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# 5-Year Bible Journal

## More than Warriors

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## Preface

Thank you for purchasing our 5-year journal. The digital version is available for free at [www.morethanwarriors.com](http://www.morethanwarriors.com). It is our mission to increase Bible engagement through technology. I pray that the Holy Spirit will use correct, consistent, and Christ-centered Bible study to work the soil of your heart to produce an abundant harvest of love, joy, peace, patience, kindness, goodness, faithfulness, self-control, and gentleness in your life.

-Matt (Ezra) Hayes

## How to use this book

The bulk of this book is a 5-year journal that is intentionally left blank. The dates are left blank so that you can start anytime you like. Here are two suggested uses:

- **1-year Bible Plan:** Write the passage, month, and day at the top of the page (A suggested reading plan provided by [www.biblica.com](http://www.biblica.com) can be found at the bottom of each page). Write the current year in the first available section and journal your thoughts and prayers beside it. Use the next page for the next day and continue journaling one section per page until you complete the year. For the next year, start over reading the same passage as the year before, journaling on the next section on the first page. You will have the same day for 5 years on one page. This way, you can see how you have grown over the years. We have included “leap year” on page 60. Check out the Bible.com app for 1-year Bible plans (We also like “The Bible Project | The Bible” 365-day plan in YouVersion).
- **5-year Bible Plan:** If you are going Thru The Bible with Dr. J. Vernon McGee using the TTB.org app or radio program (or a similar long-term study) write the date and Scripture at the top of each section and work through the journal consecutively. There should be five consecutive days on each page.

We have also provided 1 Spiritual Inventory at the beginning of the Journal and 4 at the end. These can be filled out at the beginning of each year to chart your growth.

The following pages are completely blank to give you room to write any goals, lists, words to live by, or prayers. The back of the book contains resources for your spiritual development.





## Spiritual Inventory

Rate each discipline from 1-10 and identify action steps to improve.

**Prayer:**

1 / 10

[illegible]

### Bible Study:

**Witness:**

1 / 10

### Home Relationships:

1 / 10

**Work Relationships:**

1 / 10

### Sexual Purity:



--	--

### Finances:

1 / 10

### Physical Fitness:

This is a handwriting practice sheet for the letter 'I'. It features five rows of horizontal lines. Each row is defined by a thick black line at the top and a thick black line at the bottom, with three thin grey lines in between. The letter 'I' is shown in a large, light grey font on the right side of each row, serving as a model for the student to copy. The letter 'I' is a simple vertical stroke with short horizontal bars at the top and bottom.

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## Spiritual Inventory

Rate each discipline from 1-10 and identify action steps to improve.

Prayer: \_\_\_\_\_ 1 / / / / / / / / / / 10

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**Bible Study:**

Witness: \_\_\_\_\_ 1 // // // // // // // 10

[illegible]

**Home Relationships:**

Work Relationships: 1 / / / / / / / / / 10

Sexual Purity: 1 / 10

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Finances: 1

[illegible]

## Spiritual Inventory


Rate each discipline from 1-10 and identify action steps to improve.

Prayer: \_\_\_\_\_ 1 // / / / / / / / / / / 10

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[illegible]

Witness: \_\_\_\_\_ 1 / / / / / / / / / / 10



Home Relationships: 1 10

**Work Relationships:** 1 / / / / / / / / 10



**Sexual Purity:**

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<b>Finances:</b>	1	/	/	/	/	/	/	/	10
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[illegible]

## Spiritual Inventory

Rate each discipline from 1-10 and identify action steps to improve.

Prayer: \_\_\_\_\_ 1 // // // // // // // 10

**Bible Study:**

Witness: \_\_\_\_\_ 1 \_\_\_\_\_ 10 \_\_\_\_\_

Home Relationships: 1 / / / / / / / / 10

**Work Relationships:** 1 / / / / / / / / 10

Sexual Purity: 1 / 10

**Finances:**

Physical Fitness: 1 / / / / / / / / / / 10



## Spiritual Inventory

Rate each discipline from 1-10 and identify action steps to improve.

Prayer: 1/10

Bible Study: \_\_\_\_\_

Witness: \_\_\_\_\_ 1 / / / / / / / / / / 10

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**Home Relationships:**

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**Work Relationships:** 1 / / / / / / / / 10

**Sexual Purity:**

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**Finances:**

[illegible]

## Study, Obey, Teach – Ezra

A YouVersion Bible Plan

### Day 1

Find a Bible.

Hold it in your hands.

Look at it.

Smell it.

Thumb through its pages.

You hold a miracle. Whether digital or paper – it is the revealed Word of God. Breathed out by the Holy Spirit and inhaled by Jesus-followers all over the world. It revives, sustains, and sanctifies us. By it, we live.

For thousands of years, men and women of God longed to see what you hold. The complete and Holy Word of God in a language they could understand and study. Words they could apply and obey. Lessons they could illuminate and teach.

