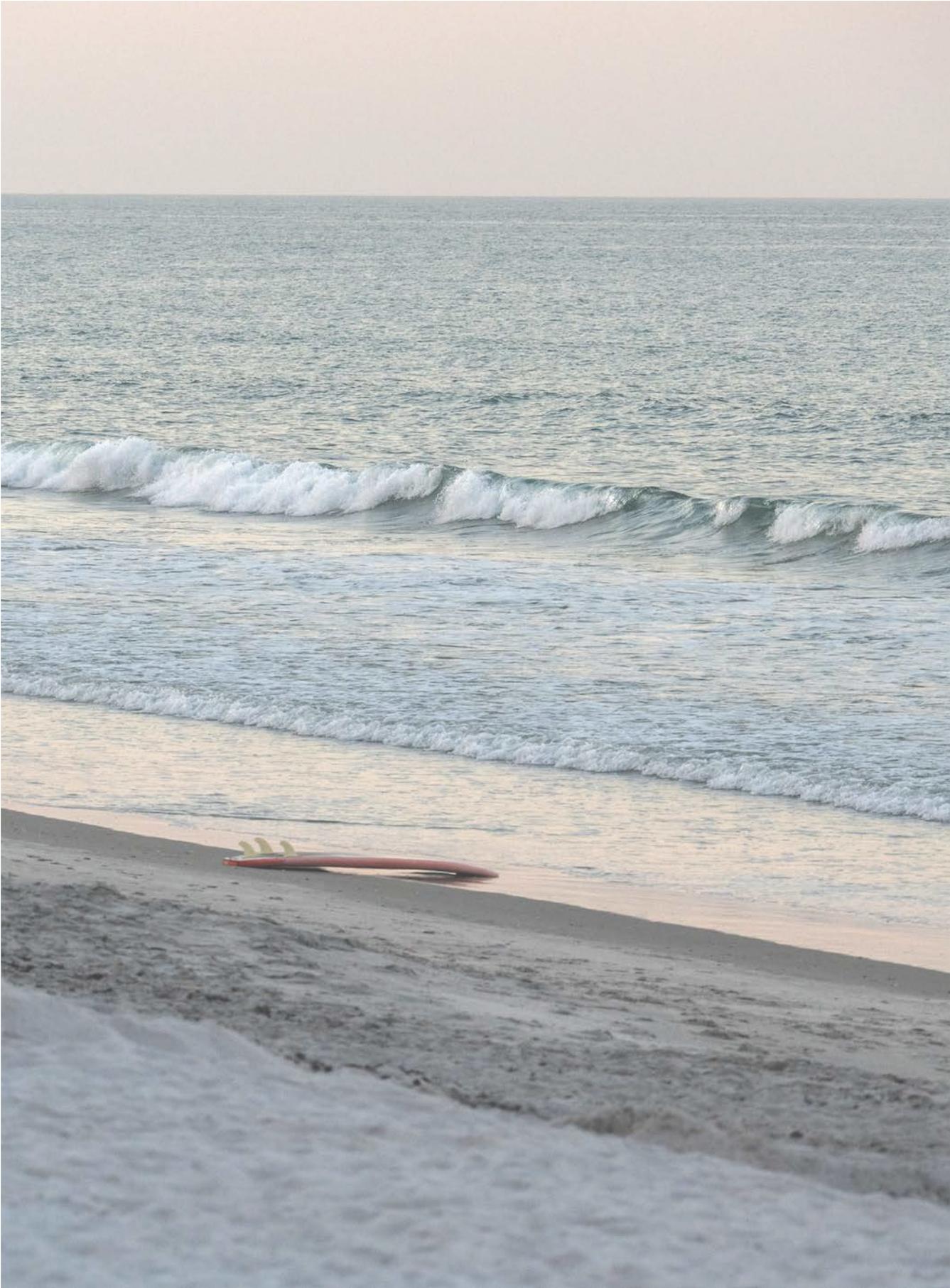


I dedicate this journal to seeing Jesus as He truly is, and to living as God's beloved son by the leading of the Holy Spirit. May my mind, body, and soul find their rest in Jesus. Also, to my wife, Jessica, and my children: Reagan, Hudson, and Adilyn.

A handwritten signature in black ink, reading "Matthew Speltz". The signature is written in a cursive style with a large, stylized initial "M" and "S".



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Introduction

Simple Faith

Over the next 30 days, I'm going to teach you how to engage in guided journaling based on my personal experience as well as what I have learned from some of the people who have taught me their favorite practices over the last 4 years. This is about how to deeply align with God and how to have a healthy soul.

I have done all of these things myself, tested them on my friends and they have said: "More people need this." Yes, even people who hate to read and journal. This isn't just for an ancient generation, the writer, or the avid reader. It's the way we slow down and travel at "Godspeed."

When I say "Godspeed," it has a duality of meaning - the speed that Jesus, God in the flesh, traveled was about 3 miles per hour. He walked everywhere, He went slowly and not in a hurry unlike the modern culture we live in. But the archaic term "Godspeed" also means "God prosper you," specifically as one would embark on a journey or a new venture - just as you are doing right now with this guided journal. So, Godspeed to you.

For the soul to be healthy, it must slow down, process, digest, eliminate toxins, and extract good things. We know this about our body. Don't eat Thanksgiving dinner and then run a 100-yard dash. Yet we ignore this for the soul. We devour life like a starving French bulldog and then keep on running until we collapse into exhaustion and experience the fallout of mental anguish, mind-numbing addiction to technology, overly complicated faith, a lack of emotional health, toxic thinking, and the list goes on.

This book is a collection of methods that will help you to take the time to refresh your soul through reading and journaling. It will help you combat rushing around and shallow faith. It will help you to simplify your faith in an overcomplicated world.

Yes, this will challenge some of you, and you might feel like quitting, but I believe there will be a grace to do this.

So take a moment and pray:

"God, help me to embrace this simple and slow way of living. I love You, God, and I want to know You more. I want to share my thoughts and my soul with You in the safety of Your loving presence."

By the end of 30 days, you could go from never journaling to being an "expert" and developing your own style.

By the end of 30 days, you will grow closer to Jesus.

By the end of 30 days, you will discover new ways to pray and experience God's answers to those prayers.

By the end of 30 days, you will be better at spotting satan's temptations and lies.

By the end of 30 days, you will be able to express your innermost thoughts and desires to God in a safe and loving way.

