

the *Warrior*
in the *Mirror*

A Bible Study Journal for Busy Women



"Put your sweet self under God. Entirely.
No arms and legs kicking out to the sides.
Knees to the floor. Eyes to the sky!
Hands open wide. Death to pride. Here we
run aground on the reason the devil flees. He
doesn't flee from us, Beloved. He runs from
God, Who is standing right there over us
every time we submit. Take off your shoes -
that's holy ground."

Beth Moore - James

James - Mercy Triumphs by Beth Moore
published by LifeWay Press® ©Beth Moore
reprint 2014

Soli deo Gloria

The Warrior in the Mirror - a Bible Study Journal For Busy Women

Jellybean Jar Publications

1212 11th. St. E.

Glencoe, MN

55336

© 2016 by Angela O'Dell

Cover image from Shutterstock.com

ISBN-13: 978-1530615315

ISBN -10: 1530615313

All rights reserved.

You can find more information about Angela O'Dell on the web:

blog: angelaodellblog.wordpress.com

website: jellybeanjar.org

Facebook: Angela O'Dell's Jellybean Jar Publications Facebook Page

email: angela@jellybeanjar.org



James 1 Message

2-4 Consider it a sheer gift, friends, when testing and challenges come at you from all sides. You know that under pressure, your faith-life is forced into the open and shows its true colors. So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way.

22-24 Don't fool yourself by thinking that you are a listener, when you are anything but, letting the Word go in one ear and out the other. Act on what you hear! Those who hear and don't act are like those who glance in the mirror, walk away, and two minutes later have no idea who they are, or what they look like.

Dear Friend,

This is not a buck-up-and-put-on-a-brave-face pep-talk book...

This precious life can be such a mix of triumph and trial. As I write this, I'm thinking about a dear, brave friend, who is facing an excruciating time in her life. For more than two years, she has been standing by her husband as he battles cancer. She has three children to think about, and the future is uncertain to say the least. This sweet friend is hanging onto Jesus with everything she has. Every day brings new challenges; each morning, she gets up to face what is now her reality. She isn't doing it in her own strength - that ran out a long time ago - no, she is living in the shadow of the Almighty's wing. I'm so thankful she knows where her strength comes from.

I believe, as women of God, we have a lot more "guts" than what we tell ourselves and each other most of the time, but it requires determination to take God at His Word when we don't feel like it. It's easier and more natural for us to whine and complain, or blame it on our hormones than it is to dig in and stand strong. The enemy of our souls cashes in on these tendencies more often than we want to admit. He knows that if he can distract us from our Power Source, he has rendered a great army of warriors ineffectual.

BUT...

What if we became the kind of women who takes every thought captive and lives in strength and humility? What if we believed what God says about us? What if we looked into the mirror and truly saw a mighty warrior, armed for battle? What if we disciplined ourselves to meet with God every day (morning preferably) to align ourselves with HIS plans for the day?

God's Word says that we have access to everything we need, to not just get through, but to come out victoriously on the other side. Christ has died so that we can live in victory. Whomever the Son has set free, is free indeed! Freedom is sweet!

About me:

God has delivered me from some horrifically bad places, and He continues to use His Word to heal me. He has taught me to replace the lies of Satan with the truth of what He says about me and to take every thought captive. He has given me a passion to share the source of my strength and joy. If He can heal and use me, believe me, He can heal and use anybody!

This book is a glimpse of my personal morning routine with Jesus. I have included all of the (somewhat quirky but affective) elements of what I do on a daily basis to focus my heart and mind on the One who owns the day that I am about to live. It is from my own thankfulness for the power of Christ that I bring you this book. Please use it in the way it fits your needs. Over the next few pages, I explain the layout of this journal and give some helps for your journey. Please take the time to read through it all. God bless!

About this book



Following is a breakdown of the sections in this journal and how I use them in my quiet times.

Praise song or hymn: this is pretty self explanatory. Usually, I listen to a hymn or praise song in my earbuds while I hug my cup of coffee.

“Face-time” with Jesus: this is my face-to-the-floor time - putting myself in a position of complete humbleness before God. I have found when I take the time to put myself completely on my face before God, my attitudes and thoughts quiet themselves and my mind shifts to the greatness of His presence. Sometimes I stay down a few minutes, sometimes I stay down there longer if I have something that is keeping me from quieting my thoughts. “Humble yourself before God. Resist the devil and he will flee.”

PRAY: I like to use this acronym.

Praise- Thank and praise God for His greatness and faithfulness in my life. I praise Him completely for being who He says He is and doing what He says He will do.

Repent: this may be something that I need to do first even before praising. If He brings something to my mind that needs to be taken care of, I do it now!

Ask: do I need to ask my Heavenly Father for something? Scripture says to pour out our hearts to Him. Ask!

Yes! Stand on the promises of who He says I am. I pray the Scriptures over my family and home. I have included a short list of books that I use for praying the Scriptures.

People or situations I need to trust God about: Trust...not something that comes to us naturally. Most of us have endured enough injustice at the hands of humans to be a little leery of those who have power over us.

If you have trust issues, ask God to show you how trustworthy He truly is. There is no dark side to His nature. We all have people/issues/situations that we have to daily (and sometimes minutely) lay at His feet in surrender. This has been a big one for me - I have to conscientiously lay it down and leave it there. Live with open hands.

