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"But encourage one another day after day, as long
as it is still called "Today," so that none of you will
be hardened by the deceitfulness of sin."

Hebrews 3:13

Today is a new kinda quirky Bible journal for busy people who want to jumpstart their day with Scripture. Start the day with a look at the verse and short assignment. Then, revisit your work in the evening to add notes and make changes. Spend some time with Jesus Today!



Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity.

1 Timothy 4:11

Wow! Our verse for Today is loaded with challenges! Read through the verse again. Let's consider each challenge and take a moment to pray. Ask God to show you what area to focus on. Do you need to work on conduct? Words? Love?



Write your focus in the space below.



Focus Area: _____



Set a goal for how you will be an example (no complaining, no cursing, kind deed for every person in the office etc.)

Goal: _____

Now, ask God for His help to accomplish your goal.



My Prayer Today:

My Experience Today (write this later tonight):



“To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.”

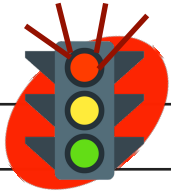
Ephesians 4:22-24

One morning God gave me a message about starting and starting. There were some things I needed to **STOP** doing: Complaining. Gossiping. Fearing. And some things I needed **START** doing: Praising. Encouraging. Believing. How about you?

What do you need to **STOP**?

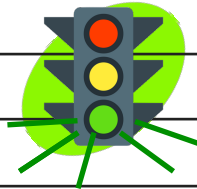
What do you need to **START**?

New habits lead to new opportunities, a new you, and a whole new life! Let's get started!



Stop It List

- 1.
- 2.
- 3.
- 4.



Start It List

- 1.
- 2.
- 3.
- 4.

My Prayer Today

Whenever you come to a traffic sign pray for God to help you Stop it and Start it. Write about your experience Today on the lines below.

My Experience Today


Write about your experience Today on the lines below.



Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord. Therefore "If your enemy is hungry, feed him; if he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head." Romans 12: 19-20

Ouch. This one is going to be hurt, but it's going to be good. God says He gets to repay those who annoy us. Actually, we get to repay them too ... with good. "Kill them with kindness" as the old saying goes. I do not believe in being a doormat, or in letting others take advantage of you. But, Today, when you have the chance to lower the hammer on someone, offer grace.

To the one who tries to cut you off on the freeway, let him in. To the coworker who's taken credit for your work in the past, take them a cup of coffee. To the grouchy neighbor with the barking dog, wave hello as you drive by on your way to work.

Go ahead. Heap up the coals of fire! Repay evil with good and leave the rest to God. I dare you! 

Today, every time you repay evil with good, check off a heap of fire.



My prayer Today.

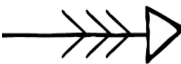
My Experience Today.



John answered, "Anyone who has two shirts should share with the one who has none, and anyone who has food should do the same."

Luke 3:11







Wow and ouch! Today our focus verse really hits home, or our closet. I went and did a quick count of how many shirts currently reside in my closet. Drum roll please  **40!** This number represents the shirts in my closet for this current season. 100 shirts is an accurate low estimate of my total shirt population.

If I only had two shirts I would not consider myself as one who should give, but receive. Two shirts? God has a different standards than I do. His ways are not my ways.

Most likely you are like me. You have shirts in your closet, shirts in your dresser, shirts in storage, etc. You probably also have food to share. What about furniture or books or dishes? Look around your house and find something you have more than one of and give it away!

Pray it Away!:

Pray and ask God to show you what to give away and to provide opportunities to bless someone. Go through each room of your house and find items to donate. Make your list below.

 Kitchen	 Clothes	 Furniture	 Household Items
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.

My Experience Today!:



Therefore encourage one another and build each other up,
just as in fact you are doing.
1 Thessalonians 5:11

Everyone needs encouragement. Words of encouragement can change someone's day, mend a heart, redirect the lost, energize the weak, or even save a life.

God has given us the gift of words. With our words we can bless or curse, wound or heal, or tear down or build up.

Today, choose to use your words for the good. Encourage others!



Today, find someone to encourage in each of these ways. Write a name after each entry.

1. spiritually:
2. financially:
3. emotionally:
4. professionally:

Today, encourage a person from each category below. Write a name after each entry.

1. a neighbor:
2. a family member:
3. a stranger:
4. a store clerk:
5. a friend

My prayer Today.

My Experience Today.



Rejoice always, pray continually, give thanks in all circumstances;
for this is God's will for you in Christ Jesus.



1 Thessalonians 5: 16-18

Christians spend a lot of time trying to “discover” God’s will. Fortunately, His Word is full of His will. 1 Thessalonians 5: 16-18 tells us three things God wills for us to do, rejoice, pray and give thanks. Today, we are going to focus on these three things. Set your phone alarm for three different times. When your alarm goes off, whatever your circumstances, **pray, rejoice** and **give thanks** to God. Write about your experience below!

Alarm 1: 

Alarm 2: 

Alarm 3: 