So lets get started!



Chapter 1/Day 1

Chapter 1/Day 1 : Jesus and Scripture

Purpose: To read your Bible daily, looking for Jesus within its pages.

In the fall of 2025, I went to South Korea with my middle son, Hudson. He was going there for a 3-month international program in his senior year of high school. This was an incredible experience for him and a difficult one too as our little family said goodbye for 84.5 days. (Yes, we were keeping track.) I flew with him to South Korea to help him get situated and to spend some priceless father-son time with him. Little did I know, I was going to walk away with one simple thing that would change the way I read the Bible forever.

All of this happened on the weekend while I was there. Our hosts, Indy and Yeonhee, took us to their church called Suwon Hana Church in Yongin, Korea. I was so blessed and filled with peace when the guest speaker laid his hands on Hudson during the service and prayed, speaking a blessing on his time there; it was like God winked at me and said, "I got this. Your son is in good hands."

They had a guest speaker named Steve Kang, who travels all over the world sharing his testimony of dying of an overdose as a Buddhist and coming back to life, completely convinced God is real and giving his life to Christ. He is an evangelist through and through. As he preached, his words dripped with conviction and love for Jesus. He said, as he smiled, "When you read your Bible, look for Jesus, even in the boring parts." Then he referred to John 5:39. I had heard this many times, but it hit me differently that day. A question shot into my heart: How do I do that?

I had been reading the Bible my whole life, especially for soul health daily for the last 4 years. I was currently reading the Bible in a year program and found myself getting beat down through the Old Testament. There is a repeating theme of mankind failing on a repetitive cycle in exquisite 8K high definition; God calling them to repent, them not listening, followed by the consequences of the judgment and justice of God. I would find myself, at times, self-examining and getting sniped by these tougher passages, often walking away condemned, confused, and accused. This might surprise you, but it's actually quite common. The devil loves to quote God out of context or to misquote Him. He did this to Jesus in His three temptations and to Eve in the Garden of Eden. (Matthew 4 and Genesis 3)

So, in the middle of Pastor Steve Kang's sermon, I grabbed my Bible and looked up John 5:39.

"You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about Me." John 5:39 NIV

Jesus is telling them: Unless you look for Me in those scriptures, you'll never find eternal life. These scriptures you're reading...they're about Me.

"Looking for Jesus" is a bit vague...What exactly do we look for?

One idea is we can take simple truths we know about Jesus and begin to filter what we read through those truths. Here are a few:

Jesus was the sacrifice for your sin.

Jesus gives you His righteousness.

Jesus speaks in grace and truth.

Jesus was the friend of sinners.

Jesus shed His blood and didn't shed anyone else's blood.
Jesus takes our burdens and gives us His grace.
Jesus saves those who call upon Him as Lord.
Jesus is the embodiment of God's character, nature, and expression of His love.
Jesus takes our sins—past, present, and future—and satisfies the justice and judgment of God.

Listen to the words of Albert Einstein:

"I am a Jew, but I am enthralled by the luminous figure of the Nazarene (Jesus). . . . No one can read the Gospels without feeling the actual presence of Jesus. His personality pulsates in every word. No myth is filled with such life. Jesus is too colossal for the pen of phrase-mongers, however artful. No man can dispose of Christianity with a bon mot (witty remark)." ~Albert Einstein

I encourage you, just like Albert Einstein, to look for Jesus in the Gospels, and just like Jesus told us: look for Him in the entirety of Scripture.

I asked retired Pastor Nicky Gumbel if he could pick one thing to do every day to connect with God, what would it be? *"Read your Bible and ask God to speak to you."* Is the Bible really that powerful? Well, this man is responsible for bringing the Gospel to over 30 million people through a program called Alpha curriculum, and I witnessed 300 non-believers, atheists, and agnostics who were seeking Jesus watching his video at HTB Church in London, so I really took his advice to heart.

Have you wondered why the Bible has so much authority and power?

The reason why the Bible is so powerful is because Jesus said, *"All authority in heaven and on earth has been given to Me."* (Matthew 28:18) And the reason why Scripture has authority is because it is about Christ.

Through the next 30 days, you are going to read the book of John- all about Jesus-and a few chapters of Psalms.

So let's put this into practice.

Before you read the Bible, pray:

"Jesus, help me find You in the Scriptures today. Speak to me."

Read John Chapter 1.

Write down one scripture in John 1 that reminds you of Jesus.

Write out a prayer inspired by this scripture.

Dear God,

Your Child,

Notes:



Chapter 2/Day 2

Chapter 2/Day 2: Gratitude

Purpose: To change your perspective to a position of gratitude.

One of my closest friends, Nate Puccini, whom I love and highly respect, is a pastor, international speaker, and one of the most intelligent, generous, and stylish people on the planet. He shared with me a key to his daily spiritual journey. He writes down three things every morning that he is grateful for. He said this sets his brain up to operate in the right flow for the rest of the day. Jordan Peterson refers to this as placing the most important thing at the highest level, and then every thought and action aligned with that will fall into order.

I began to do this daily for over a year, and it's radically changed my outlook.

I tend to have a hard time waking up in the morning, unlike Jessica, my wife, who hears her alarm and springs out of bed for her first cup of coffee like a lioness after a gazelle. I'm more like an overweight hound dog trying to roll out of bed, tripping over my own ears. I'm groggy and unmotivated, and my anxiety is much higher first thing in the morning. In one particular season of life, my first thoughts in the morning would be filled with work or worry. I shared that with a pastor of a church with 20,000 people in it, and he said he could absolutely relate to the "work or worry" thoughts being the first thoughts of his day.

There were actually a couple days in this season when I didn't even want to get out of bed. My wife was my hero during this time and still is. I said to her, "If you see something I need to do to help me, I will do it." She said, "Get up early and seek God." I did and it changed me. Thank you, Jessica, for being there for me. I am more grateful than you know. After my faith in Jesus, it's had the biggest impact on me.

After 2 years of getting up early and seeking God, I discovered this gratitude practice, and it's changed me to the core.

I have noticed that when I start the gratitude portion of my journal, my mind loves it. All of a sudden, the work and worry thoughts disappear. When I focus on gratitude, my attention to things I resent disappears. I've noticed it actually rewrites my memory with a "God perspective," helping me to focus on good things and helping me to give no attention to negative things. Rather than ruminating on bitterness, resentment, and regret (which feeds anxiety, depression, and confusion), I remember the good things and give God thanks. It feeds peace and contentment.

