

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

“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

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

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

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 05

The Blessing of Obedience

*Blessed is the one
who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,
but whose delight is in the law of the Lord,
and who meditates on his law day and night.
That person is like a tree planted by streams of water,
which yields its fruit in season
and whose leaf does not wither—
whatever they do prospers.
Not so the wicked!
They are like chaff
that the wind blows away.
Therefore the wicked will not stand in the judgment,
nor sinners in the assembly of the righteous.
For the Lord watches over the way of the righteous,
but the way of the wicked leads to destruction.*

Psalm 1 (NIV)

CONTEXT

Psalm 1 sits at the very beginning of the book of Psalms, a collection of 150 writings, both in the form of songs and poems that construct a cornerstone of Jewish and Christian prayer and worship. The Psalms offer a wide range of emotions and themes, however Psalm 1 serves as a unique introduction. Theologians often consider it a “wisdom psalm,” laying out a foundational choice between two paths: following God or following sin.

There is no single author for the Psalms, though King David is traditionally credited as the author of many. Scholars believe the Psalms were compiled over centuries, reflecting the experiences of the Israelites from their earliest days to the post-Exilic Period (around 516 BC). This historical context is important for Psalm 1 because it sets the stage for a question that would be central for the children of Israel as well as the future Church: how does one live a faithful life and receive God’s blessing?

Theologically, Psalm 1 draws on the idea of divine wisdom present in Proverbs and other parts of the Old Testament. By delighting in God’s law (verse 2), the psalmist depicts a deep commitment to both understanding and following God’s will. This focus on God’s law is the key to God’s way to live a righteous life.

In short, Psalm 1 primes the reader for the rich tapestry to come in the Psalms ahead. It presents a foundational choice and introduces themes of wisdom, following God’s law, and the contrasting paths of the righteous and the wicked - themes that resonate throughout the rest of the book and continue to be relevant for believers today.

As we continue in our series on “Hearing the Voice of God,” we are discovering more and more the importance of obeying God and His commands as an interwoven experience: listening to God and obeying Him go hand in hand. As we see in Psalm 1, the promise of those who hear and obey is the blessing of yielding fruit in every season.

Our prayer for you this week is that you would listen to the commands of God, meditate on them, allow them to speak to you anew and penetrate your whole being afresh; allowing you to feel the safety of letting your roots grow down deep into His love (Eph. 3:17-19). May we be a Church that yields fruit in every season!

Day 01

***Blessed is the one
who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,
but whose delight is in the law of the Lord,
and who meditates on his law day and
night.***

Psalm 1:1-2

VERSE (Write out the passage.)

IMMERSE (Reflect on the passage.)

NOW (What is the application from the passage?)

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

Day 02

*That person is like a tree planted by
streams of water,
which yields its fruit in season
and whose leaf does not wither—
whatever they do prospers.*

Psalm 1:3

VERSE (Write out the passage.)

IMMERSE (Reflect on the passage.)

NOW (What is the application from the passage?)

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

Day 03

***Not so the wicked!
They are like chaff
that the wind blows away.***

Psalm 1:4

VERSE (Write out the passage.)

IMMERSE (Reflect on the passage.)

NOW (What is the application from the passage?)

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

Day 04

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

Proverbs 2:10

VERSE (Write out the passage.)

IMMERSE (Reflect on the passage.)

NOW (What is the application from the passage?)

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

Day 05

***Therefore the wicked will not stand in the judgment,
nor sinners in the assembly of the righteous.
For the Lord watches over the way of the righteous,
but the way of the wicked leads to destruction.***

Psalm 1:5-6

VERSE (Write out the passage.)

IMMERSE (Reflect on the passage.)

NOW (What is the application from the passage?)

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