

# 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 04

# The Voice of Wisdom

*My child, listen to what I say,  
and treasure my commands.  
Tune your ears to wisdom,  
and concentrate on understanding.  
Cry out for insight,  
and ask for understanding.  
Search for them as you would for silver;  
seek them like hidden treasures.  
Then you will understand what it means to fear the Lord,  
and you will gain knowledge of God.  
For the Lord grants wisdom!  
From his mouth come knowledge and understanding.  
He grants a treasure of common sense to the honest.  
He is a shield to those who walk with integrity.  
He guards the paths of the just  
and protects those who are faithful to him.  
Then you will understand what is right, just, and fair,  
and you will find the right way to go.  
For wisdom will enter your heart,  
and knowledge will fill you with joy.  
Wise choices will watch over you.  
Understanding will keep you safe.*

*Proverbs 2:1-11 (NLT)*

## CONTEXT

Who do you like to talk to? Maybe it's a spouse, a friend, a parent. My guess is that it is someone who you truly believe enjoys hearing what's in your heart. That in some way you feel your words are treated with weight, that they are cherished or even treasured.

On the other hand, I imagine you have spoken with someone who didn't seem to truly listen when you spoke, maybe they were distracted, not present, or didn't act on what you conveyed.

Proverbs 2 begins with King Solomon addressing the reader by asking them to specifically be one who will listen and treasure what he says:

*My child, listen to what I say,  
and treasure my commands.  
Tune your ears to wisdom,  
and concentrate on understanding.  
Cry out for insight,  
and ask for understanding.  
Search for them as you would for silver;  
seek them like hidden treasures.*

It is clear in this scripture that Solomon desires to impart wisdom as a Father to his child, which is a reflection of how our Heavenly Father longs to relate to us. He longs to speak to us, to give us wisdom and insight, like any good father would and shows His desire for His wisdom and words to be treasured.

The Book of Proverbs is one of the wisdom literature books found in the Old Testament of the Bible. Traditionally attributed mostly to King Solomon for its authorship, it is a collection of sayings, instructions, and admonitions, primarily composed of short, succinct statements that convey moral and practical guidance for living a righteous and prudent life.



In the first chapter of Proverbs, we see Solomon instructing the reader in the ways of wisdom. Here in Chapter 2, he continues the teaching by emphasizing that God is the source of true wisdom and understanding, however, in this chapter, he highlights the importance of receiving His words and treasuring what He says.

We can be confident in light of Jesus' incarnation that God wants to talk to us and more so wants to be heard. We are encouraged in this selection from Proverbs 2 to position ourselves in such a way to be able to receive what He is saying. Throughout this selection of verses, it is clear that the listener's responsibility is also to ask to be spoken to. Let us not merely become hearers and receivers of God's voice, but a people who treasure His voice. We know that our Good Shepherd will always speak to us and we have an opportunity through the cherishing and treasuring of His voice, to give God the pleasure of being a community who He enjoys talking to.

By inclining our ears to hear God's voice, we can gain the valuable gift of wisdom and learn how to walk out His instruction.

*James 1:5-6 says, if any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. 6 But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.*

God promises that He will grant wisdom to all those who ask for it in faith without any doubt that He will answer. Our prayer for you this week is that you would allow your heart to place all your faith in God, tuning your ear to hear His voice and using wisdom from heaven to discern what to do with His instruction. May we treasure His voice in our lives this week.

# Day 01

*My child, listen to what I say,  
and treasure my commands.  
Tune your ears to wisdom,  
and concentrate on understanding.  
Cry out for insight,  
and ask for understanding.  
Search for them as you would for silver;  
seek them like hidden treasures.  
Then you will understand what it means to  
fear the Lord,  
and you will gain knowledge of God.*

*Proverbs 2:1-5*

**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 02

***For the Lord grants wisdom!  
From his mouth come knowledge and  
understanding.  
He grants a treasure of common sense to  
the honest.  
He is a shield to those who walk with  
integrity.***

***Proverbs 2:6-7***

**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

*He guards the paths of the just  
and protects those who are faithful to him.  
Then you will understand what is right, just,  
and fair,  
and you will find the right way to go.*

*Proverbs 2:8-9*

**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

*For wisdom will enter your heart,  
and knowledge will fill you with joy.*

*Proverbs 2:10*



**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

*Wise choices will watch over you.  
Understanding will keep you safe.*

*Proverbs 2:11*

**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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