Scripture writing: if you are following a specific scripture writing plan, this is a great place to write out the verses. (These verses can also come from an in-depth Bible study I may be doing, a devotional, or Scripture that I jotted down in church. The idea here is to write out God's Word in our own handwriting. There is something powerful about writing something down.)

Application: This is where I write what is God showing me from my scripture reading. God's Word is alive and active, sharper than a two-edged sword. It is good for all types of training and admonition. (Hebrews 4:12, 2 Timothy 3:16)

Other verses I read: I jot down the references of other scriptures I read and ponder each day. These sometimes become my handwritten scripture on another day.

Armor check list: Before I end my quiet time, I take a moment and put on my Spiritual armor.

Don't start the day without suiting up. (Ephesians 6:10-18) I've included this checklist because I have found it helpful to consciously work through the process of applying each piece of armor's truth to myself. Jesus died to give us this privilege - let's not go without its protection and defensive/offensive power!

Other journaling/doodling/areas: I like to color and doodle. In fact, I have realized that this activity can not only calm my mind and spirit, but it can actually be a form of praise and worship! (I know that I'm not alone in this by how popular journaling Bible and adult coloring books have become lately.) Many times, I will doodle or color when I'm listening to a hymn or a praise song. Please don't feel like you have to be an artist to participate in this activity. Your journal is for you to document your time with Jesus - make it yours!

Some of my favorite resources for Bible study and Prayer books:

Fervent by Priscilla Shirer

Praying God's Word by Beth Moore

60 Promises to Pray Over Your Children by Roy Lessin

Praying for Prodigals by James Bank

The Armor of God Bible Study by Priscilla Shirer

Breaking Free Bible Study by Beth Moore

(Any of the studies by Beth Moore, Priscilla Shirer, Angela Thomas)

Favorite online resource: www.biblehub.com

The Truth about Me...

-----> truth = what God says about everything
Ephesians 1

I am equipped through Christ with every spiritual blessing.

I am chosen in Him before the foundations of the world.

I am regarded as holy and blameless before Him.

I am adopted through the kind intention of His will.

I am redeemed and forgiven, lavished with grace.

I am a recipient of a glorious inheritance in heaven.

I am secured forever by the Holy Spirit of promise.

I am alive with the Messiah - together with Christ Jesus seated at the right hand of the throne.

I am a dearly loved child of God.

grace received, grace given



hymn or praise song

face-time with Jesus

Lord, I **P**raise you...

I **R**epent from...

I **A**sk You to...

I say **Y**es to Your promises...

3 people or issues I bring to You, Lord...

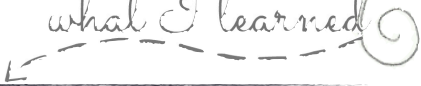
notes

&
doodles



handwritten Scripture

what I learned



armor check

- the belt of truth - stand firm on what God says!
- the breastplate of righteousness - holiness given/holiness lived
- the shoes of peace - stand firm, spread the news!
- the shield of faith - be obedient in faith!
- the helmet of salvation - take every thought captive!
- the sword of the Spirit - learn to wield this offensive weapon!

other verses I read

hymn or praise song



face-time with Jesus

*notes
& doodles*

Lord, I **P**raise you... _____

I **R**epent from... _____

I **A**sk You to... _____

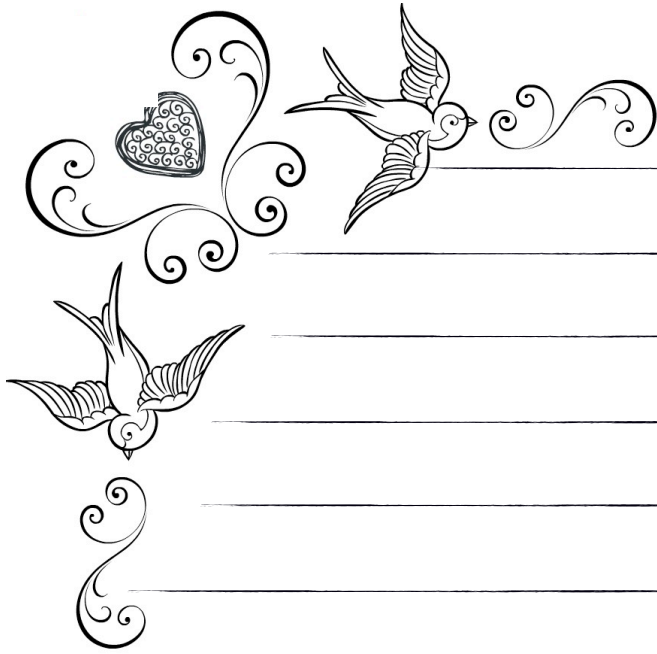
I say **Y**es to Your promises... _____

3 people or issues I bring to You, Lord



*control is an illusion -
God has it.*

handwritten Scripture



what I learned

other verses I read



armor check

- the belt of truth - stand firm on what God says!
- the breastplate of righteousness - holiness given/holiness lived
- the shoes of peace - stand firm, spread the news!
- the shield of faith - be obedient in faith!
- the helmet of salvation - take every thought captive!
- the sword of the Spirit - learn to wield this offensive weapon!

We're not talking stress management -
We're talking Freedom!