

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 10

The God of all Encouragement

Philippians 4:1-9

1-3

Therefore, my dear brothers and sisters, stay true to the Lord. I love you and long to see you, dear friends, for you are my joy and the crown I receive for my work.

2 Now I appeal to Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. 3 And I ask you, my true partner, to help these two women, for they worked hard with me in telling others the Good News. They worked along with Clement and the rest of my co-workers, whose names are written in the Book of Life.

4 Always be full of joy in the Lord. I say it again—rejoice! 5 Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. 9 Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

CONTEXT

We all need encouragement. The root of the word “encouragement” means to put courage into someone. To receive encouragement and to give it to others is a gift that we, as humans, can either bless others with or deprive them of. This is at the heart of the overall context of the book of Philippians. Paul writes this letter from the jail cells of Rome and though imprisoned, he miraculously writes with a tone of positivity and hope to the church of Philippi, uplifting the fellow believers in their faithfulness to Christ and thanking them for their support.

In the final chapter, Paul offers specific instructions for living out the Christian life amidst challenges and trials. Topics around joyful perseverance, prayer and thanksgiving, the peace of God, and ethical living are woven throughout this chapter with the goal of calling followers of Christ to keep faith in the midst of life's challenges.

Paul is able to write this letter because of the encouragement he himself received throughout his ministry from the Lord and fellow believers. The language of encouragement is one of the key ways in which the Lord speaks to us as Christians. 2 Corinthians 1:3 says, “Blessed be the God and Father of our Lord Jesus Christ, the Father of compassion and God of all encouragement.” If we have ears to hear it, we will hear the voice of the Lord speaking to us, building us from within with strength and courage as we face trials and hardships in our everyday lives.

This week, as you spend time with Jesus, may you receive the nutrients that your soul longs for in the encouragement from His voice to keep fidelity to Him in your daily walk in this world. May you cast your cares upon Him who loves you, giving Him the fullness of your worries and angst, and receiving in return His peace as it fills your body and soul.

Day 01

Therefore, my dear brothers and sisters, stay true to the Lord. I love you and long to see you, dear friends, for you are my joy and the crown I receive for my work.

² Now I appeal to Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. ³ And I ask you, my true partner, to help these two women, for they worked hard with me in telling others the Good News. They worked along with Clement and the rest of my co-workers, whose names are written in the Book of Life.

⁴ Always be full of joy in the Lord. I say it again—rejoice!

Philippians 4:1-4

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 02

⁵ Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

Philippians 4:5

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

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Phillipians 4:6-7

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

⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Philippians 4:8

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

⁹ Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

Phillipians 4:9

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.)
