

Jesus + Me Journal

Introduction: The Jesus + Me Journal is an effective tool to help us discover the power of God in our lives. The premise is simple: Jesus + Me = Power. Each week we will discover another aspect of how to be in Christ through the continual work of the Holy Spirit. So let's begin.

- Grab a journal (either electronic or paper)
- Enter page number and topic for the day at the top of the page
- Read the passage assigned
- Write down the shared insights and any insights that are revealed to you.
- Answer the questions to get us started and questions you have from the verses read.
- Do the assignment for that topic

Page 1: Jesus + Me

Scripture: Read Philippians 2:1-11

Shared Insights:

1. We are to be like Jesus
2. We need to have the mindset of Christ – how do we do that?

My Personal Insights (enter your insights from these verses):

Questions to get us started:

1. How can I hear what the Holy Spirit is telling me
2. How can I be more obedient

My Questions (enter your questions from these verses):

Assignment: Rate yourself (1-10) on the following scale and pray to be more like Jesus in these areas.

Selfish 1 2 3 4 5 6 7 8 9 10 Selfless

Proud 1 2 3 4 5 6 7 8 9 10 Humble

Me-First 1 2 3 4 5 6 7 8 9 10 God-First

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Page 2: My Unique Purpose

Scripture: Read Philippians 2:12-16

Shared Insights:

1. Not my work but God's work through me.
2. We can shine like the stars in the sky.

My Personal Insights (enter your insights from these verses):

Questions to get us started:

1. How do I continue to work out my salvation?
2. How do I stop grumbling and arguing in my life?

My Questions (enter your questions from these verses):

Assignment: Answer the question in your journal, "What is my unique purpose"?

*Clues to help answer the question:

1. What is my unique mission field, where I live, work and play?
2. What are my social connections?
3. What are my interests and hobbies?
4. What are my skills and abilities?
5. What tugs at my heart?