This doesn't mean I don't pay attention to the difficult things. In fact, later in this journal, I'm going to show you how to bring up those hard things in a way that fosters growth and wholeness.

This is my personal experience, but it's also backed up by scientific research. According to studies done by Yonsei University College of Medicine in Seoul, Republic of Korea: The average heart rate was significantly lower during the gratitude intervention than during the resentment intervention. Functional MRI research shows the resting-state brain in the frontal cortex was significantly decreased after the gratitude intervention compared to the resentment intervention.

Basically, separating obsessive negative thoughts from your mind creates a calmer, more positive mental state as well as better emotion regulation. Gratitude helps your heart and brain operate at a healthy level. There is research that indicates gratitude helps you notice more positive things by using your RAS (Reticular Activating System). The more you focus on thanksgiving, the more you notice things to be thankful for. It's also a form of

worship, and it gives God glory and honor for the good things in your life. The word honor means “to add weight to.” Look at it like this: When you add muscle, you add weight, but that weight burns off the fat in the places where you are storing excess weight. You become stronger, faster, lighter, and healthier in the long run. When you give God weight, He burns off the areas where you are storing the effects of sin, trauma, and drama. You become healthier, more joyful, content, and whole.

Spiritually speaking, the Bible states over and over that thanksgiving is the way we position ourselves to receive from God the blessings of His presence.

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” Philippians 4:6 NIV

*“Enter His gates with thanksgiving
and His courts with praise;
give thanks to Him and praise His name.
For the Lord is good and His love endures forever;
His faithfulness continues through all generations.”
Psalm 100:4-5 NIV*

In G.K. Chesterton’s book on St. Francis of Assisi (1923), he writes: “Rossetti makes the remark somewhere, bitterly but with great truth, that the worst moment for the atheist is when he is really thankful and has nobody to thank.”

I would add that the best moments for a Christian are when we see a sunset or a newborn baby, which prompt feelings of gratitude, we know Who to thank. This feeling brings completion to the moment. We thank God: The Creator of the universe, the One who sent Jesus to die for us, the One who gives us the Holy Spirit to live in us, the One who we call Father, and the One who calls us beloved.

So now we are going to practice this.

Pray: “Help me find Jesus in Your Word.”

Read Psalm 100.

What are three things you are grateful for?

Let’s go deeper:

What has happened in the last 24 hours that you are grateful for?



Chapter 3/Day 3

Chapter 3/Day 3: The Love of God

Purpose: To learn to feel God's love and express love back to Him.

I sat in a chair on the back porch looking over the lowlands of Wadmalaw Island in South Carolina, while pouring my soul out to Chip Judd. Chip has spent many hours with me over the years. He also has taught at our church and been an incredible resource in some of the most difficult situations. He is a renowned counselor and pastor who has written books, spoken all over the country, and has been counseling people for 40 years. One of his specialties is counseling pastors. He is used to dealing with people who know a lot about God but find themselves burnt out and struggling with no one to talk to. During this particular meeting with Chip, he shared something with me that changed the way I spend time with God.

I was in a rough spot in life, and he was listening to me pour out my troubles. He stopped me and asked this question: "What things did God create in this world that are beautiful to look at?" I said things like sunsets, mountains, oceans, rivers. And then he said, "Matt, the reason why God made these things is so you can enjoy them. He did this so you would know that He loves you and so that you would feel loved." I sat pondering what he said. He also said, "If there was only one thing I would do every day, every single day, to connect with God, it is to sit back and reflect on the love of God." He told me of times where he just pondered God's love; when he did, his voice would change, and I could see his mind move into the imagination of what all that meant to him. He had such a joyful look on his face, and I wondered and hoped that I could feel God's love like that one day too. I tried this a couple of times but sort of flopped. So, I tucked it away until I felt God leading me to explore this in January 2025, and I continued through the whole year. It's been a year of God expressing His love to me and me expressing my love to Him in return. All year, I have been learning new things about God's love and how to experience it, and I want to share a bit of what I've learned.

Here are a few ways God's love is expressed (come back to this as you journal if you need a reminder):

God's love is expressed through:

1. **Jesus:** *For God so loved the world that He gave His only begotten Son. (John 3:16)* It's impossible to ignore God's love when you consider that He sent Jesus, His only Son, to love you by dying on the cross and rising from the dead.
2. **Loving people:** At times, people can reflect God's love, like when a baby looks at its mother or father with purity or innocence or like a grandfather laughing with his grandchildren, while he is telling them stories.
3. **Creation:** *Psalm 136* declares that God's love endures forever through the world that He created; the water, the heavens, the sun, moon, and stars.
4. **The Father's love:** We are in Christ, and therefore, we are God's beloved children. Jesus taught us to pray to God as a Father, and we now see God's loving power as a good Father. A perfect Father is patient, kind, strong, true, protecting, sacrificing, teaching, correcting, and full of joy 100% of the time. Only God is a perfect Father.
5. **God's goodness:** In our gratitude journaling, we tell God about all the good things. We love to open up our hearts to God's love. John Eldredge says in the book *Get Your Life Back*, "*Start with something*

you love. The laughter of your child. Sunlight on the ocean. Your beloved dog. A favorite song; music itself... We begin with the things we love; this is the way back, the path home (to a healthy soul). For we don't always draw the connection—God made these specifically for you and gave you the heart to love them... He is the creator of everything I love. Your heart will naturally respond by opening towards Him. God loves that you love these things.” Every blessing comes from Him because He loves you. To experience the love of God, we can tell Him that we love Him back for all of these things. Thank You for all these blessings; I love You, God.

This world has a way of complicating things so badly that we forget the simple things like gratitude and love. They seem unimportant and too ethereal to have any effect unless we slow down and let our hearts open up to these incredible realities: that God loves you, and the good things in life are an expression of His love to you.

In the book *Blue Like Jazz*, Donald Miller tells the story of his friend Alan, who was interviewing Bill Bright, founder of CRU, formally known as Campus Crusade for Christ, a ministry reaching 8,919 colleges across the world. They were talking all about the impact of the worldwide ministry, and then Alan asked Bill Bright, “What does Jesus mean to you?” Before he could even answer the question, his eyes teared up. Alan thought, “I want to love Jesus like that.”

I do too. What if this year we had a goal of simple faith: I want to love Jesus more this year than I did last year? I would call this winning.

