

History (Joshua-Esther)

The twelve books commonly called the “historical books” are Joshua, Judges, Ruth, 1–2 Samuel, 1–2 Kings, 1–2 Chronicles, Ezra, Nehemiah, and Esther. This doesn’t mean that other books in the Bible are not historical, but this is just a convenient name for a genre whose primary concern is keeping an accurate account of the history of God’s chosen people.

A significant part of our purpose for this year’s approach to the Living Word is to understand the difference between the genres of the Bible so we can read it according to the Author’s intentions. Studying the wisdom of Proverbs requires a different approach from peering at the fantastic visions of prophesy in Daniel and Revelation, and dipping into the historic books yet another approach.

Two primary perspectives to keep in view as we sample this sweeping panorama of history are:

- A. Rather than the the history from human perspective we might expect, these God-breathed¹ accounts show us how God works in the grand narrative and give us a bird’s eye view of nations’ choices and their consequences held in the sovereign hands of Yahweh, our Covenant God.
- B. Because of the honest details, it’s vital to remember that these are *descriptions*, not *prescriptions*, of God’s people. In other words, just because it’s written in the Bible doesn’t mean that the actions are intended as examples for us. The Book of Judges, for example, chronicles some bewildering stories that are best understood as illustrations of what happens when “*all the people did whatever seemed right in their own eyes.*”²

“The historical books are arranged in a rough chronological order, and they tell the story of God’s dealings with his people over many centuries. They begin with Israel’s first entry into the land of Canaan as a nation (Joshua), continue through the chaotic period of apostasy in the time of the judges (Judges; Ruth), the establishment of the Davidic monarchy (1–2 Samuel; 1 Chronicles), and the subsequent history of Israel’s life under its kings, including the destruction of Jerusalem and exile to Babylon (1–2 Kings; 2 Chronicles), and they conclude with some Jews who returned from exile (Ezra, Nehemiah) and other Jews who lived in Persia under hostile conditions (Esther). They cover close to a thousand years of history, from the time of Joshua (ca. 1400 BC) until the time of Ezra and Nehemiah (458–433 BC).”³

This is the history we are grafted into⁴! Therefore these historical books reveal our history, and in the same way we discover clues to our own identity when finding our biological ancestral heritage, so this adopted heritage has much to teach us, not only about our human nature, but about the incredible patience and wisdom of our Savior who came from the line of King David.

¹ See 2 Timothy 3:16

² Judges 21:25

³ <https://www.thegospelcoalition.org/essay/historical-books/#footnote-1>

⁴ Romans 11:11-24

Timeline for the Old Testament Historical Books⁵

1406 BC	Moses' death and Israel's entry into the land of Canaan under Joshua
1375(?)	Joshua's death
1375(?)–1050	Period of the Judges
1050–1010	Saul's reign
1010–971	David's reign
971–931	Solomon's reign
931–722	Divided kingdom (Israel) – 19 kings
722	Destruction of Samaria, Israel's capital, by Assyria, and Israel's resettlement
931–586	Divided kingdom (Judah) – 19 kings, 1 queen
586	Destruction of Jerusalem and the temple, by Babylonia, and Judah's exile to Babylonia
586–538/7	Judah's exile in Babylonia
561	Release of King Jehoiachin from prison in Babylon
539	Cyrus II of Persia captures Babylon
538/7	First return of Jews to Jerusalem under Jeshua and Zerubbabel
515	Temple rebuilding completed
484–465 (?)	Esther and Mordecai rise in the Persian court
458	Ezra's return to Jerusalem from Babylon
445	Nehemiah's return to Jerusalem from Babylon
445ff	Walls of Jerusalem rebuilt
433	Nehemiah's visit to Babylon and return to Jerusalem

⁵ <https://www.thegospelcoalition.org/essay/historical-books/>

Week 1 Day 1

Memory Verses:

Joshua 1:8-9 NIV

*“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. **9** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

- I. Reading our new memory portion, meditate on how much it means to the Lord your God that you meditate on His Word. Ask Him to open your spirit to His delight in your delight in His Word.
- II. For context, read **Joshua 1** and become familiar with the scene where these words are spoken.
- III. Read the memory verse through several times thoughtfully, aloud or in a whisper. Each time you read it, say the reference, the verse, and then the reference again out loud.
- IV. Write **Joshua 1:8-9 NIV** here:

V. Thank the Lord your God for what he is speaking to your soul today:

VI. Set a reminder in your phone for two times a day to read **Joshua 1:8-9 NIV** aloud.

Week 1 Day 3

Memory Verses:

Joshua 1:8-9 NIV

*“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. **9** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

- I. Invite your Encourager to make you aware of His presence and open to His Word.
- II. Read these verses aloud several times, trying to feel the heart of God as He is speaking them.. Each time you read it, say the reference, the verse, and then the reference again out loud.
- III. Since you memorized **verse 8** yesterday, write it here from memory:

- IV. Now add the first sentence from **verse 9** to your memorization, and practice till it's hidden in your heart: **Joshua 1:8-9 NIV** *“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. **9** Have I not commanded you?”*
- V. When you have these sentences memorized, write them here, including the reference:

- VI. Write your personal response to God here:

- VII. Use the reminder in your phone for two times a day to read **Joshua 1:8-9 NIV** aloud.

Week 1 Day 4

Memory Verses:

Joshua 1:8-9 NIV

*“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. **9** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

- I. Though much repetition is required in this discipline of hiding His Word in our hearts, each day with Him is still fresh with new grace awaiting. Pause and thank Him for that.
- II. Read the memory verses aloud several times, taking note of how they resonate inside you today. Each time you read it, say the reference, the verse, and then the reference again out loud.
- III. Yesterday you memorized through the first sentence of **verse 9**. Today we learn the rest of the verse. Write just **verse 9** here:

- IV. Think of the most encouraging human voice you know. Whose is it?
- V. Now read **verse 9** aloud to your own soul five times as intimately as in the voice of your human encourager.
- VI. Close your eyes and recite verse 9 until it flows freely from your inner being.
- VII. Breathe deeply in and inhale His personal encouragement to you. On your exhale, thank Him for how He touches you today:

- VIII. Use the reminder in your phone for two times a day to read **Joshua 1:8-9 NIV** aloud.

Week 1 Day 5.

Memory Verses:

Joshua 1:8-9 NIV

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. 9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

- I. Sing the worship song that comes to your heart to Him.
- II. Read the verses above several times, and recognize how well you know them. Each time you read it, say the reference, the verse, and then the reference again out loud.
- III. Now cover them and recite them until the whole portion really is at home inside you.
- IV. Let's take it very personally today:
“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. What is He reminding you to do?

Then you will be prosperous and successful. What kind of prosperity and success do you long for?

Have I not commanded you? Be strong and courageous. What does courage and strength look like for you today?

Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” What specific fear or discouragement need to be reminded of His presence with you? Try to see the Lord your God staring them down and speaking to them. What does He say?

- V. Now write the entire portion of **Joshua 1:8-9 NIV** from memory here:

Week 1 Day 6.

Memory Verses:

Joshua 1:8-9 NIV

*“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. **9** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

I. As you recite the verses above from memory, breathe through the truth they proclaim.

II. What has God shown you this week?

III. What action or reaction does that prompt in you?

IV. Write your gratitude:

Week 2 Day 1.

Memory Verses:

Joshua 1:8-9 NIV

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. 9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

- I. Before we transition into our inductive study, breath through the verses above until you feel the strength and courage of the Lord with you.
- II. Cover the memory verses above with your hand and recite them from memory.
- III. Read **Joshua 1:1-9** and list what God commands Joshua:

- IV. Read **Joshua 1:10-11** and note what Joshua commands officers of the people:

- V. Read **Joshua 3:1-4** and note what the officers command the people:

- VI. Read **Joshua 3:5-17** and write what stands out to you:

- VII. Write your prayer response to God:

- VIII. Use the reminder in your phone for two times a day to read **Joshua 1:8-9 NIV** aloud.

Week 2 Day 2.

Memory Verses:

Joshua 1:8-9 NIV

*“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. **9** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

- I. Breathe through the verses above, slowly inhaling and exhaling a sentence at a time. Continue until you feel yourself at peace in His presence.
- II. Cover the memory verses above with your hand and recite them from memory.
- III. In this overview of the historical books of the Bible, we’ve moved from the Book of Joshua: 1406 – 1375 BC to the Book of Judges: 11375 – 1140 BC.⁶ Where we pick up, Israel has come to take the Promised Land for granted.
- IV. Read **Judges 6:1-10** and describe the situation:
- V. Read **Judges 6:11-27** and note **why** Gideon was **where** he was when the Angel of the Lord appeared to him:
- VI. **How** did the Angel of the Lord address Gideon?
- VII. **What** were Gideon’s questions to the Lord?
- VIII. **How** did the Lord assure Gideon?
- IX. What is God speaking to you through this chapter today?
- X. Use the reminder in your phone for two times a day to read **Joshua 1:8-9 NIV** aloud.

