

EPICENTRE CHURCH



# MISSIONS

*Thirty Day Journal*





## 30 Day Journal

In the process of hearing God for something, especially something big, like life direction, there are many things that play into it. Recognize before you begin that the things that are highlighted are by no means comprehensive and God may lead you in different areas. Staying dedicated to the process is the win here, not necessarily the outcome. Outcomes could possibly be contradictory or confirmation to what God has been speaking to you. So, while these principles can provide boundaries for your process, they are no substitute for the voice of your Father. So, as He directs you, obediently follow .

**1. Set aside time every day for 30 days to listen to God and journal what He says.**

- a. It is a best practice if you can dedicate the same time daily for the 30 days. This is not necessary but is helpful in the process.
- b. Have a physical clean journal to write in (or make a copy of this document on your computer).
- c. Have your Bible ready (for journaling purposes, it might be better to have a physical Bible.)

**2. Write down whatever you hear, whether or not it agrees with other things you have heard. Over the course of time, it will become clear what God is saying to you.**

**3. Understand that the process will have a distinct flow**

- a. **Phase 1 | First 7-10 days** This is the narrowing phase, where we are asking God to limit our options. Ideally, you will enter phase 2 with 0-2 options still potentially on the table.
  - i. Regardless of current direction in life, you are encouraged to position your heart to be open to anything God might be saying to you. For some this means putting on the table childhood dreams. For some this means relinquishing expectations placed on them by others.



- b. **Phase 2 | Next 7-10 days** This is the seeking phase, where we are allowing God to speak clearly in a specific direction.
    - i. This is not the time to ask God yes/no questions, it is a time to ask open-ended questions and discipline yourself to sit quietly and hear the answers.
    - ii. If engaged well, the outcome will ALWAYS be more than we asked or imagined!
  - c. **Phase 3 | Last 7-10 days** This is the mining phase, where we are asking God for some detail and initial steps to move forward in obedience.
    - i. This is the step most people leave out and it can be debilitating. Having a big vision but no understanding in how to walk it out is the definition of frustration.
    - ii. Psalm 25:2 – “It is the glory of God to conceal a matter; to search out a matter is the glory of kings.”
    - iii. Begin to share your thoughts with trusted people around you (parents, pastors, lifegroup leaders, spouses), and invite them to pray specifically about what you are hearing. Be wise about who you are sharing with. If their values don’t align with yours or this process, then it’s best to not share with them at this time.
4. **Give the process its full time. Don’t assume because you start getting some clarity that you have all the clarity God has for you. If you have 30 days, take 30 days. Even if you hear clear direction on day 2, spend the next 28 days mining out that word, you will be amazed!**