Let's add God's love to the journaling process.

Pray: “*Help me find Jesus in Your Word.*”

Read Psalm 136.

Highlight verses that stand out.

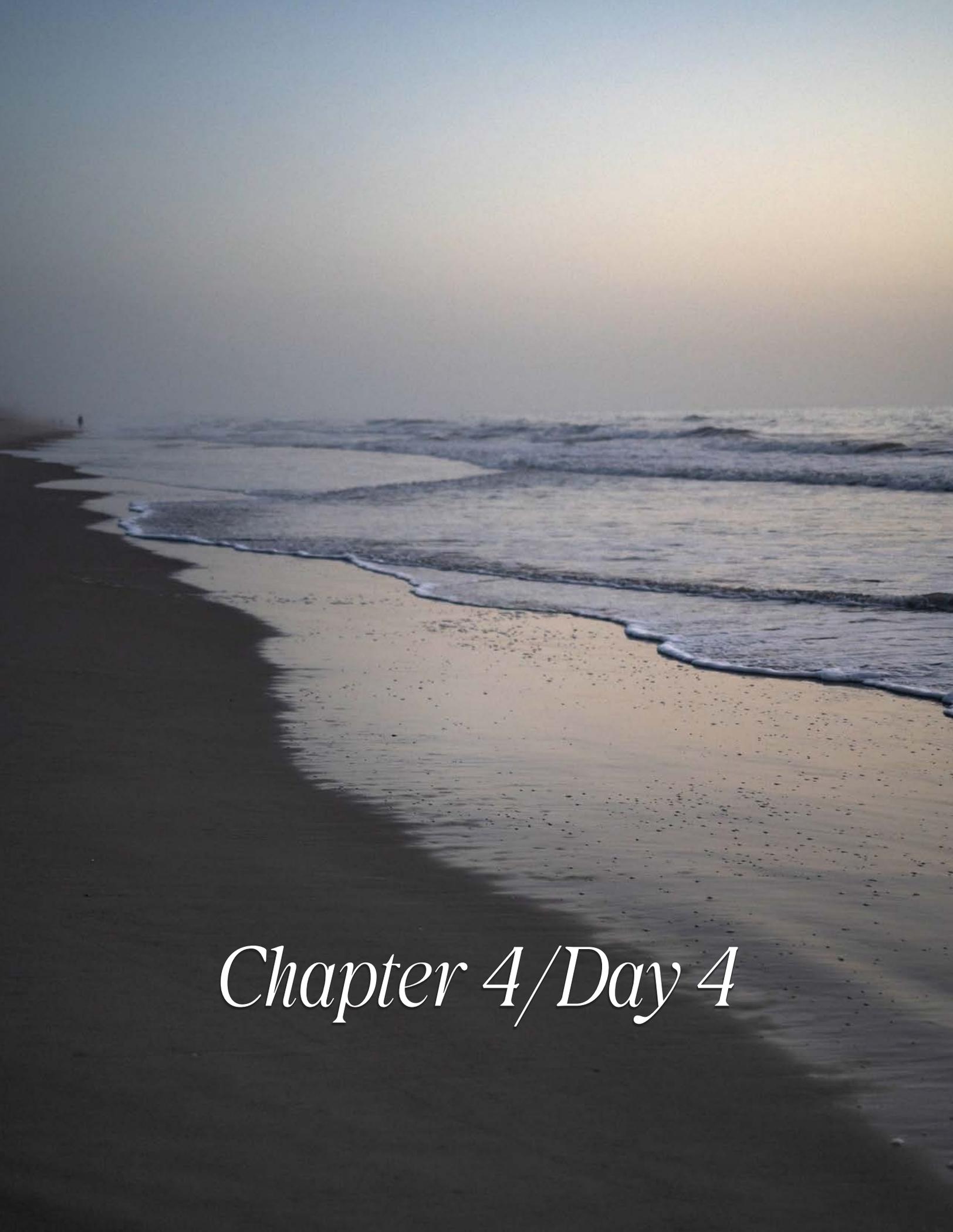
Gratitude: What are you grateful for that has happened in the last 24 hours?

Love of God: *Pick one of these areas and reflect on God's love and write down what comes to mind. (see example on page 14)*

- A. Jesus
- B. Loving people
- C. Creation
- D. The Father's love
- E. God's goodness



Example: There was a moment where I stopped and noticed the sun setting and I was grateful. God I love You for this sunset.



Chapter 4/Day 4

Chapter 4/Day 4: Lies I Believe

Purpose: To find the lies you believe and replace them with the Truth.

I was invited, along with about 20 other lead pastors, to take part in a freedom journey together. I sat in a safe place and spoke of difficult things I was dealing with. Confessing struggles, sin, and finding a brotherhood of men who were willing to go through this together. Pastor Randy Bezet gathered us together and introduced us to Robby Spillman. Little did I know he would become a friend, mentor, and I now call him my big brother.

Robby declared with conviction that the devil has no power over you except what you give him, and the way he gets you to hand over your power is to believe a lie. He listed out 99 lies that people believe that get them in trouble. Here are a few lies from his list: **God is not good. There is something wrong with me. God can't forgive me.**

Lies burrow into our mind and become part of our operating system; we begin to act based on them. I'll give you a simple example: If you think your boss has it out for you when he or she doesn't, you will live in a way that is defensive, hiding, cautious and nervous, which is likely to cause you to make mistakes and act out. The problem with this is that it is extremely likely that you will turn that lie into the truth. Because you are being defensive and acting nervous, you're more likely to make mistakes and act in a way that your boss will not like and not understand. This is called a self-fulfilling prophecy that is built on a lie, which is when a false belief causes someone to act in a way that makes that belief a reality. This happens all the time. It can happen in marriage. For example, you start believing a lie about your spouse, like: *My husband or wife is selfish and they aren't attracted to me anymore.* Then they tell you that you didn't button your shirt up correctly, and you explode in defense. "Why are you so critical?" Actually...they were just trying to help you out with the shirt they bought you for your birthday so you don't look like a big idiot when you're giving your work presentation to your boss who actually likes you. Get the drift?

So the goal is identifying the lies, but how?

One day Robby shared with me that the most important thing he did to connect with God is ask these three questions:

What lies am I believing about God?

What lies am I believing about myself?

What lies am I believing about people?

