

# VINE

**V**

VERSE

**I**

IMMERSE

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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 14

# Life Through the Spirit

*<sup>10</sup> But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness.<sup>11</sup> And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.*

*<sup>12</sup> Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. <sup>13</sup> For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.*

*<sup>14</sup> For those who are led by the Spirit of God are the children of God. <sup>15</sup> The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.”*

*<sup>16</sup> The Spirit himself testifies with our spirit that we are God’s children. <sup>17</sup> Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.*

*Romans 8:10-17*

## CONTEXT

Romans 8 is often regarded as one of the most theologically profound chapters in all of Scripture. J.I. Packer, a highly respected evangelical theologian, once reflected on its significance in his book *Knowing God*, saying, “If I were to ask which chapter of the Bible is the most precious, I would give the palm to Romans 8.”

The apostle Paul wrote the book of Romans to a diverse church in Rome, with the dual aim of explaining the gospel of justification by faith alone and addressing the divisions between Jewish and Gentile Christians. Paul’s message of unity between Jews and Gentiles beautifully underscores God’s comprehensive and redemptive plan for humanity.

In Romans 8, Paul speaks about the new life we receive through the Holy Spirit as a result of our union with Christ. A life once unattainable under the law due to our sinful, fleshly nature is now ours as part of the inheritance made possible by Christ’s sacrifice. This chapter also emphasizes the centrality of suffering with Christ, urging believers to embrace suffering as a means of sharing in His glory. Finally, Paul calls believers to live by the Spirit rather than by the flesh. This life in the Spirit is not merely about obedience; it is about experiencing the fullness of the life Christ died to give us.

As you engage with this week’s devotion, we pray you are reminded of the rich inheritance you have in Christ Jesus. We also pray you are reminded that through the Holy Spirit, you are invited into a life that no trial, suffering, or even death can take away.



# Day 01

***10 But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness.***

***Romans 8:10***

**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 02

***11 And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.***

***Romans 8:11***

**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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# Day 03

***<sup>12</sup> Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. <sup>13</sup> For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.***

***Romans 8:12-13***

**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>14</sup> For those who are led by the Spirit of God are the children of God. <sup>15</sup> The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.”***

***Romans 8:14-15***

**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

***17 Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.***

***Romans 8:17***

**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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