



SCRIPTURE JOURNALING

ROMANS

To aid your experience through our Sunday morning series in the book of Romans, we encourage you to try the spiritual discipline of journaling with your Discipleship Group. Journaling is a lesser-known but simple and powerful discipline. Scripture journaling, specifically, is the recording of your heart's thoughts to the words of God. In other words, it is written prayer. Writing prayers after reading God's Word has the benefit of keeping our hearts and minds focused and deepens our experience.

Below is a simple process to follow for scripture journaling. For this exercise, you may use the Romans Scripture Journal or any other journal you prefer.

CHOOSE A PLAN - Follow the Romans Bible reading plan on the back of this document. Read one passage per week.

CHOOSE A TEXT - Choose one portion from the reading that stood out or made you pause and let this be the portion you journal through.

RECORD YOUR PRAYERS - Begin recording your heart's response to the reading. What are you thinking and feeling after reading this text? Write it all down. There's no length or formula to follow. The questions below may serve as a helpful guide.

What stood out to you? Did something encourage, convict, or amaze you?

Did you learn something new about God? About yourself? About the world?

Are you inspired to action?

Do you have questions about the text?

END WITH HOPE - The Psalms provide multiple examples of individuals recording their heart response to God. They are real and authentic but no matter how down the author may get, they end by reminding themselves of the hope found in God. Follow the lead of these inspired authors.

SHARE IN DISCIPLESHIP GROUP - One goal of Discipleship Group is to share what God's Word is doing in your heart. Your journaling experience has prepared you to do that. Take some time to share what you learned. You don't need to share everything and be sure to leave time for others to share.

"Good writing is not just the expression of what we're already experiencing, but the deepening of it." David Mathis

ROMANS

READING PLAN

WEEK 1	Romans 1:1-17
WEEK 2	Romans 1:18-3:20
WEEK 3	Romans 3:21-4:25
WEEK 4	Romans 5:1-21
WEEK 5	Romans 6:1-7:25
WEEK 6	Romans 8:1-39
WEEK 7	Romans 9:1-33
WEEK 8	Romans 10:1-11:36
WEEK 9	Romans 12:1-13:14
WEEK 10	Romans 14:1-16:23
WEEK 11	Romans 16:25-27