

SILVERDALE WOMEN

SEVEN
day plan

**EVERYONE HAS A STORY;
THIS JOURNAL IS FOR YOURS!**

TO START, WRITE DOWN AN AREA IN YOUR LIFE
THAT FEELS CHAOTIC.

READ HEBREWS 12:2-3.
THEN WRITE A SHORT NOTE ASKING JESUS TO
HELP YOU FIX YOUR EYES ON HIM.

WANT TO KEEP THIS GOING?
TEXT "LOOK" TO (423)418-6160
TO RECEIVE THE PLAN.
LET'S LOOK TO JESUS TOGETHER THIS WEEK!

Silverdale women

SILVERDALEBC.COM

SILVERDALE WOMEN

day one
PSALM 121:1-2

READ PSALM 121:1-2

WHERE DO YOUR EYES LOOK FOR HELP OTHER THAN JESUS? (SOCIAL MEDIA, NEWS, APPROVAL OF A LOVED ONE, COMPLETED TO DO LIST, BANK ACCOUNT BALANCE...)

THE PSALMIST STATES THAT HELP COMES FROM THE LORD, THE MAKER OF HEAVEN AND EARTH. AS CREATOR OF ALL THINGS, GOD HOLDS POWER TO DO THINGS WE SIMPLY CANNOT.

MAKE A LIST TODAY IN YOUR JOURNAL OF THINGS THAT ONLY GOD CAN DO. THEN PRAISE HIM FOR HIS POWER.

Silverdale women

SILVERDALEBC.COM

SILVERDALE WOMEN

day two

PSALM 121:3-8



READ PSALM 121:3-8

THE LORD, WHO NEVER GROWS WEARY, IS OUR KEEPER FOREVER!

IN OTHER PLACES IN SCRIPTURE, HE PROMISES TO NEVER LEAVE US NOR FORSAKE US (HEB. 13:5) AND IS EVEN GIVEN THE NAME "IMMANUEL", GOD WITH US!

JOURNAL TODAY ABOUT TIMES YOU KNOW HE WAS WITH YOU AND ABOUT TIMES YOU COULDN'T FEEL HIM.

EVEN IN THE TIMES WE CAN'T FEEL HIS NEARNESS, WE KNOW WE CAN TRUST HIS PROMISES IN HIS WORD, AND THAT BRINGS PEACE AND CONFIDENCE AMONGST THE CHAOS. THANK THE LORD FOR HIS PRESENCE TODAY.

Silverdale women

SILVERDALEBC.COM

SILVERDALE WOMEN

day three

HEBREWS 13:8



READ HEBREWS 13:8

HEBREWS 13:8 PROCLAIMS, “JESUS CHRIST IS THE SAME YESTERDAY, TODAY AND FOREVER.” READ THAT AGAIN. HE NEVER CHANGES. EVER.

THAT ALONE BRINGS CONFIDENCE AMONG ALL THE INSTABILITY OF OUR TIMES. WHAT WAS ONCE TRUE ABOUT CHRIST WILL ALWAYS BE TRUE ABOUT CHRIST.

JOURNAL THE SIGNIFICANCE OF JESUS BEING THE SAME IN THESE THREE TIME PERIODS: PAST, PRESENT AND FUTURE. WHAT EFFECT SHOULD THIS HAVE ON HOW WE LIVE?

SPEND SOME TIME PRAISING HIM FOR BEING UNCHANGING.

Silverdale women

SILVERDALEBC.COM

SILVERDALE WOMEN

day four

TITUS 3:4-6

EPHESIANS 2:1-8



D A Y F O U R

**R E A D T I T U S 3 : 4 - 6 A N D
E P H E S I A N S 2 : 1 - 8**

IN YOUR JOURNAL, MAKE TWO COLUMNS.

ON ONE SIDE, RECORD GOD'S CHARACTERISTICS
AND ACTIONS FROM THE READING. ON THE
OTHER SIDE, RECORD OURS.

THANK HIM FOR BEING THE SAVIOR!

Silverdale women

SILVERDALEBC.COM

SILVERDALE WOMEN

day five

ISAIAH 9:6



READ ISAIAH 9:6

ISAIAH 9:6 WAS WRITTEN LOOKING FORWARD TO JESUS' ARRIVAL AND WORK ON EARTH. IN IT, HE'S DESCRIBED AS "WONDERFUL, COUNSELOR, MIGHTY GOD, EVERLASTING FATHER, PRINCE OF PEACE."

CONSIDER WHICH OF THESE TITLES STICK OUT TO YOU THE MOST AND WHY.

JOURNAL YOUR THOUGHTS AND ASK HIM TO MAKE YOU MORE AWARE OF HOW HE STILL FULFILLS EACH TITLE PERFECTLY.

Silverdale women

SILVERDALEBC.COM

SILVERDALE WOMEN

day six

MATTHEW 11:1-15

READ MATTHEW 11:1-5

JOHN THE BAPTIST IS IN PRISON (MAJOR HARDSHIP) AND HE BEGINS TO DOUBT WHO JESUS IS, EVEN ASKING “SHOULD WE LOOK FOR ANOTHER?” JESUS DOESN’T REBUKE JOHN FOR DOUBTING OR QUESTIONING BUT REMINDS HIM OF ALL HE HAS DONE.

SOMETIMES WHEN LIFE IS CHAOTIC, WE ASK JOHN’S QUESTION, “SHOULD WE LOOK FOR ANOTHER?”, OR IN MORE MODERN TERMS, “DOES THIS CHRISTIANITY THING REALLY WORK?”.

A HELPFUL PRACTICE IN THESE TIMES IS TO JOURNAL THINGS GOD HAS DONE FOR YOU IN THE PAST TO GIVE YOU CONFIDENCE IN THE PRESENT. DO THAT TODAY, THEN THANK GOD FOR HIS FAITHFULNESS.

Silverdale women

SILVERDALEBC.COM

SILVERDALE WOMEN

day seven

PSALM 34:5

2 CORINTHIANS 3:18



**READ PSALM 34:5 AND
2 CORINTHIANS 3:18**

THOSE WHO LOOK TO A JESUS ARE DESCRIBED AS BEING “RADIANT” AND “BEING TRANSFORMED FROM ONE DEGREE OF GLORY TO ANOTHER.”

LOOKING TO JESUS ACTUALLY MAKES US MORE BEAUTIFUL!

JOURNAL HOW LOOKING TO HIM CHANGES US.

WRITE A PRAYER ASKING FOR HIS BEAUTY TO SHINE IN YOU!

Silverdale women

SILVERDALEBC.COM