Truthfully, I was terrified to do this. I didn't want God to expose my shortcomings. At the time Robby told me this, I could not stomach the thought of making mistakes without heaping massive amounts of condemnation upon myself. But at the beginning of 2025, I felt prompted by the Holy Spirit to build upon Robby's questions and start asking God this one simple question:

God, what lies am I believing?

It's really important that you ask God and you don't just start thinking on your own. While thinking is important, we want to **ask God** to reveal what's going on. The reason we believe the lie in the first place is because our minds, shaped by our lived experience, convince us it's a good idea. We need to hear from God to break free

from our own experiences, beliefs, and our superego (inner critic). The Bible is where we learn the truth.

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” Psalm 139:23-24 NIV

We are not examining ourselves, but offering up our hearts and minds to God to take a look. An offensive way is a well-worn path inside of us that hurts us and others. God wants to help us. His examination is full of grace and truth. Let me remind you that Jesus was sent to this earth as the perfect Lamb. He was examined in our place. God is not looking for the lie to condemn you, but to remove access from the enemy and to set you free.

Here is what it has done for me...

1. I have learned to hear the Holy Spirit.
2. I’m not afraid of asking God to examine me anymore.
3. I clarify what’s going on inside me.
4. I begin to recognize patterns of lies I keep coming back to.
5. I also started spotting these lies in real time.

Pray: “Help me see Jesus in the Scripture today.”

Read John 2.

Gratitude: *Write at least 3 things you are thankful for.*

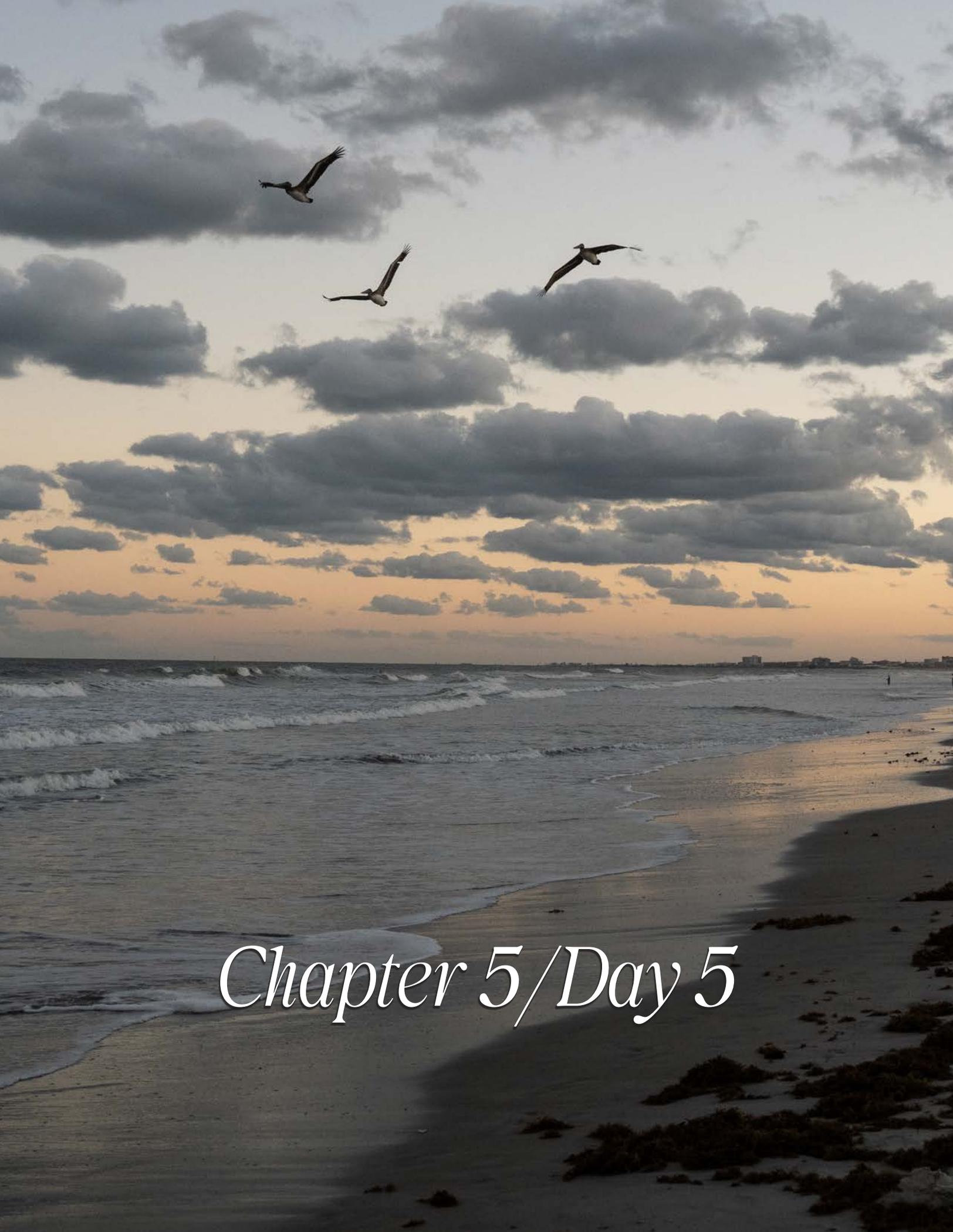
Love of God: *Ask God to show you a picture of how much the Father loves you.*

What lies am I believing?

Offer these lies to God and ask Him to lead you into the Truth.

Write down any truth you hear from God or from scripture.





Chapter 5/Day 5

Chapter 5/Day 5: Dear God,

Purpose: To learn how to experience a deeper level of prayer.

When I met Joe Chambers I was getting weary of ministry. I remember feeling so distant from God. The ministry had taken over my spiritual walk. This was a crazy time. Covid had just happened and the world was going through public trauma and private trauma. Add on to that: I had just taken the senior leader role at my church in a very tumultuous time.

Adding to the tumult were 2 church splits, and losing half of our attendance overnight with covid. We also transitioned our church from my dad to me, we cancelled a building project and then started a building project. I remember one day when I was speaking to a large group of people and I thought... “God I am going to help You build this church and then I am going to be thrown away.” I was believing a lie and I had fallen into the trap of this: my identity was built on my performance and my work for God. I no longer saw myself as a beloved son, but just a tool in His tool box.

