

WHY WRITE THE BIBLE?

Have you ever opened your Bible and thought “Where do I start?” We have!

Over the past few years we have experimented with different ways of building life-giving spiritual rhythms into our daily lives. We now find great joy and encouragement in writing out bits of the Bible, as well as recording our thanksgivings and taking time to pray each day.

There are so many benefits to writing by hand:

- It helps you retain information more easily
- it engages your brain in a more active and full way and
- it often sparks creativity.

Writing out the Bible is a powerful practice. There's something about seeing God's Word written in our own handwriting that can speak to us in a new way. It doesn't have to be perfect and the results don't have to look pretty. You can do it first thing in the morning, last thing at night or while you're waiting for your tea to brew!

Why not give it a go?

HERE'S WHAT TO DO EACH DAY:

1. **Thanksgiving** - Start the day by writing down the things you are thankful for, big or small.
2. **Write the Word** - Grab a Bible and find the passage for that day. Write it out in the space provided.
3. **Reflect** - We highlight words that stand out to us, ask the question “What does this show me about the Holy Spirit?” and often finish by thanking God for His Word.
4. **Respond** - Sometimes this looks like us writing a prayer, or making a note of an action we want to take as a result of what we've read, or heard God say.

And one day a week we:

Rest - Take a day to rest, reflect or catch up. Oh, and don't worry if you miss a day; we're not about perfection here!

This practice can grow as much as you like; there is no blue-print so feel free to be flexible and get creative!

Matthew 5

BIBLE WRITING PLAN

Chapter 5 of the book of Matthew marks the beginning of the Sermon on the Mount, which is widely considered as Jesus' most famous and central teaching. In this chapter, Jesus outlines the core values of the Kingdom of God, shifting the focus from external religious rules to the internal condition of a person's heart.

Matthew 5 acts as a manifesto for a new way of living, inviting us to move past surface-level religion and pursue authentic love, integrity, and humility.

Day 1 v1-5	Day 8 v25-26
Day 2 v6-10	Day 9 v27-29
Day 3 v11-13	Day 10 v30-32
Day 4 v14-16	Day 11 v33-37
Day 5 v17-19	Day 12 v38-40
Day 6 v20-22a	Day 13 v41-45
Day 7 v22b-24	Day 14 v46-48

WHAT'S NEXT?

Did you know that as well as producing free Bible Writing Plans like this one, we also make printed journals for adults and kids which include space for your Thanksgivings, Bible Writing, Reflection and Response.

Our journals take all the decision-making away so you can just focus on time with Jesus.

Head over to **www.rooteddailyjournal.co/shop**
to buy a journal (or two!) today.