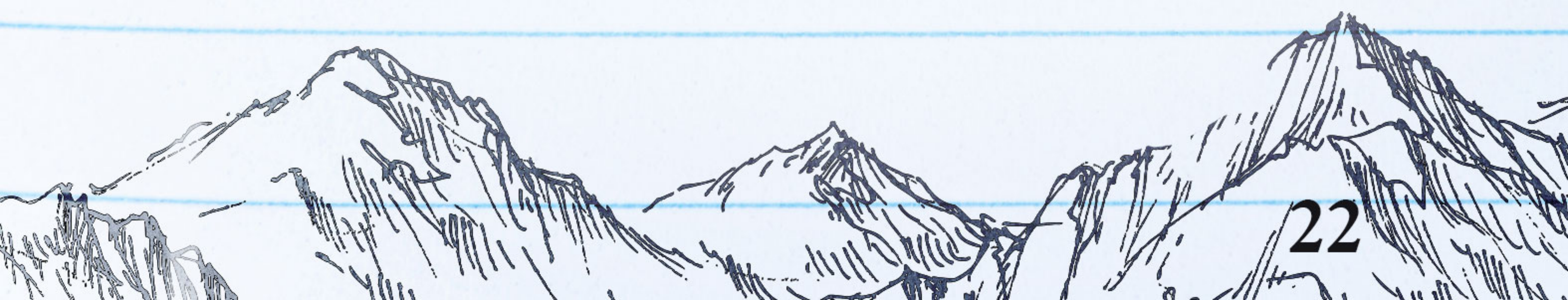
DAY 20

REMEMBER: Focus on talking to God.

READ: 1 John 1:8-10

DO: Talk to God about something you need to confess. Where have you messed up or made unwise choices lately? Ask God for forgiveness, help, and strength to live differently.

Write your prayer here!

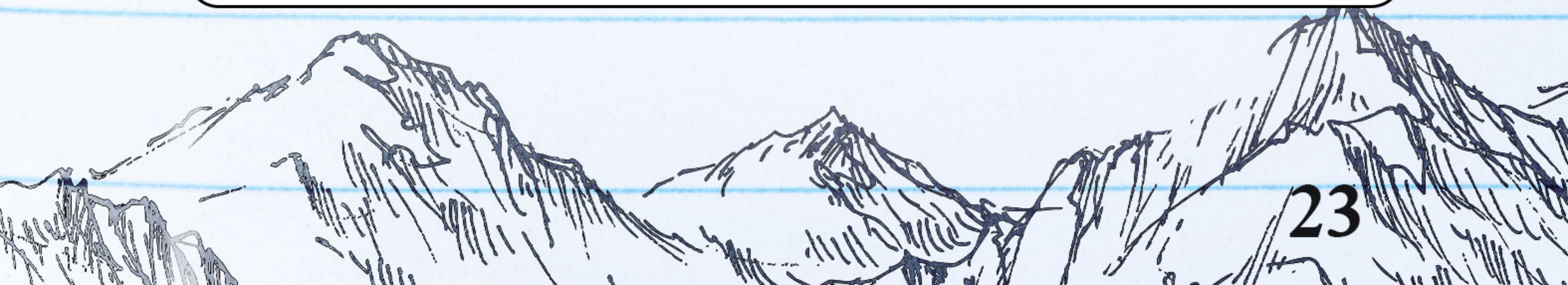


DAY 21

REMEMBER: Focus on talking to God.