Joe Chambers has an amazing testimony of struggling. Through decades of pursuit, he is now helping hundreds of people every year draw closer to God. These people are going through the worst time of their lives and Joe and his team step in and guide them out. Joe told me that he would open a blank journal and say Dear God... and then just write. There are many good things about this. “Dear God” is a prayer. It’s taking time to process the deeper things with God. It’s a way to mourn, a way to show honor, and it’s a way to ask God for help.

I’ve found that when I pray in this order—starting with gratitude, then focusing on God’s love and how it shapes my identity, and finally asking Him to reveal any lies I’m believing—it opens my heart to go a little deeper. Prayer is something that can take time to drill into what’s really going on inside. To go past the surface, into the depths of your heart. Dr. Harold G. Koenig, a psychiatrist and director of Duke University’s Center for Spirituality, Theology, and Health, stated: “*Probably saying a 30-second prayer at a key moment has done more good than any psychotherapy or drugs I’ve prescribed.*” I love that. I believe the timing of prayer matters, and you could wait for life to get so rough that it forces you to pray out of the depths or you could cultivate your heart daily so these prayers flow out regularly. Tough choice, right? I have totally done both and I like the latter better.

Personally, I always start my prayer with “Dear God,” but you can address Him in the way that feels most personal to you—“Dear Jesus,” “Father,” “Lord,” “Savior,” or whatever draws you closer to Him. Then, end your prayer by signing off with your God-given identity. I say, “Your Son,” Matthew Stallbaum. But you might say, “Your beloved child,” “Your mighty servant,” “with love,” whatever is on your heart. It might seem strange or silly to you, but I actually created a new signature I use when signing off to God. The reason I did this is because I wanted to remind myself every time I talk to God that I have a new identity. I am His dearly beloved son. Plus my old signature was a messy disaster. LOL.



Old Signature



New Signature

Pray: *“Help me see Jesus in the scriptures today.”*

Read John 3.

Gratitude: *What are three things you are grateful for?*

Love of God: *Ask God to show you a picture of how much the Father loves you.*

What lies am I believing?

Write a letter to God.

Dear God,

Your identity in Christ

Your signature





Chapter 6/Day 6

Chapter 6/Day 6: Prayer Prompts

Purpose: To create more depth in prayer through guided questions.

In 2017, I went to Jerusalem and stood at the Western Wall of the temple mount on a Friday night. There were hundreds, if not thousands, of people there singing and dancing. The men gathered in one area and the women in the other. Jessica told me later of the incredible prayer time she had at the wall. She had a vision, a word from God, and revelation that we carried God's presence with us. I, on the other hand, did not. It was anticlimactic.

In 2023, I was standing at the Western Wall of the temple mount in Jerusalem. I began to pray and the words just began to flow out of me; it was so powerful. I was reminded of being in this exact spot 7 years earlier. The first time at this wall, I struggled to form words. This time, words flowed from my heart and time just flew by as I connected with God through prayer.

Prayer is so powerful and it has many benefits.

"Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours." Mark 11:24 ESV

"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened." Matthew 7:7-8 ESV

I never realized that my private prayer life was not very healthy but two things transformed me. One: The Pray First app by Pastor Chris Hodges. It is free to download. And two: going through Pastor's University with Pastor Larry Stockstill. Larry taught us 50 lessons from his 50 years of ministry, and the one that stood out to me the most was prayer. He used various prayer formats in the Bible to pray. Prayer formats are like prompts from scripture to inspire you to pray. I absolutely love them. What's interesting to me is I used to look down on these, but it's because I never tried them. One prayer format I pray is the Jabez Prayer. It breaks down like this: God's blessing, Expand influence, God's presence, and God's protection. What I love about prayer formats is that it causes us to step out of our comfort zone and pray scripture that we maybe otherwise would not gravitate to on our own. I have used the prayer formats in all sorts of circumstances. For example, I was lying on an MRI table for 1 hour and 30 minutes and could not listen to music because my head had to sit in a stabilizer. So I went through my journal prompts in my head as well as the prayer formats I'd memorized.

I have created prayer prompts on several types of prayers and scriptures. When you answer these, you are bringing your requests, needs, and desires before God.

Maybe you've never used a prayer prompt. Let me give you some tips. When you answer the questions, you are bringing the answers to God. You can follow up with more words out loud but you don't have to. He can hear your answers and read your writing.

The benefits from this are many, but I want to point out a few: You draw out of your heart your deepest desires and you bring these up before God to get Him involved. Also, scientific studies have shown that prayer has the ability to affect your nervous system in a positive way.

Peter Levin, a sociologist and author stated this: *“Prayer contributes to feelings of tranquility by altering brain chemistry and structure. This is tied to structured prayer prompting which decreased sympathetic nervous system activity and increased parasympathetic activity, countering fight-or-flight responses for calmer states.”* (Levin, 2020)

So, it makes sense when the Bible says:

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” Philippians 4:6 ESV

It’s time to give this a try.

Prayer: *“Help me find You, Jesus, in the Bible today.”*

Read Psalm 17.

What is hard or difficult to deal with?

