

# Welcome

We are so glad you're here! We hope journaling in your Bible will open up a whole new way to spend time with the Lord. It is all about reading and studying the Word and letting it lead you to be creative in the way you memorize and record Scripture. Whether you are an experienced Bible journaler or a newbie, this workbook will walk you through the experience of journaling in your Bible.

*let's get started!*

# SUGGESTED tools & supplies

These are some of the supplies we have found to be the most helpful when Bible journaling. Feel free to gather your own supplies, adding and subtracting tools that work for you!

- Pens
- Pencil
- Watercolor Kit
- Colored Pencils
- Stamps
- Extra Paper
- Washi Tape
- Highlighters
- Paper Towels
- Stickers

# getting STARTED

There is no right or wrong way to journal in your Bible. Again, it is all about taking time to read and discover God's Word. Following are a few practical steps and questions to guide you in your time.

## SCRIPTURE FOCUS TODAY:

Trust in the LORD with all your heart, and do not rely on your own understanding; think about Him in all your ways, and He will guide you on the right paths.

Proverbs 3:5-6, HCSB®

## step 1

Pray, read, and reflect on the Scripture. In what ways does this Scripture apply to you and your life right now?

---

---

## step 2

Pick out words in the Scripture that stand out to you. Let's call them *key words*. For example: "trust," "LORD," "all," "heart," etc. These words might stand out to you more than the others. Write those below.

---

---

## step 3

Think about how you visualize these key words. For example, with the word "LORD," you can use very strong lettering while with the word "heart," you might use cursive writing and add a heart around it. Be creative!

strong  
lettering ↘  
LORD

softer  
lettering  
+ added  
elements ↙  
heart

do not  
RELY ↗  
use words  
to border other  
words

heavy  
block lettering  
really makes  
a statement ↙  
ALL

## step 4

Sketch out your drawing with the pencil. You can, of course, use a pen if you are comfortable doing so.

**TIP:** You can do this step in your Bible. If you are not comfortable writing in your Bible yet, you can do this on an extra piece of paper. After you're finished, re-sketch the drawing in your Bible or tape the art in your Bible using Washi tape for a neat look.

## step 5

Once you have drawn with the pen, use color to fill in your design. Watercolor, colored pencils, Crayons, or whatever else you feel comfortable with are great options for color.

**TIP:** When using watercolor, it is always best to put an extra sheet of paper underneath to eliminate bleed. Having a paper towel handy to blot excess water is also helpful. If you use watercolor, be careful not to touch the portions of your page that are in ink because it will cause the ink to bleed.

## step 6

Add any other elements to your page that you would like. Stickers, stamps, fun borders, and more will help brighten your page.

**TIP:** Consider marking pages with Washi tape. You can use the Washi tape on the edges of your page to help the pages in your Bible stand out.

# BIBLE JOURNALING Examples

Feel free to trace over these examples from Scripture. Don't be afraid to use colors, test out pens, and make these sketches your own!

PSALMS 75  
 Answer me  
 When I call, God,  
 who  
 VINDICATES  
 me.  
 You  
 FREED me  
 from  
 affliction;  
 be gracious  
 to me  
 & hear my  
 PRAYER.  
 PSALM 4:1

PSALMS 83-84  
 HOW  
 lovely  
 IS YOUR  
 DWELLING  
 PLACE  
 Lord OF  
 HOSTS.  
 I LONG &  
 yearn  
 FOR THE  
 COURTS  
 OF THE  
 Lord;  
 MY  
 HEART & FLESH  
 CRY OUT  
 FOR THE  
 living  
 GOD.  
 PSALMS  
 84:1

# ELEMENT Examples

Arrows can be used to highlight a word or phrase!

Fun to add at the top or bottom for some color

HIGHLIGHT

Adding these beams coming out helps the word stand out!

Laurel wreath - fun to add around a word or at the top and bottom of your drawing

Fun to add on the sides as a border!

# ↔ 30 DAY ↔ BIBLE JOURNALING challenge

**Day 1:** John 15:5

**Day 2:** Psalm 9:1

**Day 3:** Psalm 34:18

**Day 4:** Hebrews 11:6

**Day 5:** John 16:33

**Day 6:** Ephesians 2:8

**Day 7:** Galatians 5:22

**Day 8:** Hebrews 12:28

**Day 9:** Psalm 34:4

**Day 10:** John 14:6

**Day 11:** Jeremiah 29:11

**Day 12:** Romans 8:28

**Day 13:** John 10:10

**Day 14:** Ruth 2:12

**Day 15:** Matthew 11:28

**Day 16:** Joshua 1:9

**Day 17:** 2 Timothy 3:16

**Day 18:** Matthew 5:16

**Day 19:** Joshua 1:8

**Day 20:** Philippians 4:13

**Day 21:** Psalm 37:4

**Day 22:** 1 Peter 5:7

**Day 23:** Philippians 4:6

**Day 24:** Isaiah 41:10

**Day 25:** Romans 15:13

**Day 26:** Philippians 4:8

**Day 27:** Micah 6:8

**Day 28:** Romans 12:2

**Day 29:** Ephesians 3:20

**Day 30:** Hebrews 11:1

*show us your journaling.  
use #noteworthyTruth*

Two columns of horizontal lines for journaling. The left column has solid lines, and the right column has dotted lines.

*practice*  
SPACE

*show us your journaling.  
use #noteworthyTruth*





## ABOUT THE ARTIST

Originally from Georgia, Laurel Keller now lives in Nashville, Tenn., where she is a part of the LifeWay Stores marketing team. She has always had a deep love of art and connecting it to God's Word. In addition to painting and drawing, she loves reading and spending time with her husband, Jake, and their dog, Hooper.

You can find more of her art and designs online.

 [anchorandgaildesigns](#)

 [AnchorandGail](#)