

# VINE

**V**

VERSE

**I**

IMMERSE

**N**

NOW

**E**

ENGAGE

## WHAT IS A VINE JOURNAL?

The inspiration for Vine Journaling comes from an ancient practice called “Lectio Divina”. This Latin term simply means, *divine reading*, or in other words, a way of becoming immersed in the Scriptures very personally. With the vision of Life Church in mind, which is to help people know and follow Jesus step by step, the leadership of LCB believes this established and ancient practice will be of deep value in helping our Church family to know Jesus intimately and have found great benefit and enjoyment from this tool in approaching God’s word.

This Vine Journal is a tool for deepening your relationship with God. It is made up of four movements that aim to assist and facilitate your time spent with God. Throughout this time of reflection and communion with God, remember that we are loved by a God who longs to meet with us. His character is one of grace and truth as He desires for us to be formed in the image of His son Jesus, who willingly gave of Himself fully so that we could commune with Him eternally. In this regard we truly do “love Him because He first loved us.” (1 John 4:19 NIV)

# THE FOUR MOVEMENTS

## Verse

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“Man, does not live by bread alone but by every word that comes from the mouth of God.” (Matt 4:4 NIV) How do we as Jesus followers, made in the image of God, who is both body and Spirit, live healthy integrated lives? After all, Jesus did promise us that He came to give us life to the full! In the same way that it is important to nourish our physical bodies it is also important to nourish our spirits. We do this by consuming the word of God.

In this first movement of VINE journaling, we ask that you focus on the chosen passage, sit with God’s word - not moving quickly past it, contemplate it, and enjoy the sweetness of His words like honey on your lips (Psalm 119:103). We believe that our hearts are formed by what we give our attention to. So give your attention to the scripture! You can do this by reading the passage slowly, reading it again, pausing often to linger on meaningful words and phrases. Allow God’s word to sink into your heart and take root into the soil of your soul.

## Immerse

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Focus on depth over breadth. In this second movement of VINE journaling we want to immerse ourselves into the scripture. This might involve closing our eyes and using your imagination in a holy way to picture what it would be like to be present at the time when the scriptural account took place. Awaken your senses...what must it have smelled like to be in the room with Mary breaks her perfume at Jesus’ feet, how tired must the disciples have felt after walking all day, try to picture yourself in the story. During this imaginative prayer exploration we’d like to also encourage you to read the passage in varying translations, reference a commentary, or participate in a word study (meaning, look up the Greek and or Hebrew words and meanings of the word or phrase that stands out to you). It is in this pursuit of God that we deepen our relationship with Him. It is also in this practice where we experience the work of the Holy Spirit to renew our minds by “the washing of the word” (Ephesians 5:26).

## Now

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In the third movement we experience the beauty of a relational God. He wants us to not just know about Him, He desires us to truly know Him. During the “Now” movement, we ask the Holy Spirit, “Now what?” Is there application of the passage you have read for your own life? What is the Lord teaching you directly through His word and the insights you have received about Him, the Kingdom, and how to live? How is it moving from perception to practice, by calling you to love God, yourself, others, and the world more holistically? Listen with open ears and an open heart to what the Lord has to say. Write down what you hear and sense. Oftentimes writing thoughts down helps them to take shape and helps us to connect with them.

## Engage

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In this final movement, focus on Him and thank Him for His living word that you have received in this time of prayer and reflection. Perhaps you feel like putting on worship music or continue to process through journaling. Allow yourself the freedom to engage with the Lord in the way He wants you to engage with Him! Finally, archive this time with the Lord in a place where you can easily and frequently reflect on it during the day and in the future. Summarize what you feel the Lord has revealed to you and taught you. This will help cement this encounter into your heart and memory to build your faith in every season!



**WEEK 03**

# Hearing His Voice in the Mundane

*Now Moses was tending the flock of Jethro, his father-in-law, the priest of Midian, and he led the flock to the far side of the wilderness and came to Horeb, the mountain of God. <sup>2</sup> There the angel of the Lord appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. <sup>3</sup> So Moses thought, “I will go over and see this strange sight—why the bush does not burn up.” <sup>4</sup> When the Lord saw that he had gone over to look, God called to him from within the bush, “Moses! Moses!” And Moses said, “Here I am.” <sup>5</sup> “Do not come any closer,” God said. “Take off your sandals, for the place where you are standing is holy ground.” Then he said, “I am the God of your father, the God of Abraham, the God of Isaac and the God of Jacob.” At this, Moses hid his face, because he was afraid to look at God.*

*Exodus 3:1-6*

## CONTEXT

Are we perceptive? Or are we so in a hurry, that we miss God's simple invitation to speak to us, embedded in our everyday lives? It's tempting to look for God on the mountain top rather than the field, or in the grandiose rather than in the mundane. And yet, doesn't every moment have the potential to be holy?