Ezra was one such believer, an Old Testament priest with a few scrolls to light his path. God chose him to oversee the restoration of social and religious order in Jerusalem after Israel's return from exile. Ezra became a catalyst for one of the greatest revivals in the Old Testament.

**“He dedicated himself to study, obey, and teach the Word of God.”**

**Challenge:** How do you study the Holy Spirit revealed Word of God?

**Read:** Matthew 13:16-17, Ezra 7, Psalm 119:1-48

### Day 2

In 2016, Lifeway Research published a study of American Christian views on Bible Reading\*. It found that 70% of U.S. believers rarely systematically read or study Scripture. Most of us, according to the study, pick and choose a verse at a time, return to a favorite passage, or simply flip the Bible open and read where our eyes land. We treat the sixty-six-course living Bread of God like a Chinese buffet.

The Bible is a literary work meant to be read in its entirety. Imagine the confusion of reading a favorite novel the same way most of us treat the Bible.

Meaningful Bible study begins with prayer. Prayer is the incense that prepares our hearts to receive the Word of God. Pray that the Holy Spirit reveals God's Word to your mind, that your heart receives it, and that your body obeys it.

**As you read the passage, ask yourself these three questions:**

- **What was the Holy Spirit saying to the primary audience it was written to?**
- **What is the Holy Spirit teaching me now?**
- **How can I apply it?**

Next, spend some time intentionally meditating on a passage that stood out in your study. Think about it throughout the day. Hide it in your heart and memorize it.

Day 2 is continued on the next page.

\* <https://lifewayresearch.com/2017/04/25/lifeway-research-americans-are-fond-of-the-bible-dont-actually-read-it/>

## Day 2 continued...

Additionally, read what others have written about that passage. Many Bible scholars like Matthew Henry, James Strong, Dr. J. Vernon McGee, and Dr. Thomas Constable attempted to climb the heights of Scripture. They, and others like them, recorded what they saw so that you might stand on their shoulders and read what the Holy Spirit revealed to them.

We must study God's word every day.

**The Law of God is like a mirror; it reveals our flaws and failures.**

The longer we neglect His Word, the further our hearts drift away from God. This happened to Israel, and they disobeyed God's command to be a people set apart from the rest of the nations. When Ezra heard of it, he was immediately heart-broken and felt a personal responsibility for Israel's sin. He knew that Israel's repentance and obedience were necessary for revival and restoration.

**Challenge:** As you read today's Scripture ask yourself these three questions:

- What did it mean to them?
- What is the Spirit teaching me?
- How can I apply it?

**Read:** Ezra 9, Psalm 119:49-96

## Day 3

**Ezra desired to study, obey, and teach the Revelation of God.**

Study. Obey. Teach. That order is essential. You should not teach what you have not put into practice, and you cannot effectively practice what you have not studied. Ezra knew the Word of God. He knew that social and religious restoration required personal application and obedience to God's word.

Today's reading may shock you, so consider this: how many times do we – as Jesus-followers – wed the things of this world to our lives when we are called to be set apart? We cannot find restoration, renewal, or revival while holding onto the things Jesus died to free us from.

Obedience is the glue that binds the Word of God to our hearts. It binds us to other believers. If prayer is incense, then discipline is the smoke from that incense. It fills our lives and permeates the world around us. Obedience is the evidence of our faith, the evidence of the Holy Spirit working in us.

**Discipline is the translation of scripture into our lives.**

We cannot obey God's word on our own. Jesus did not die and come back to life so that we could live better lives, as if we could follow God on our own. He was slain for our transgressions, He was raised for our sanctification so that He, through the Holy Spirit, could live the Christian life through us and for us.

**Obedience is studying the Word of God and doing what it says by the power of the Holy Spirit living in you. If that seems impossible, know this: the same Spirit that raised Jesus from the dead is at work in you to accomplish more than you could ever ask, think, or imagine.**

**Challenge:** Let go of the things Jesus died to free you from.

**Read:** Ezra 10:1-12, Psalm 119:97-136

## Day 4

Not everyone is called to teach, but we all – by the example of our lives – show others what we believe. We teach by obedience, and we obey what we study and believe.

Today's reading marked the beginning of a great revival in Jerusalem. Every revival starts with a return to the Word of God. Only when we study and obey the Holy Scriptures can restoration begin in us. Only when we teach others to do the same can revival spread from us.

**The most effective Bible translation is not the one in your heart language, it's not the New Living Translation or even the King James Version. The best, most effective Bible translation is your life and how you translate the word of God into personal obedience. The world may never know what goes on in your prayer closet, but it will see how that time is translated into your daily life.**

You have the Spirit of God at work in you. You have the complete Holy Word of God to guide the steps of your life. Live it well.

**Be an example to others so that they will see your good works and give God the glory.**

**Challenge:** For more Bible study resources, check out [www.morethanwarriors.com](http://www.morethanwarriors.com)

**Read:** Nehemiah 8:1-12, Nehemiah 9, Psalm 119:137-176

## Lord Teach us to Pray

Prayer is simply a conversation with God. There is no magic formula for prayer, but we have provided this method for those who are out of practice or struggle knowing where to start or how to pray.