⁶ <https://theologyandthecity.com/2017/08/04/chronology-of-biblical-events/comment-page-1/>

Week 2 Day 3

Memory Verses:

Joshua 1:8-9 NIV

*“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. **9** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

- I. Meditate on the word or phrase from **Joshua 1:8-9** that most resonates in you right now. Invite God to speak to that.
- II. Cover the memory verses above with your hand and recite them from memory.
- III. Read **Acts 13:17-21** and write the timeline given:

- IV. Read **1 Samuel 8:1-5**. **Why** did the elders of Israel want a king?

- V. Read **1 Samuel 8:6-9**. **How** do Samuel and God react to their demand?

- VI. Read **1 Samuel 8:10-18**. **What** does the Lord warn the people about?

- VII. Read **1 Samuel 8:19-22**. **How** do the people react to the words of the Lord through Samuel?

- VIII. How does this resonate with you today?

- IX. Use the reminder in your phone for two times a day to read **Joshua 1:8-9 NIV** aloud.

Week 2 Day 4.

Memory Verses:

Joshua 1:8-9 NIV

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. 9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

- I. Raise your hands and your heartfelt gratitude to the One who is with you wherever you go.
- II. Cover the memory verses above with your hand and recite them from memory.
- III. Read **Acts 13:21-23** and note **who** removed Saul and established David as king?
- IV. List two facts we learn about King David from **Acts 13:21-23**:
- V. Read **2 Samuel 7** and observe:
- VI. **When** does this take place?
- VII. **What** does King David desire?
- VIII. **How** does Nathan respond at first?
- IX. **How** does God respond to David’s desire, and **through whom** does He speak?
- X. **How** does King David respond to God’s message?
- XI. Read **2 Samuel 7** again and tell your God how it resonates in you today:
- XII. Use the reminder in your phone for two times a day to read **Joshua 1:8-9 NIV** aloud.

Week 2 Day 5

Memory Verses:

Joshua 1:8-9 NIV

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. 9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

- I. Lift your face and your heart to the sky, and express your trust to the Lord your God.
- II. Cover the memory verses above with your hand and recite them from memory.
- III. After a colorful life where he made faithful preparations for the temple, David died in 970 BC, and his son Solomon brought his father’s dream into reality, building the magnificent temple as described in **1 Kings 5-7**, completed in 959 BC.
- IV. Read **1 Kings 7:48-8:11** and describe what people did and what God did:
People (specify who did what):

God:

- V. Read **1 Kings 8:12-21**. What is Solomon focusing on?
- VI. Read **1 Kings 8:22-66** and note what stands out to you:
- VII. **Application:** How does this intersect with your own life and heart today?

VIII. Respond in prayer:

- IX. Use the reminder in your phone for two times a day to read **Joshua 1:8-9 NIV** aloud.

Week 2 Day 6.

Memory Verses:

Joshua 1:8-9 NIV

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. 9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

- I. Just let the familiar words above wash over your body, soul, and spirit.
- II. We began this week in 1406 BC when God commissioned Joshua to lead the Israelites into the Promised Land and ended our study yesterday in 959 BC at Solomon’s dedication of the magnificent temple for our Covenant God, Yahweh. In this span of these 447 years, what has He shown you this week?

III. What difference does it make in your life?

IV. What do you long to express to your Covenant Keeper today?

Week 3 Day 1.

Memory Verses:

Joshua 1:8-9 NIV

*“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. **9** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

- I. Breathe slowly and tune your soul to the Presence of God. He is here.
- II. Cover the memory verses above with your hand and recite them from memory.
- III. In this week of biographies, we start back in the time of the Judges when *“there was no king in Israel; everyone did what was right in his own eyes.”*⁷
- IV. Read **Ruth 1:1-5** and sum up the situation:
- V. Read **Ruth 1:6-18** and describe what you learn about Ruth:
- VI. Read **Ruth 1:19-2:23** and then describe what else you learn about Ruth’s character:
- VII. If the concept of a “kinsman redeemer” is foreign to you, read this explanation⁸ before reading **Ruth 3**
- VIII. Read **Ruth 4** and describe what most resonates with you from Ruth’s story:
- IX. Write an expression of faith to your own personal Redeemer.
- X. Use the reminder in your phone for two times a day to read **Joshua 1:8-9 NIV** aloud.

