

Today's Date _____

Day One

Morning

If nothing changed in your life, where would you be five years from now? Ten years from now? How do you feel about that?

Pick a book you'd like to read this month. You'll be processing the things you learn in this journal. What book do you purpose to read this month, and why are you selecting this book?

Pray Psalm 3 OUT LOUD:

Lord, how my foes increase! There are many who attack me. Many say about me, "There is no help for him in God." But You, Lord, are a shield around me, my glory, and the One who lifts up my head. I cry aloud to the Lord, and He answers me from His holy mountain. I lie down and sleep; I wake again because the Lord sustains me. I am not afraid of the thousands of people who have taken their stand against me on every side.

What is your greatest challenge in life right now?

Write a note to your Father in heaven, asking Him to change your life in a key area this month.

Day One

Evening

Did anything happen today, good or bad? Describe it here:

When you relive this incident, try to notice what you believed about yourself and write it down:

What did you believe about God?

Imagine that you are a little girl who just experienced the same event. If you were to come alongside that little girl, how would you mentor her in this moment? What truth would you tell her?

Our true value is based not on our behavior or the approval of others but on what God's Word says is true of us. Our behavior is often a reflection of our beliefs about who we are. It is usually consistent with what we think to be true about ourselves (Prov. 23:7). If we base our worth solidly on the truths of God's Word, then our behavior will often reflect His love, grace, and power. But if we base our worth on our abilities or the fickle approval of others, then our behavior will reflect the insecurity, fear, and anger that come from such instability.

McGee, Robert. *The Search for Significance: Seeing Your True Worth Through God's Eyes*