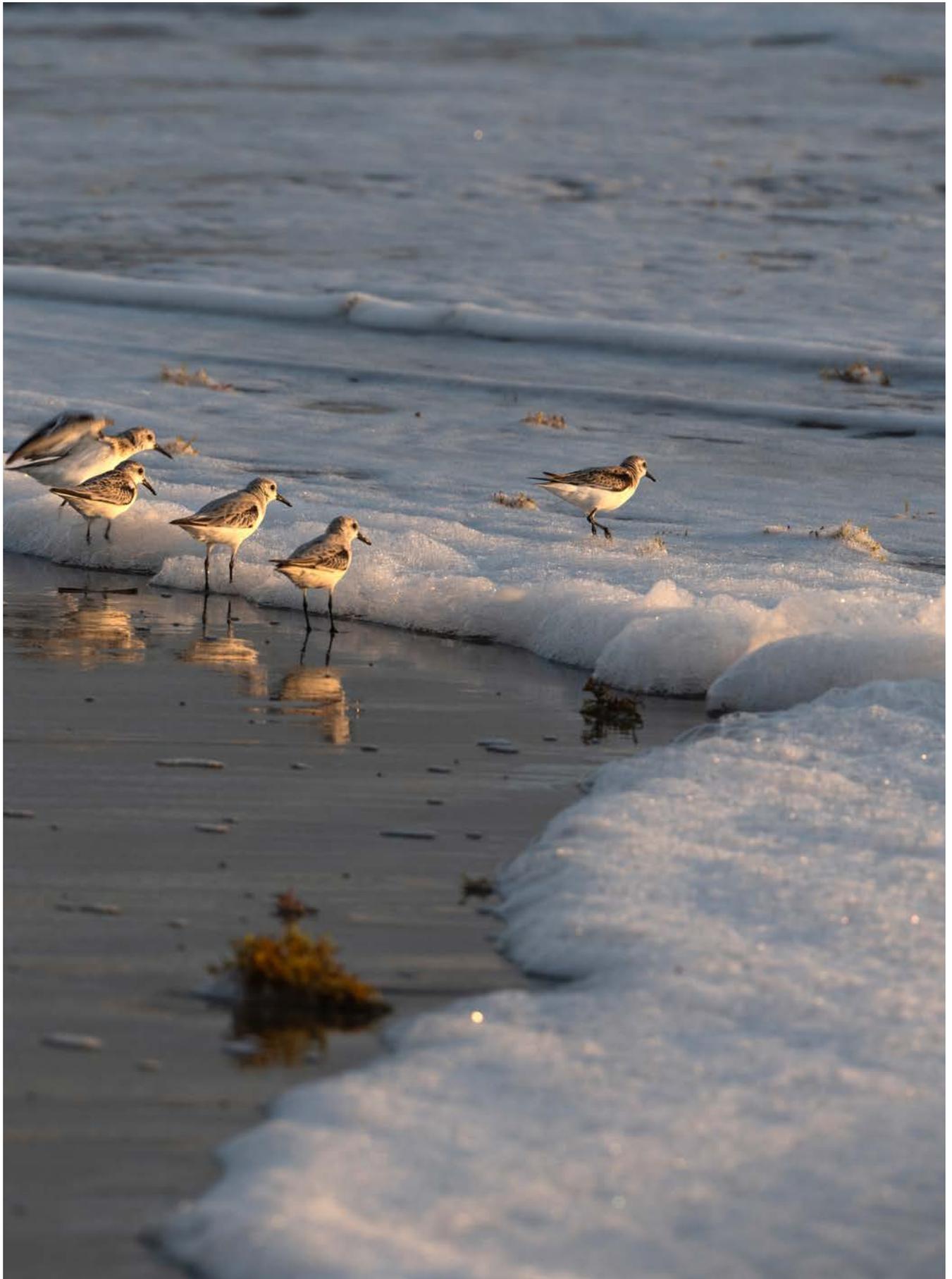
What do you need today?

Where do you want God’s blessing?

Through God’s presence what do you want to experience?

Where do you need God’s protection?

Other daily prayer requests. (I usually put my family in here)





How to use:

Bible Reading: Psalm 4

Help me see Jesus in the scriptures today.

Man, verse 1 is so relatable. "Answer me when I pray, O God, my defender! When I was in trouble, you helped me. Be kind to me now and hear my prayer."

Write at least 3 things you are thankful for.

Went on a date with my wife, the afternoon walk, God speaking a word to me to share with another church.

Love of God: Ask God to show you a picture of how much the Father loves you.

For Robby, Joe, Nate, Peter, Mark, Chip, Randy, Larry, Pete, these men have all drawn me closer to God, and they reflect the love of the Father.

What lies am I believing?

The frowns of others mean more than the smile of God

Write a letter to God.

Dear God,

Thank You for all the people You have sent to me, from the family I was raised in - to my in-laws, my children, and my wife.

I'm so grateful that You surround me with people that love me.

I pray that I would learn to love myself a little bit more every day.

Help me give the love You surrounded me with back to others.

Your Child , Matt

What is hard or difficult to deal with?

fearful intrusive thoughts, being lied about, and misunderstood

What do you need today?

fresh words from heaven, wisdom, to learn from my mistakes and to walk forward

Where do you want God to bless you?

this journal, my children, my marriage, my health

Of God's presence, what do you want to experience?

Your Still Small Voice

Where do you need God's protection?

from the effects of negative thoughts

Other daily prayer requests...

MJRHA (families initials) Lynette's health

Note: Go back to days 1-6 when you need a reminder for how to do each prompt.

Chapter 7/Day 7

Bible Reading: John 4

Help me see Jesus in the scriptures today.

Write at least 3 things you are thankful for.

Love of God: Ask God to show you a picture of how much the Father loves you.

What lies am I believing?

Write a letter to God.

Dear God,

_____,
Your identity in Christ

_____,
Your signature

What is hard or difficult to deal with?

What do you need today?

Where do you want God to bless you?

Of God's presence, what do you want to experience?

Where do you need God's protection?

Other daily prayer requests...

Overflow: Ideas, notes, and to dos...

Chapter 8/Day 8

Bible Reading: John 5

Help me see Jesus in the scriptures today.

Write at least 3 things you are thankful for.

Love of God: Ask God to show you a picture of how much the Father loves you.

What lies am I believing?

Write a letter to God.

Dear God,

_____,
Your identity in Christ

Your signature

What is hard or difficult to deal with?

What do you need today?

Where do you want God to bless you?

Of God's presence, what do you want to experience?

Where do you need God's protection?

Other daily prayer requests...

Overflow: Ideas, notes, and to dos...

Chapter 9/Day 9

Bible Reading: John 6

Help me see Jesus in the scriptures today.

Write at least 3 things you are thankful for.

Love of God: Ask God to show you a picture of how much the Father loves you.

What lies am I believing?

Write a letter to God.

Dear God,

_____,
Your identity in Christ

_____,
Your signature

What is hard or difficult to deal with?

What do you need today?

Where do you want God to bless you?

Of God's presence, what do you want to experience?

Where do you need God's protection?

Other daily prayer requests...

Overflow: Ideas, notes, and to dos...

Chapter 10/Day 10

Bible Reading: John 7

Help me see Jesus in the scriptures today.

Write at least 3 things you are thankful for.

Love of God: Ask God to show you a picture of how much the Father loves you.

What lies am I believing?

Write a letter to God.

Dear God,

_____,
Your identity in Christ

_____,
Your signature

What is hard or difficult to deal with?

What do you need today?

Where do you want God to bless you?

Of God's presence, what do you want to experience?

Where do you need God's protection?

Other daily prayer requests...

Overflow: Ideas, notes, and to dos...

What is hard or difficult to deal with?

What do you need today?

Where do you want God to bless you?

Of God's presence, what do you want to experience?

Where do you need God's protection?