⁷ Judges 17:6 and 21:25

⁸ <https://www.gotquestions.org/kinsman-redeemer.html>

Week 3 Day 2.

Memory Verses:

Joshua 1:8-9 NIV

*“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. **9** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

- I. Breathe slowly and deeply. If there is any fear or discouragement present in your awareness, commit it for now to the God who knows and will make all thing right.
- II. Cover the memory verses above with your hand and recite them from memory.
- III. Like Ruth (1171-1125 BC), Samuel (1105-1025 BC) was born in the age of the Judges when *“there was no king in Israel; everyone did what was right in his own eyes.”*⁹ In fact, Samuel would be the last judge who transitioned Israel into a monarchy, as we saw Week 2 Day 3. Here are highlights from his life.
- IV. Read **1 Samuel 1** and describe the promises spoken over Baby Samuel’s life:
- V. Read **1 Samuel 3** and describe the young boy Samuel we meet here:
- VI. **1 Samuel 7** follows a battle defeat of the Israelites where the ark of the Lord had been captured by their enemies and finally returned. Describe Samuel’s role and the spiritual condition of his people in **1 Samuel 7**:
- VII. Week 2 Day 3 showed us Israel’s demand for a king, and **1 Samuel 15** documents Samuel’s confrontation of King Saul after he disobeyed the command of God. Describe the character of Samuel in **1 Samuel 15**:
- VIII. What aspect of Samuel’s character most inspires you?
- IX. Use the reminder in your phone for two times a day to read **Joshua 1:8-9 NIV** aloud.

⁹ Judges 17:6 and 21:25

Week 3 Day 3.

Memory Verses: **Joshua 1:8-9 NIV**

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. 9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

- I. Breathe slowly and just be aware that He who sees what no one else sees in you is with you and for you.
- II. Cover the memory verses above with your hand and recite them from memory.
- III. Picking up exactly where we left off yesterday, read **1 Samuel 16** and describe David’s family dynamics:

- IV. Read and **1 Samuel 17** and describe David’s character:

- V. Read **1 Samuel 18** and describe what you learn about David here:

- VI. After many years as a fugitive, David becomes king at 30, and we estimate that the following chapters take place in his early 40’s. Read **2 Samuel 11-12** and list anything that stands out to you:

- VII. Why do you think David is known as “a man after God’s own heart” (**Acts 13:22**)?

- VIII. Ask God to show you how He sees your own heart:

- IX. Use the reminder in your phone for two times a day to read **Joshua 1:8-9 NIV** aloud.

Week 3 Day 4.

Memory Verses: **Joshua 1:8-9 NIV**

*“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. **9** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

- I. Breathe slowly and let your cares surface so you can hand them to your Covenant Maker and Keeper. He is even now working all things for your good and His purpose.
- II. Cover the memory verses above with your hand and recite them from memory.
- III. King David dies in 970 BC, his son Solomon in 931 BC, and from 857-853, the undisputed most evil king and queen in the Bible, King Ahab and his wife Jezebel, reign over God's covenant people. Enter the prophet Elijah, ministering from 850-798 BC.
- IV. Read **1 Kings 17** and describe what you learn about Elijah and God's provision for him:
- V. Read **1 Kings 18:1-16** and describe the situation for God's prophets:
- VI. Read **1 Kings 18:17-46** and compare and contrast how the prophets of Baal petitioned their god with how Elijah prayed.
- VII. Read **1 Kings 19** and describe Elijah's state and God's response.
- VIII. Read **2 Kings 2** and describe what means the most to you:
- IX. Talk to God about what you are taking away from today's reading:
- X. Use the reminder in your phone for two times a day to read **Joshua 1:8-9 NIV** aloud.

Week 3 Day 5

Memory Verses: **Joshua 1:8-9 NIV**

*“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. **9** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

- I. Breathe slowly and just embrace wholeheartedly that God honors the one who honors His Word. Sense His pleasure in you.
- II. Cover the memory verses above with your hand and recite them from memory.
- III. The last of what is commonly called The Historical Books, Esther is the only book in the Bible where God is not mentioned. Yet His providential hand is what makes this book so fascinating. The setting is 478 BC in the Persian Empire where the Jews have been in captivity for 70 years, as we will learn more about in the prophetic books.
- IV. Read **Esther 2** and record what you learn about her:
- V. Read **Esther 3** and describe Mordecai and Haman:
- VI. Read **Esther 4** and describe the kind of risk r is equired of Esther at this point:
- VII. If you have time to read the whole book of Esther today, it’s a riveting read. But if not, read **Esther 7** and describe the the character of the Jewish orphan who became a Persian queen:
- VIII. The God of Esther, Mordercai, and the Jewish people is also your God. What do you need or desire from Him today?
- IX. Use the reminder in your phone for two times a day to read **Joshua 1:8-9 NIV** aloud.

