

# The GRASP Bible Journal

Find a blank journal and follow the example by writing in the simple GRASP Journal letters to help you stay focused and intentional as you discover the riches of God's truth.

God created you for relationship.

There is no doubt as you read the Bible that God made us to know Him personally. The very thought of this should amaze us and humble us. God who created all things wants you to know Him deeply. The Bible is the story of God's rescue of humanity from their choice to rebel against their Creator and the condemnation that choice demanded. The Bible tells the story of God's extraordinary love for every person, coming to rebellious humanity and offering them forgiveness and a relationship with Him now and for eternity.

The Bible is an extraordinary book. Written by 40 different authors over 1,500 years by kings, peasants, fishermen, philosophers, poets and scholars on three different continents and in three different languages, the Bible is history's most amazing book. It has been read by more people and printed in more languages than any other book in human history.

Prayer and Bible study are the essentials to a Christ-followers spiritual discipline. To read the Bible prayerfully and thoughtfully is the key to hearing clearly the voice of God and discerning how to make wise decisions. This journal is a tool to help you study God's word daily. Writing down your thoughts helps you discover truth, really grasp its meaning, think through ways to apply it, memorize passages, and keep a timeline of your journey with the Lord. Journaling may be difficult for you as it is with many people, but if you will try, then you might discover that the rewards are transformative.

For me, journaling has a journey of inconsistency. I would come across a person who loved to journal and get inspired, but within a week, I had either lost it or put it aside. I never could figure out how to really put my thoughts down or follow a bible study method that would stick and help me stay consistent. Around 2015, I picked up a book called *Real Life Discipleship* by Jim Putman. The book

articulated the things God had been speaking into my own heart about discipleship and disciple making. I attended a conference centered around the book and through a series of relationships built at the conference, I began picking up methods people were using to journal their thoughts during their quiet time.

After a few years of adapting several different methods to my own way of thinking and working through Scripture, I came up with GRASP. The main inspiration for GRASP came through my introduction to the Discovery Bible Study Method or DBS. This method of bible study has been and continues to be used around the world in personal devotional study and small group study. Thousands of churches have been planted and millions of lives have been changed through this approach to Scripture. DBS changed the way I did bible study and I hope it will help you as well.

### **Along with bible study is the critical element of prayer.**

The GRASP Bible Journal is laid out in a simple way that gives you a guideline for what to write. The acronym GRASP is all you need to help you stay on track and write down your thoughts each day. GRASP is a way to ask five questions:

1. What **GRABBED** my attention?
2. What did I **REALIZE** about God and people?
3. How could I **APPLY** this passage?
4. How will I **SPECIFICALLY** apply it this week?
5. Who is one **PERSON** with whom I could share what I've learned?

In addition to using GRASP, we have included a section for Scripture Memory, one thing you are thankful for this week, and place to write out a prayer to the Lord. At the end of five days, there is a section for you to write down reflections from the week, and a section for you to take notes on sermons you hear.

Let's look a little closer at the details...

### **G - What Grabbed My Attention?**

When you read a passage of Scripture, read the text with an expectation. What stands out or jumps out at you? It could be an action, a principle, a command or a truth claim. Write that verse or verses down and then write why that Scripture grabbed your attention. This may lead you toward your application as well.

### **R - What did I Realize about God and people?**

The whole Bible is the story of God relating to man and man relating to God and their fellow man. Every time you read a passage, look for what is said about God's character or how God works in the passage. Look for what God says or what is said about God. The contrast is people. How are people portrayed? How do they respond in the passage? Stick to the passage without interpretation. What is in the text?

### **A - How could I Apply this Scripture?**

One the most difficult sections is the application. Sometimes it is hard to find the ways a text can be applied. Application is basically how we adjust to God or align our character and conduct to His. Here are questions that can help you think through how to apply the Scripture:

- ◆ *Is there is a sin to avoid?*
- ◆ *Is there a command to obey?*
- ◆ *Is there a promise to claim?*
- ◆ *Is there an example to follow?*
- ◆ *Is there a truth to know?*

### **S - How will I Specifically apply the truth this week?**

This is where your time with the Lord gets real. It's one thing to think about ways you could apply the text, but another to commit to an

action step during the week. Writing an "I will" statement is a commitment to being a doer of the Word (James 1:22). Write it in a **SMART** way. In other words, the statement needs to be: **Specific, Measurable, Attainable, Realistic and Timely.**

*Hint: Telling someone your "I will" statement will hold you accountable and make you more effective.*

### **P - Who is one Person with whom you can share?**

Sharing what you have learned is way for you to encourage someone or be witness to someone who does not know Christ. Share the story or principles naturally as if over a cup of coffee. God will use His word to accomplish great things! Don't keep it to yourself!!

**Scripture Memory:** Each week, you will have a passage to memorize and hopefully, share with someone.

**Prayer:** Write out a prayer to the Lord based on what you discovered.

**Christ in the Story:** Jesus is everywhere in Bible. Write how you see Him.

SCRIPTURE TODAY: John 1:1-18Date: 01/01/23**G** ..... What grabbed your attention?

John 1:12-13 "But to all who did receive Him, who believed in His name, to them He gave the right to become children of God, who were born, not of blood, nor of the will of the flesh, nor the will of man, but of God." This amazes me because it shows me that Jesus' coming was the will of God which means that He intentionally came for the purpose to make me His own, to make me become a child of God through faith.

**R** ..... What did you realize about God and people?

God? The Word was God. He created all things. He is the light of life. He shines in the darkness. John was sent by God. The world was made through Him. He gives us the right to become children of God. He became flesh and lived among us.

People? Get light from the word. His own people did not receive Him. For all who believed became a child of God. We beheld His grace and truth.

**A** ..... What applications could you make?

Since we have received grace, I should be careful to give grace when others might mistreat or misunderstand me.

Since we have received truth in Jesus, I need to stand for truth when I am faced with compromise.

Thank the Lord for coming to this world in a way I could see and know.

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**S** ..... How will you specifically apply this truth?

I will share the truth of John 1:12 with my next-door neighbor this week who doubts that God cares about him or any of us.

**P** ..... Who is one person with whom you will share? .....

Brandon, my friend who needs encouragement today!

**Scripture Memory This Week****John 1:1-3**

(Write it below)

"In the beginning was the Word, the Word was with God and the Word was God. He was in the beginning with God. All things were made through Him, and without Him was not anything made that was made."

**Prayer** (Write out a prayer to the Lord)

Lord, thank you for becoming the Word and making Yourself known to us and available to us. Thank you for the faith to believe on Your name. You are my light and my life. Please make me to shine brightly your grace and truth today as I meet with my staff. Also, Lord, give me grace to handle the stress from my boss. I am Yours.

**What are you thankful for today?** (Write down one thing you are thankful for?)

My spouse and children.

**Christ in the Story** (Write one way you see Jesus in the story or passage)

Jesus is the Word made flesh (John 1:14). He is the One who is God and gives life in the world. Believing in Him gives me the right to be called a child of God.