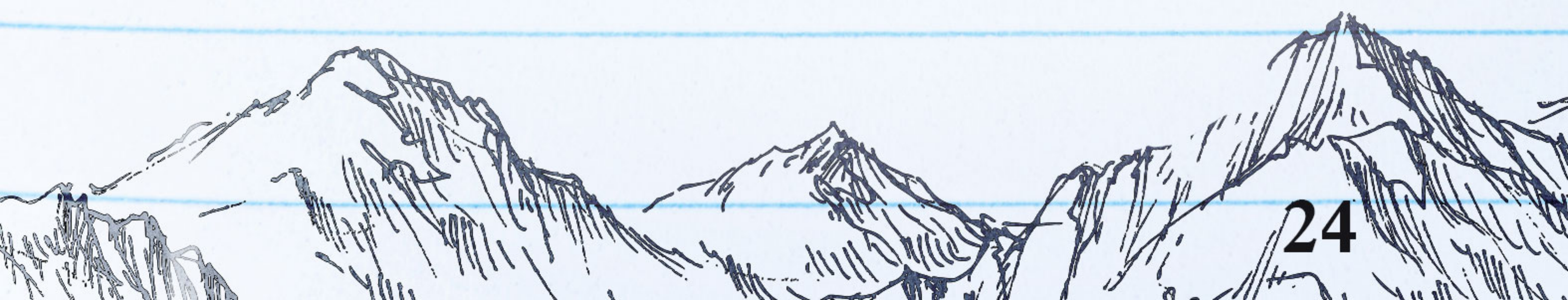
READ: I Thessalonians 5:17 & Ephesians 6:18

DO: Brainstorm some ways you could continue focusing on prayer after today. How could you focus on making prayer a more regular habit? When could you pray? What could you pray about? How could you remind yourself to talk to God throughout your day?



PART 4

**FOCUS
ON
REST**



DAY 22

REMEMBER: Focus on rest.

READ: Matthew 11:23-30

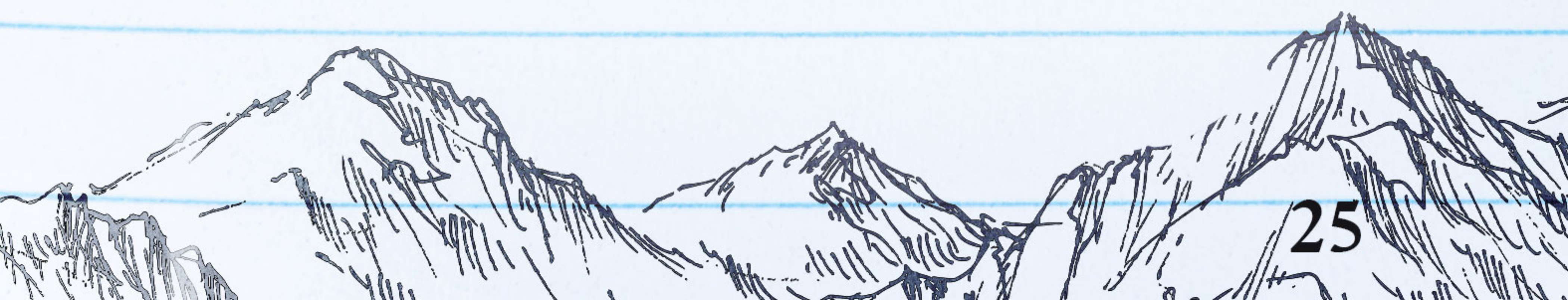
DO: Choose a day this week and make it your rest day.

Which day are you choosing?

What do you plan to rest that day?

What kind of rest do you need this week?

- A break from busyness.
- Peace in a stressful situation.
- Comfort during a painful time.
- Time alone with God.