Week 3 Day 6

Memory Verses:

Joshua 1:8-9 NIV

*“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. **9** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

I. Prayerfully, breathing slowly read and meditate on **Nehemiah 8:5-10**.

II. What has God shown you about Himself this week?

III. How has that affected you?

IV. Read **Nehemiah 8:5-10** and write your response in prayer to God:

Week 4 Day 1.

Memory Verses:

Joshua 1:8-9 NIV

*“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. **9** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

- I. Today we return to the discipline of listening for His still, small voice personally.. Before we dive in, make sure you are present. If your mind is drifting, just call it back to acknowledge the purpose of this time and the presence of the Holy Spirit with you.
- II. Cover the memory verses above with your hand and recite them from memory. This is the last week with this portion of Scripture, so be sure its tucked away in your heart.
- III. Imagine yourself a bird flying high above the wide span of history we have covered this month. Today we return to the book of Joshua and meditate on his last words.
- IV. Read **Joshua 24:1-10** again and briefly describe your own history:

- V. Read **Joshua 24:11-13** and recall a victory God has given you:

- VI. Read **Joshua 24:14-22** and name the idol or enemy you are most prone to succumb to:

- VII. Read **Joshua 24:23-28** and write what rises up in your own heart:

VIII. Now invite the One who aches to show you compassion into what weighs on your soul today by completing the statements below in your own words.¹⁰

Dear Lord (or other name for God) _____ ,

Please meet me in this

I appreciate that you (e.g., are emotionally present for me, empowering me, etc.)...

Write what you perceive as God's response:

Dear ____ (Your Name) ____ ,

I see you in this situation and notice your physical demeanor of (e.g., clenching your jaw, slumping your shoulders, crying)...

I hear what you're saying (out loud and/or in your mind)...

I understand that you're feeling....

I realize this is really big for you because you want...

I'm glad to be with you and I'm proud of you for your (e.g., vulnerability, courage, perseverance, kindness)...

I want to encourage you and help you by (e.g., a Scripture promise)...

1. Immanuel Journaling is taught in *Joyful Journey* by Jim Wilder, Anna Kang, John Loppnow, and Sungshim Loppnow. See LifeModelWorks.org.

Week 4 Day 2

Memory Verses:

Joshua 1:8-9 NIV

*“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. **9** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

- I. Breathe slowly and deeply. Release any tension in your body, God is here with you.
- II. Cover the memory verses above with your hand and recite them from memory.
- III. Read **Judges 4:1-3** and describe a situation in your life that’s crying out for God’s intervention:

- IV. Read **Judges 4:4-7** and describe someone who speaks courage to you:

- V. Read **Judges 4:8-10** and describe something you are praying about doing and who would be the ideal companions for that:

- VI. As you prepare for your Immanuel journaling, check for where your body or soul holds tension and describe it:

Dear Lord (or other name for God) _____ ,

I need your help with...

I appreciate that you (e.g., are emotionally present for me, empowering me, etc.)...

Write what you sense as God's still, small voice:

Dear ____ (Your Name) ____ ,

I see you in this situation and notice your physical demeanor of...

I hear what you're saying (out loud and/or in your mind)...

I understand that you're feeling (e.g., angry, afraid, anxious, guilty, sad, alone)...

I realize this is really big for you because you want...

I'm glad to be with you and I'm proud of you for your (e.g., vulnerability, courage, perseverance, kindness)...

I want to encourage you and help you by (e.g., a Scripture promise)...

Week 4 Day 3

Memory Verses: **Joshua 1:8-9 NIV**

*“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. **9** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

- I. Read the familiar verses above and thank God for His unwavering presence with you.
- II. Cover the memory verses above with your hand and recite them from memory.
- III. Read **2 Samuel 9:1-3** and imagine the King of Kings searching for you so He can show you kindness. The word used to describe Jonathan’s lame son means “contrite, lame, dejected¹¹” There’s an emotional weight to the injury. Where does that resonate in you today?
- IV. Read **2 Samuel 9:4-8** and imagine yourself face to face with your King. What would you be afraid of?
- V. Breathe through **2 Samuel 9:9-13** and write what it evokes in you:
- VI. The word used for lame after Mephibosheth’s adoption is very different from the dejected word from before. It means “be able to endure” and is sometimes translated ‘swift-footed’¹² What could make something dejected swift-footed for you today?