To be perceptive, according to the Cambridge Dictionary is, "to be able to notice and understand things that many other people do not notice." In Exodus 3 we read the account of Moses' encounter with God from within the burning bush.

As unusual as it may seem to us in our Western New York context for a bush to be on fire, it is not uncommon in desert regions for a plant to spontaneously ignite. Nevertheless, something caught Moses' attention. The bush was not *consumed* by the fire. No leaf melted from the heat, no branch crackled...and Moses noticed. Moses' ability to stop and give attention to the potentially mundane allowed him to perceive the truly miraculous.

Though we all would say we want to hear God speak to us, are we willing to eliminate our hurry to notice when He is near, and attune our hearts to hear His voice?

In Isaiah 43:19 God says, "*Behold, I am doing a new thing; now it springs forth, do you not **perceive** it? I will make a way in the wilderness and rivers in the desert.*"

Our prayer for you this week is that you would allow your attention to be allured by the Spirit, that you would perceive the new things He is doing in the desert places of your life.



# Day 01

***Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the wilderness and came to Horeb, the mountain of God. <sup>2</sup> There the angel of the Lord appeared to him in flames of fire from within a bush.***

***Exodus 3:1-2a***

**VERSE** (Write out the passage.)

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**IMMERSE** (Reflect on the passage.)

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**NOW** (What is the application from the passage?)

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**ENGAGE** (Pray, ponder and become a practitioner of God's word.)

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# Day 02

***Moses saw that though the bush was on fire it did not burn up. <sup>3</sup> So Moses thought, “I will go over and see this strange sight—why the bush does not burn up.”***

***Exodus 3:2b-3***

**VERSE** (Write out the passage.)

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**IMMERSE** (Reflect on the passage.)

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**NOW** (What is the application from the passage?)

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**ENGAGE** (Pray, ponder and become a practitioner of God's word.)

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# Day 03

*When the Lord saw that he had gone over to look, God called to him from within the bush, “Moses! Moses!” And Moses said, “Here I am.”*

*Exodus 3: 4*

**VERSE** (Write out the passage.)

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**IMMERSE** (Reflect on the passage.)

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**NOW** (What is the application from the passage?)

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**ENGAGE** (Pray, ponder and become a practitioner of God's word.)

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# Day 04

***<sup>5</sup> “Do not come any closer,” God said. “Take off your sandals, for the place where you are standing is holy ground.”***

***Exodus 3:5***

**VERSE** (Write out the passage.)

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**IMMERSE** (Reflect on the passage.)

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**NOW** (What is the application from the passage?)

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**ENGAGE** (Pray, ponder and become a practitioner of God's word.)

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# Day 05

***Then he said, “I am the God of your father, the God of Abraham, the God of Isaac and the God of Jacob.” At this, Moses hid his face, because he was afraid to look at God.***

## ***Exodus 3:6***

### **FURTHER CONTEXT:**

Here we see God reveal Himself to Moses more intimately than He had to any of his ancestors. God’s reference to Moses’ forefathers not only reminded Moses of the covenant which God had begun with them, it also clearly showed He intended to keep it, no doubt reassuring Moses that God had not neglected the children of Israel during this time of suffering.

Upon his first encounter with God Moses hides his face. It is quite possible Moses was recalling his murderous sin and feeling the conviction of that sin in the presence of a good and holy God. However, it is interesting to note that the Bible tells us that it is Moses who later in His journey with God had the privilege of speaking Him face to face. Isn’t it nice to remember that God shows up and speaks to us even in our most lowly of states. And where we start with Him is never where He leaves us.

**VERSE** (Write out the passage.)

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**IMMERSE** (Reflect on the passage.)

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**NOW** (What is the application from the passage?)

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**ENGAGE** (Pray, ponder and become a practitioner of God's word.)

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