

### Daily Development Activity Journal

Godly Character	Write down feelings, thoughts, learnings, & experiences related to spiritual growth. Did I focus more on problems or solutions?	Daily Practices
Love Truth Compassion Truthful Faithful Merciful Gracious Peace Just Giving Patient	How can I describe my attitude? How is my mind, heart, soul, and strength? How am I growing with God today? How is my effort or diligence? Am I blaming, resisting, or complaining? Did I reach out to anyone for spiritual talk? How did I encourage or support others?	15 minutes: <input type="checkbox"/> Prayer <input type="checkbox"/> Meditation <input type="checkbox"/> Discussion <input type="checkbox"/> Reading <input type="checkbox"/> Practicing
<u>Armor of God</u> Ephesians 6:10  Truth Righteousness Readiness Faith Salvation	When did I connect spiritually with others? How did my heart move with compassion? Did I confess, repent, or restore damage done?	<u>Guard Against:</u> Pride Fear Resentment Faultfinding Complaining Selfishness Dishonesty
	Each day is an opportunity to take a step closer	
	into God’s abundant grace, peace, and love.	
	Yet we must choose God and God’s ways.	
	We must love God with our whole being.	
	Progress, not perfection. Growth takes time.	
	One day at a time.	

On a scale of 1 to 10, 10 being personal best, where am I in God’s peace?  
 How can I improve with my walk tomorrow?

## Sensing God

(Shame and guilt can guide us into correction... if we respond to it with God's character, righteousness, goodness, and grace.)

1 Corinthians 15:34 Come back to your senses as you ought, and stop sinning; for there are some who are ignorant of God—I say this to your shame. NIV

2 Thessalonians 3:14 Take special note of anyone who does not obey our instruction in this letter. Do not associate with them, in order that they may feel ashamed. NKJV

(Avoidance, business, distractions, anger, hardheartedness, and lies all block our sensitivity to God's grace. Truth, humility, patient listening, and soul searching in regular meditation and reflection help us to sense things we otherwise might miss.)

Ephesians 4:19 Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed. NIV

2 Timothy 2:26 and that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will. NIV

Luke 15:17 "When he came to his senses, he said, 'How many of my father's hired servants have food to spare, and here I am starving to death! NIV

Proverbs 6:32 But a man who commits adultery has no sense; whoever does so destroys himself. NIV

Proverbs 10:13 Wisdom is found on the lips of the discerning, but a rod is for the back of one who has no sense. NIV

Proverbs 10:21 The lips of the righteous nourish many, but fools die for lack of sense. NIV

Proverbs 15:21 Folly brings joy to one who has no sense, but whoever has understanding keeps a straight course. NIV

Psalms 92:6 Senseless people do not know, fools do not understand, NIV

(In order to improve senses we must develop and strengthen them by regular use. Let us persevere to raise our awareness of God's goodness and put it into daily practice.)