

# 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 02

# We Can Hear God's Voice

<sup>10</sup> "Very truly I tell you Pharisees, anyone who does not enter the sheep pen by the gate, but climbs in by some other way, is a thief and a robber. <sup>2</sup> The one who enters by the gate is the shepherd of the sheep. <sup>3</sup> The gatekeeper opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out. <sup>4</sup> When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice. <sup>5</sup> But they will never follow a stranger; in fact, they will run away from him because they do not recognize a stranger's voice." <sup>6</sup> Jesus used this figure of speech, but the Pharisees did not understand what he was telling them.

<sup>7</sup> Therefore Jesus said again, "Very truly I tell you, I am the gate for the sheep. <sup>8</sup> All who have come before me are thieves and robbers, but the sheep have not listened to them. <sup>9</sup> I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture. <sup>10</sup> The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

<sup>11</sup> "I am the good shepherd. The good shepherd lays down his life for the sheep. <sup>12</sup> The hired hand is not the shepherd and does not own the sheep. So when he sees the wolf coming, he abandons the sheep and runs away. Then the wolf attacks the flock and scatters it. <sup>13</sup> The man runs away because he is a hired hand and cares nothing for the sheep.

<sup>14</sup> "I am the good shepherd; I know my sheep and my sheep know me— <sup>15</sup> just as the Father knows me and I know the Father—and I lay down my life for the sheep. <sup>16</sup> I have other sheep that are not of this sheep pen. I must bring them also. They too will listen to my voice, and there shall be one flock and one shepherd. <sup>17</sup> The reason my Father loves me is that I lay down my life—only to take it up again. <sup>18</sup> No one takes it from me, but I lay it down of my own accord. I have authority to lay it down and authority to take it up again. This command I received from my Father."

John 10:1-18 NIV

## CONTEXT

Jesus is the fulfillment of each prophecy given in the Old Testament. Focus on the contrast between the Good Shepherd (Jesus) and the false “shepherds” of Israel.

In Ezekiel 34 The Lord rebukes the “shepherds of Israel” (kings, priests, prophets) for their poor leadership, extortion, and poor care for the flock (Israel). The Lord says that He will ultimately be the Shepherd for the flock and care for them with tenderness and motivate us not by force, but by His strong love. This is embodied and fulfilled within the Person of Jesus, showing us that He is the ultimate Shepherd. He provides His flock with safety, refuge, care, tending to our every need.

There is a difference between being a shepherd and a shepherder. Shepherders push the sheep from behind, Shepherds care for the flock and lead the flock to follow from the front. One uses physicality and relies on force, the other uses their voice and relies on trust. Our call is simply to listen to our Good Shepherd’s voice. We are promised in this passage that if we put our trust in Jesus then we are one of His sheep, He is our Shepherd, and we will know His voice.

As you spend time in this passage of scripture, our prayer for you is that you would begin to know and trust the voice of Jesus, the voice that leads us into green pastures and quiet waters, more and more.



# Day 01

***<sup>1</sup> “Very truly I tell you Pharisees, anyone who does not enter the sheep pen by the gate, but climbs in by some other way, is a thief and a robber. <sup>2</sup> The one who enters by the gate is the shepherd of the sheep. <sup>3</sup> The gatekeeper opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out. <sup>4</sup> When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice. <sup>5</sup> But they will never follow a stranger; in fact, they will run away from him because they do not recognize a stranger’s voice.” <sup>6</sup> Jesus used this figure of speech, but the Pharisees did not understand what he was telling them.***

***John 10:1-6***

**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

***<sup>7</sup> Therefore Jesus said again, “Very truly I tell you, I am the gate for the sheep. <sup>8</sup> All who have come before me are thieves and robbers, but the sheep have not listened to them. <sup>9</sup> I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture.***

***John 10:7-9***

**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 03

***<sup>10</sup> The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.***

***John 10:10***

**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 04

***<sup>11</sup> “I am the good shepherd. The good shepherd lays down his life for the sheep.***

***<sup>12</sup> The hired hand is not the shepherd and does not own the sheep. So when he sees the wolf coming, he abandons the sheep and runs away. Then the wolf attacks the flock and scatters it. <sup>13</sup> The man runs away because he is a hired hand and cares nothing for the sheep.***

***<sup>14</sup> “I am the good shepherd; I know my sheep and my sheep know me— <sup>15</sup> just as the Father knows me and I know the Father—and I lay down my life for the sheep.***

***John 10:11-15***

**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

***<sup>16</sup> I have other sheep that are not of this sheep pen. I must bring them also. They too will listen to my voice, and there shall be one flock and one shepherd. <sup>17</sup> The reason my Father loves me is that I lay down my life—only to take it up again. <sup>18</sup> No one takes it from me, but I lay it down of my own accord. I have authority to lay it down and authority to take it up again. This command I received from my Father.”***

***John 10:16-18***

**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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