



Walking Together Following Jesus: *STEP Journal*

A *STEP Journal* is a tool that is designed to help you walk with Jesus. The secret is staying continually connected to God. He wants to walk with you. Jesus leads because He alone is Lord, but He also chooses to walk with us every step of the way. To foster a continual connection with God; Journal your walk with Jesus one step at a time. As you study a passage of scripture write down some things you want to carry with you on your journey with Jesus.

S - *Scripture to meditate on.*

- Write down a verse you want to focus on
- Look for God's character
- Listen for God's voice (What is He speaking to you through His word and Spirit?)

T - *Truth to live.*

- **Living Truth:** Write out a truth that if you really believed it would bring transformation and display the greatness and goodness of God.
- Is there a promise to trust?
- A command to obey?

E - *Encounter with God to remember.*

- Ask - God to show you more of Himself.
- Adore – respond by **Loving God**
- Act - by **Giving Grace** to someone else

P - *Prayers to pray*

- **Praise** God for who He is
- **Redirect** me to walk with You (repent and believe the gospel)
- **Ask** for needs
- **Yield** to His authority - (Your Kingdom come, Your will be done)



Walking Together Following Jesus: STEP Journal *The First Step*

To really follow Jesus we must stay connected to Him moment by moment. We do that by continually redirecting our thoughts to Him and to truth.

I want to challenge us to intentionally take this S.T.E.P. each waking hour for the next 7 days. You may want to set an alarm to beep every hour to remind you to redirect your thoughts to this S.T.E.P.. Or put a sticky note on your computer or as the screen saver on your phone that simply says, "I am with you." Jesus. Or simply "Stay Connected"

S - Scripture to Meditate on *Isaiah 41:10 & Matt 28:20*

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. (Isaiah 41:10 ESV) And behold, I am with you always, to the end of the age." (Matt 28:20 ESV) 8 I have set the Lord always before me; because he is at my right hand, I shall not be shaken (Psalm 16:8)

T - Truth to Live - *God is with me right now, this very moment.*

He chose to be with me because He loves me. I am not alone. He is stronger than my fear. He sees what I see. He knows what I face. He is able to work in me and through me. He can deliver me from temptation. He will empower me to accomplish all that He desires.

E - Encounter with God to Remember - If you really believed Jesus was with you each and every moment no matter where you are or what you face, how would the knowledge of His presence change you?

- Listen for His voice to direct you
- Compare what you hear with Scripture (God's voice will always be in harmony with His Word)
- Obey the Spirit Promptly – do what He tells you to do.

As you listen and respond to God's leading write down ways He is working and directing you.

P - Prayer to Pray - Lord Jesus you are with me. I desire to walk with you right now. Show me where you want to go, what you want me to do, who you want me to talk listen to or give grace to. Help me to hear your voice and to remember your presence.

If we really believed this truth we would be able to truly "*Pray without ceasing,*" and live above fear because Almighty God is with us right now, right here!