### 1. Confession

Sin, missing the mark, separates us from God. Confess your sin and agree with God that all of His laws are righteous and just.  
1 John 1:9

### 2. Worship

Praise God for who He is. Make sure your worship is focused on Him and not you.  
Matthew 15:8

### 3. Scripture

Let God speak to you through His Word.  
2nd Timothy 3:16

### 4. Intersession

Pray for others  
1st Timothy 2:1-6

### 5. Supplication/Petition

Pray for yourself. Tell God about your needs, write them down and check them off as God answers your prayers  
Philippians 4:6

### 6. Thanksgiving

Thank God for everything He has done. Be specific, make it personal.  
1st Thessalonians 5:16-18

### 7. Listen/Waiting

Listen for God's still, small voice. Wait on Him  
Psalm 5:3

### 8. Psalms

Most Psalms are prayers. Pray the word back to God

This method is loosely based on Dick Eastman's work – The Hour That Changed the World.

Copyright 1978 Baker Book House Company.

This Check-in process can be helpful in a group or individual setting. It helps to acknowledge the emotions God gave you and connect with why you feel the way you do. You can accomplish this by simply identifying which of these core emotions you are experiencing and providing any context behind why you are feeling that way. For more info visit <https://thecrucibleproject.org/>

## Check-in

### SAD

#### A response to what did not happen.

UNHAPPY LONELY DISCOURAGED EXHAUSTED

"The Lord is near the broken hearted and saves those who are crushed in spirit." Psalms 34:18  
 "...mourn with those who mourn." Romans 12:15b  
 "Blessed are those who mourn for they shall be comforted" Matthew 5:4

### ANGRY

#### A response to what already happened.

FRUSTRATED INDIGNANT BETRAYED ASHAMED

"God is a righteous judge, and a God who has indignation every day." Psalm 7:11  
 "[Jesus] made a whip of cords, and drove them all out of the temple" John 2:15  
 "Be angry, and yet do not sin" Ephesians 4:26

### SCARED

#### A response to what might happen.

FEARFUL ANXIOUS CONFUSED INSECURE

"When I am afraid I will put my trust in you." Psalm 56:3  
 "The fear of the Lord is the beginning of wisdom." Psalm 111:10  
 "Woe is me for I am ruined!" Isaiah 6:5

### HAPPY

#### A response to the present situation.

JOYFUL PEACEFUL LOVING THANKFUL

"The fruit of the Spirit is love, joy, peace..." Galatians 5:22  
 "Consider it all joy when you encounter various trials" James 1:2  
 "In [God's] presence is fullness of joy" Psalm 16:11

### EXCITED

#### A response to what could happen

ENTHUSIASTIC MOTIVATED DELIGHTED HOPEFUL

"Delight yourself in the Lord and He will give you the desires of your heart" Psalm 37:4  
 "Those who hope in the Lord will renew their strength" Isaiah 40:31  
 "Encourage one another and build up one another" 1 Thessalonians 5:11

### TENDER

#### A sympathetic response to difficulties

SYMPATHETIC CONCERNED VULNERABLE EMOTIONAL

"Be harmonious, sympathetic, brotherly, tenderhearted, and humble in spirit" 1 Peter 3:8  
 "Put on a heart of compassion, kindness, humility, gentleness and patience" Colossians 3:12

Today, I have a purpose – to seek, to serve, and to glorify my Father.

Today, my heart, my mind, and my strength are renewed in Jesus.

Today, I speak, work, and live through the Holy Spirit.

I will pray constantly, believe boldly, and dream impossibly because Jesus gives me access to my Father who is able, through His Spirit in me, to accomplish more than I could ask, think, or imagine.

- I will make time for my Father, my wife, and my kids.
- I will steward, love, and disciple my family ahead of everyone else.
- I will live abundantly because my God will provide according to His infinite riches.
- I will embrace stewardship, generosity, and discipleship
- I will take captive every thought and make it obedient to Jesus
- I will serve, work, and rest as if I am doing it directly for God – because I am.

When I am needy, hungry, angry, lonely, or tired – I will feed my spirit instead of my flesh.

I am spiritual leadership.  
 I am encouragement.  
 I am discipleship.  
 I am leadership.

My body is my tent. I will treat it like a temple.

If I am needy, I will embrace the present.  
 If I am present, I will become thankful.  
 If I am thankful, I will become abundant.  
 If I become abundant, I will attract others.  
 If I attract others, I will point them to Jesus.

Today I fight in the spiritual realm.

Today I boldly, violently, and gracefully fight for my place the Kingdom of God.

## Other Bible Studies by the author

YouVersion Bible Plans ([www.bible.com](http://www.bible.com))

- Study, Obey, Teach: Ezra
- Wounded Warrior: Naaman
- Grace: Born That Way
- Joshua: More Than Warriors
- Four Gifts of Christmas

Published through Amazon KDP

- Joshua: More Than Warriors
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Proof