



# GOD AND ME AND US

## JOURNAL





# DISCUSSION pages

We all have some BIG LIFE QUESTIONS that we are looking for answers to. These pages are to write down questions and, hopefully, find some answers!

God has put us into family to help each other on our journeys of life. The Holy Spirit can work through each of us to help the others around us. This way, we grow and learn together.

Now, as we discuss with our leaders, we will find out how God answers these questions.

This journal is also for you to write down what God is saying to you as you watch the videos. The Verse of the Day and Word of the Day will pop up in the video too... so keep your eyes open for them.



# VERSE of the day

**Why do we want to try and remember verses from the Bible?** Well, the Bible has something to say about this!

## **Check out...**

*"I have hidden your word in my heart that I might not sin against you." Psalm 119:11*

*"Your word is a lamp to guide my feet and a light for my path." Psalm 119:105*

Basically, God's Word brings truth and life. When we learn verses and store them in our minds, the Holy Spirit will remind us of them in different situations and this can help us to make decisions that please God. We can also share these verses with others who might need to hear truth or be encouraged.

If we don't store God's truth in our hearts and minds, and apply them to our lives, then we are like someone trying to find their way in a dark house without a torch.

Whenever you read or learn a verse, ask yourself a few questions:

- **What does this mean to me?**
- **How can I apply it to my life?**
- **Who else could I share it with?**
- **Does someone need to be encouraged?**

