A simple journal exercise for your study



1. Ask: What Is God Teaching Me?

Before you ask how a verse applies to your life, first understand what it means in its biblical context.

Ask yourself:

- What does this passage teach me about God?

- Is there a truth I need to believe?

- Is there an instruction I need to follow?

- Is there an example I can learn from?

Scripture: 2 Timothy 3:16–17 — Scripture equips us for every good work.

Warrior challenge: Don't rush through your reading. Look for one truth you can carry with you today.



2. Let God's Word Examine Your Heart

Sometimes Scripture comforts us. Other times, it challenges us to change our attitudes, habits, or responses.

Scripture: Hebrews 4:12 — God's Word is living and active, discerning the thoughts and intentions of the heart.

Ask yourself:

- Do I need to forgive someone?

- Am I responding with fear instead of faith?

- Is there an attitude I need to surrender to God?

- Where do I need to grow in patience, courage, or love?

Applying God's Word isn't about condemning yourself. It's about allowing God to shape you as you grow.

Scripture: James 1:22 — Be doers of the Word, not hearers only.
God's truth How I can apply it

Forgive others — Ephesians 4:32 Release resentment and take a wise step toward forgiveness.
Trust God — Proverbs 3:5–6 Pray before making a decision driven by fear.
Speak with kindness — Ephesians 4:29 Choose encouraging words instead of criticism.
Be courageous — Joshua 1:9 Take one faithful step toward something God has called me to do.
Pray continually — 1 Thessalonians 5:17 Pause and pray when worry begins to take over.
Warrior challenge: Finish this sentence in your journal: "Because of what I learned in God's Word today, I will…"



3. Turn the Truth Into an Action

This is where Bible study becomes practical! Choose one specific action that reflects what you've learned.

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4. Speak God's Truth Over Your Life

When fear, doubt, discouragement, or negative thoughts arise, remember what Scripture actually teaches. Let biblical truth guide your thinking and your response.

Scripture: Romans 12:2 — Be transformed by the renewing of your mind.

For example:

- **When you feel weak,** remember that God's grace is sufficient (2 Corinthians 12:9).
- **When you feel afraid,** remember God's presence (Isaiah 41:10).
- **When you feel discouraged,** remember that you can bring your burdens to Him (1 Peter 5:7).

This isn't about repeating words to make everything happen the way we want. It's about aligning our thoughts with God's truth and trusting Him in the circumstances we face.



5. Keep Practicing the Word Every Day

Spiritual growth happens as we continually learn, trust, obey, and return to God's Word—even when applying it is difficult.

Scripture: Psalm 119:105 — God's Word is a lamp to our feet and a light to our path.

Ask yourself at the end of the day:

- **Where did I put God's Word into practice?**
- **What was difficult for me?**
- **What do I want to practice again tomorrow?**

You don't have to change everything in one day. Start with one truth and one faithful step



So here's your DAILY Warrior Faith challenge:

First, discover the truth. Ask what God is teaching you through the passage.

Second, examine your heart. Is there something you need to change, surrender, forgive, or trust God with?

Third, take action. Choose one practical way to live out that truth today.

Maybe your Scripture teaches you to forgive. Your action might be releasing bitterness and asking God to help you respond with grace.
Maybe your Scripture teaches you to trust God.
Your action might be taking a step forward instead of allowing fear to make your decisions.
Or maybe your Scripture reminds you that God is your strength. Your action might be facing a difficult situation with prayer instead of giving up.

Warrior women, remember this: We don't apply God's Word to earn His love. We respond to His love by learning to walk in His truth.
So as you study with me, don't just ask, “What did I read today?”
Ask, “What truth will I carry, and how will I live differently because of it?”
Put on your crown, steady your heart, and take your next faithful step.
Don't just read the Word, warrior. Live the Word!