Other daily prayer requests...

Overflow: Ideas, notes, and to dos...

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What do you need today?

Where do you want God to bless you?

Of God's presence, what do you want to experience?

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Other daily prayer requests...

Overflow: Ideas, notes, and to dos...

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Other daily prayer requests...

Overflow: Ideas, notes, and to dos...

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Other daily prayer requests...

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Other daily prayer requests...

Overflow: Ideas, notes, and to dos...

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Where do you need God's protection?

Other daily prayer requests...

Overflow: Ideas, notes, and to dos...

What is hard or difficult to deal with?

What do you need today?

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Of God's presence, what do you want to experience?

Where do you need God's protection?

Other daily prayer requests...

Overflow: Ideas, notes, and to dos...

Chapter 20/Day 20

Bible Reading: John 17

Help me see Jesus in the scriptures today.

Write at least 3 things you are thankful for.

Love of God: Ask God to show you a picture of how much the Father loves you.

What lies am I believing?

Write a letter to God.

Dear God,

_____ , _____

What is hard or difficult to deal with?

What do you need today?

Where do you want God to bless you?

Of God's presence, what do you want to experience?

Where do you need God's protection?

Other daily prayer requests...

Overflow: Ideas, notes, and to dos...

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Other daily prayer requests...

Overflow: Ideas, notes, and to dos...

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Other daily prayer requests...

Overflow: Ideas, notes, and to dos...

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Other daily prayer requests...

Overflow: Ideas, notes, and to dos...

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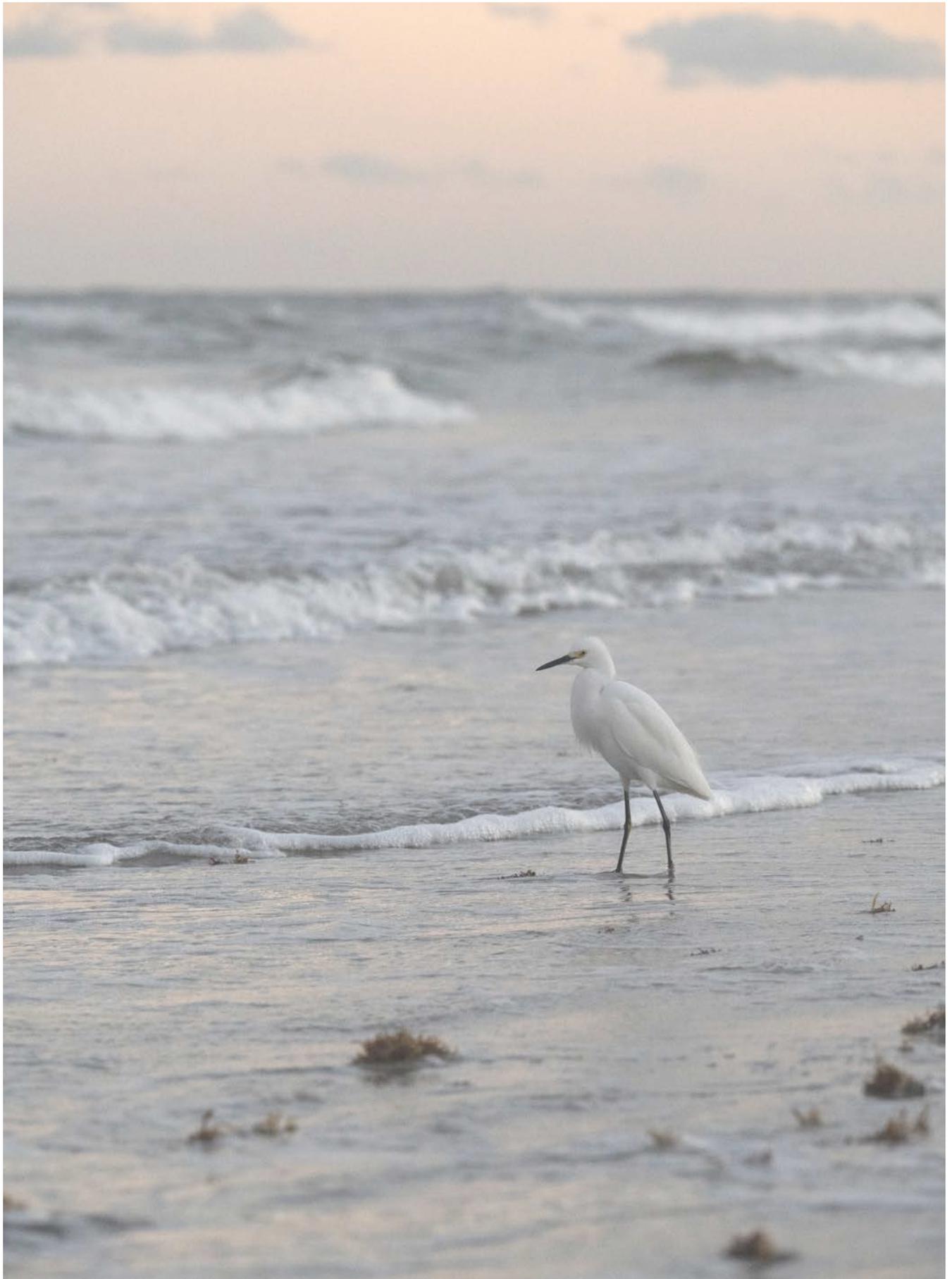
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Where do you need God's protection?

Other daily prayer requests...

Overflow: Ideas, notes, and to dos...



Keep Going!

You've completed the 30 Day Simple Faith Guided Journal, but this is just the beginning!

The following blank pages are for you to continue journaling. Just choose a book and chapter, and keep going.

Bible Reading: _____

Help me see Jesus in the scriptures today.

Write at least 3 things you are thankful for.

Love of God: Ask God to show you a picture of how much the Father loves you.

What lies am I believing?

Write a letter to God.

Dear God,

What is hard or difficult to deal with?

What do you need today?

Where do you want God to bless you?

Of God's presence, what do you want to experience?

Where do you need God's protection?

Other daily prayer requests...

Overflow: Ideas, notes, and to dos...

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Other daily prayer requests...

Overflow: Ideas, notes, and to dos...

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Other daily prayer requests...

Overflow: Ideas, notes, and to dos...

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Other daily prayer requests...

Overflow: Ideas, notes, and to dos...

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Overflow: Ideas, notes, and to dos...