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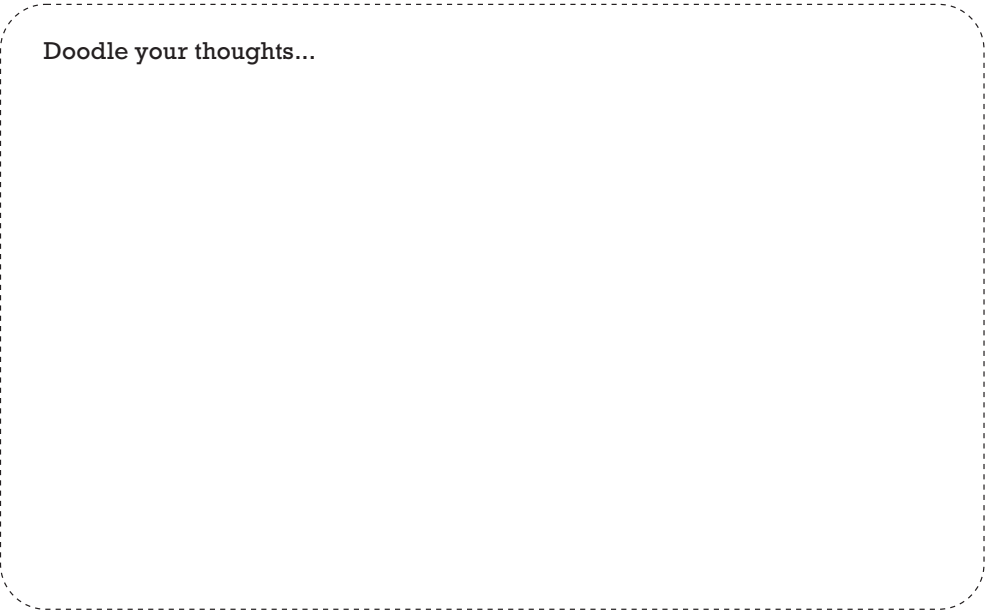
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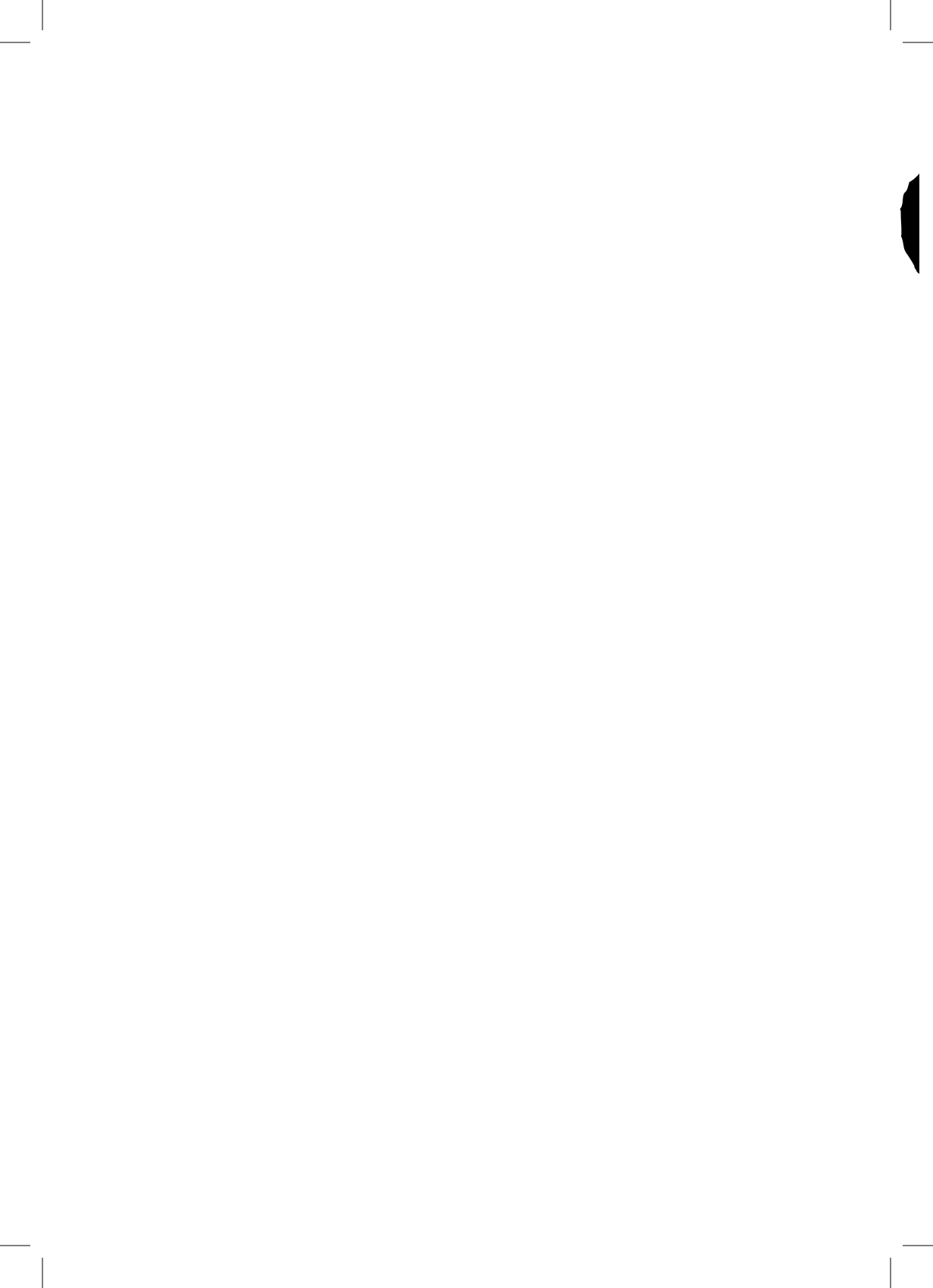
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# sermon NOTES

## **So... what is a sermon?**

It is where someone, usually an elder, teaches or preaches God's Word and explains what it means and how it applies to our lives.

## **What does that mean for us?**

God wants us to know and understand His Word and then put it into practice.

Sermon notes help us to do this. When we listen to someone talking, we don't remember most of what we hear. However, when we write while we listen, we remember more.

Even better, if we go back over the notes, we remember even more!! The Holy Spirit can use this to speak to us and remind us of what He wants to say to us.

## **What next?**

As you listen to the person preaching, write down the main Bible verses, important points that stand out to you and things that you don't understand. There will be time to ask questions and talk about this later.

sermon

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