DAY 23

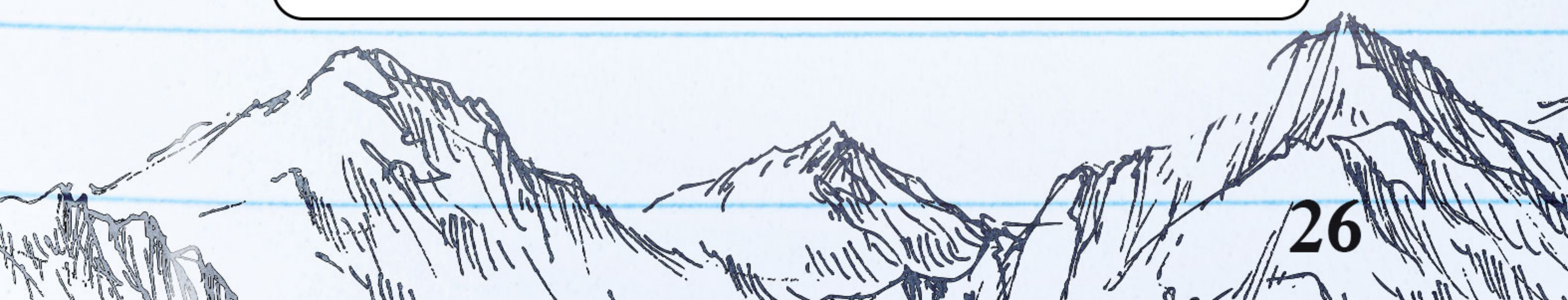
REMEMBER: Focus on rest.

READ: Psalm 23

DO: Practice focusing on these words by doing four things:

1. **READ:** Read it once. Twice. Three times!
2. **MEDITATE:** Write down any words or phrases that captured your attention. Why do you think they stood out to you?

3. **PRAY:** Talk to God. While you can always pray silently, there are more ways to talk to God too, like speaking out loud, writing, dancing, exercising, drawing, or whatever helps you focus.
4. **CONTEMPLATE:** Finally, it's time to simply listen. Sit quietly and give God a chance to speak to you.



DAY 24

REMEMBER: Focus on rest.

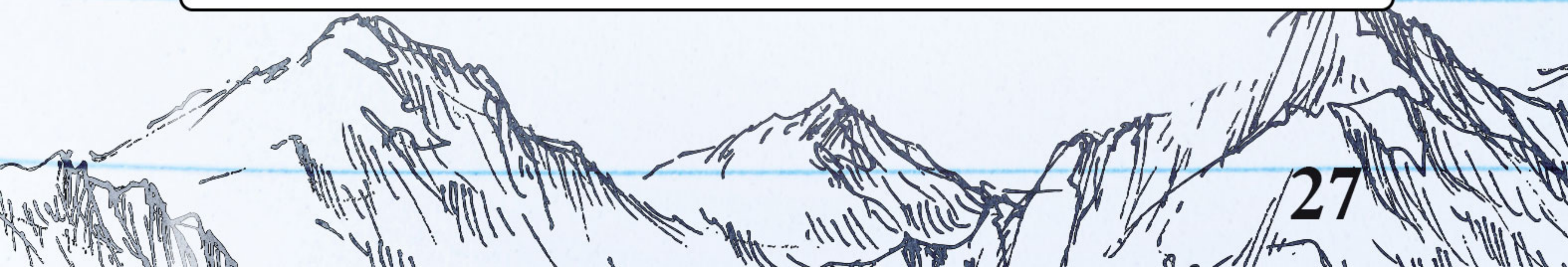
READ: Psalm 4:8

DO: Adjust your bedtime routine to incorporate more rest! What can you do before you fall asleep to help you wind down, connect with God, and sleep more peacefully? You might . . .

- If you need a new routine, write out a checklist for yourself to follow each night.
- Pack your backpack on school nights so your mornings are less chaotic.
- Make a list of things to pray for each night.
- Create a bedtime playlist of worship or reflective music.
- Spend a little time today cleaning or reorganizing the place you sleep so it's a more peaceful place for you to spend time.

What's your new bedtime routine going to look like?

How do you think this will help you grow closer to God?



DAY 25

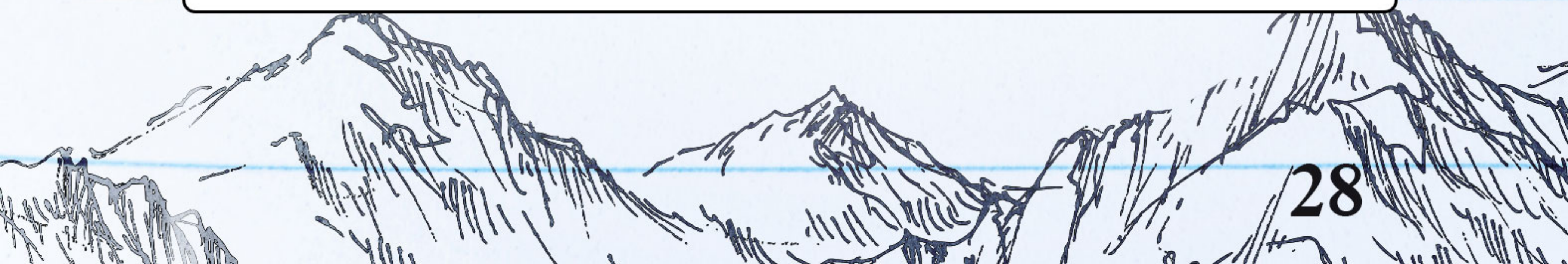
REMEMBER: Focus on rest.

READ: Genesis 2:2-3 & Hebrews 4:9-10

DO: Describe the most restful day you can imagine. How would your day begin? How would it end? What would you do? What would you not do? Who would be there? What would things look, sound, smell, and feel like?

How could you incorporate just one (or a few) of those things into your daily life to help you find more rest?

How do you think this will help you grow closer to God?



DAY 26

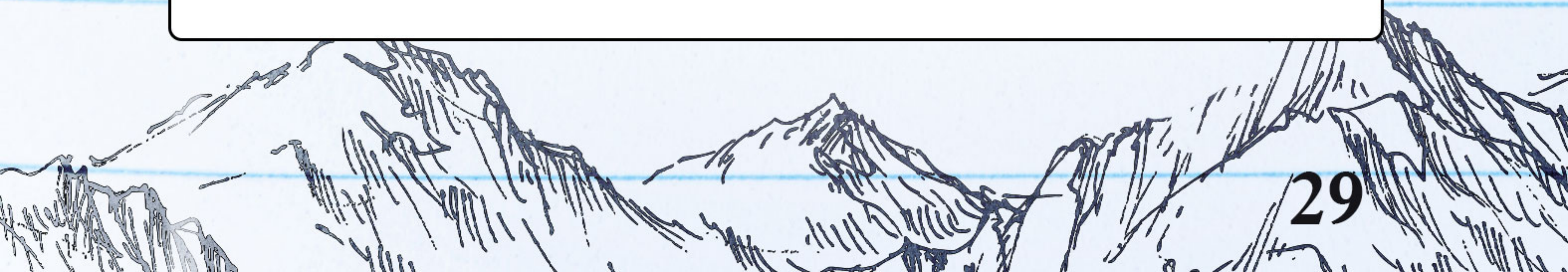
REMEMBER: Focus on rest.

READ: Exodus 33:14

DO: Think back on a time when God's presence helped you find comfort and peace. What were you going through at the time?

How did God help you find rest from what you were going through?

How do you need God to help you find rest like that today?



DAY 27

REMEMBER: Focus on rest.

READ: Psalm 143:8

DO: Adjust your morning routine so your day incorporates rest from the very beginning! What can you do before you start your day to help you prioritize peace? You might . . .

- If you need a new routine, write out a checklist for yourself to follow each morning.
- Update the sound of your alarm clock so you wake up a little more gradually.
- Make a list of things to pray for each morning.
- Start a journal where you make a list of things you're thankful for or want to prioritize each morning.
- Schedule at least 15 minutes each day to spend time in the Bible and in prayer.

What's your new morning routine going to look like?

How do you think this will help you grow closer to God?

DAY 28

REMEMBER: Focus on rest.

READ: Mark 6:31

DO: Brainstorm some ways you could continue focusing on rest after today. How could you focus on making rest a habit every day?

How about once a week?

How about once a month?

How do you think this will help you grow closer to God?