Romans 8:15 NLT *“So you have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when he adopted you as his own children. Now we call him, “Abba, Father.” Talk to Him.*

¹¹ <https://biblehub.com/hebrew/5223.htm>

¹² <https://biblehub.com/hebrew/7272.htm>

¹³Dear Lord (or other name for God) _____ ,

Right now, I feel...

I appreciate that you (e.g., are emotionally present for me, empowering me, etc.)...

Write what you sense Him saying to you, to whom He longs to show kindness:

Dear ____ (Your Name) ____ ,

I see you in this situation and notice your physical demeanor of

I hear what you're saying (out loud and/or in your mind)...

I understand that you're feeling (e.g., angry, afraid, anxious, guilty, sad, alone)...

I realize this is really big for you because you want...

I'm glad to be with you and I'm proud of you for your (e.g., vulnerability, courage, perseverance, kindness)...

I want to encourage you and help you by (e.g., a Scripture promise)...

¹³ This Immanuel Journaling Worksheet is adapted from Jim Wilder and Sungshim Lopnow by Bill Gaultiere* ~ SoulShepherding.org

Week 4 Day 4

Memory Verses:

Joshua 1:8-9 NIV

*“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. **9** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

- I. Settle yourself into the wonderful reality that you are His beloved, adopted child¹⁴.
- II. Cover the memory verses above with your hand and recite them to Him.
- III. Read **1 Kings 3:5**. How would you answer God’s question today?

- IV. Read **1 Kings 3:6-9** and rephrase this prayer to reflect your responsibility:

- V. Read **1 Kings 3:10-15** and dream freely how you would love for God to answer you:

- VI. Read **1 Kings 4:29** and describe what largeness of heart would look like in you:

By now, you know what to do¹⁵.

¹⁴ See Ephesians 1:5-6

¹⁵ This Immanuel Journaling Worksheet is adapted from Jim Wilder and Sungshim Lopnow by Bill Gaultiere* ~ SoulShepherding.org

Dear Lord (or other name for God) _____ ,

Right now, my heart is ...

I appreciate that you (e.g., are emotionally present for me, empowering me, etc.)...

Write how you sense God responding to you:

Dear ____ (Your Name) ____ ,

I see you in this situation and notice your physical demeanor of...

I hear what you're saying (out loud and/or in your mind)...

I understand that you're feeling...

I realize this is really big for you because you want...

I'm glad to be with you and I'm proud of you for your (e.g., vulnerability, courage, perseverance, kindness)...

I want to encourage you and help you by (e.g., a Scripture promise)...

Week 4 Day 5

Memory Verses: **Joshua 1:8-9 NIV**

*“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. **9** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

- I. Our last day of memorizing the Scripture above. Take time to thank God for what He has taught you this month.
- II. For the last time, cover this memory verses above with your hand and recite it from memory.
- III. Read **2 Kings 6:15** and describe anything that overwhelms, intimidates, frightens , or worries you today

- IV. Read **2 Kings 6:16-17** and describe what the opened eyes see:

- V. Read **2 Kings 6:18** and pray with the same faith as Elisha:

In today's two-way prayer letter, try to see the spiritual reality surrounding you, pour out your heart, and listen for His response to you¹⁶.

Dear Lord (or other name for God) _____ ,

I wish my eyes could see..

I appreciate that You are...

Write God's Response

Dear ____ (Your Name)____ ,

I receive your worship and notice your physical demeanor of...

I hear what you're saying (out loud and/or in your mind)...

I understand that you're feeling ...

I realize this is really big for you because you want...

I'm glad to be with you and I'm proud of you for your (e.g., vulnerability, courage, perseverance, kindness)...

I want to encourage you and help you by ...

¹⁶ This Immanuel Journaling Worksheet is adapted from Jim Wilder and Sungshim Loppnow by Bill Gaultiere* ~ SoulShepherding.org

Week 4 Day 6

Nehemiah 6:3 NIV “I am carrying on a great project and cannot go down. Why should the work stop while I leave it and go down to you?”

I. Pray through **Nehemiah 6:3** until your heart rests within the boundaries of what God has assigned for you. How does speak to you today?

II. How has He carried you this week?

III. What fears has He replaced with peace?

IV. Write your gratitude: