

40 days: Finding YOU in HIM
Devotional Journal

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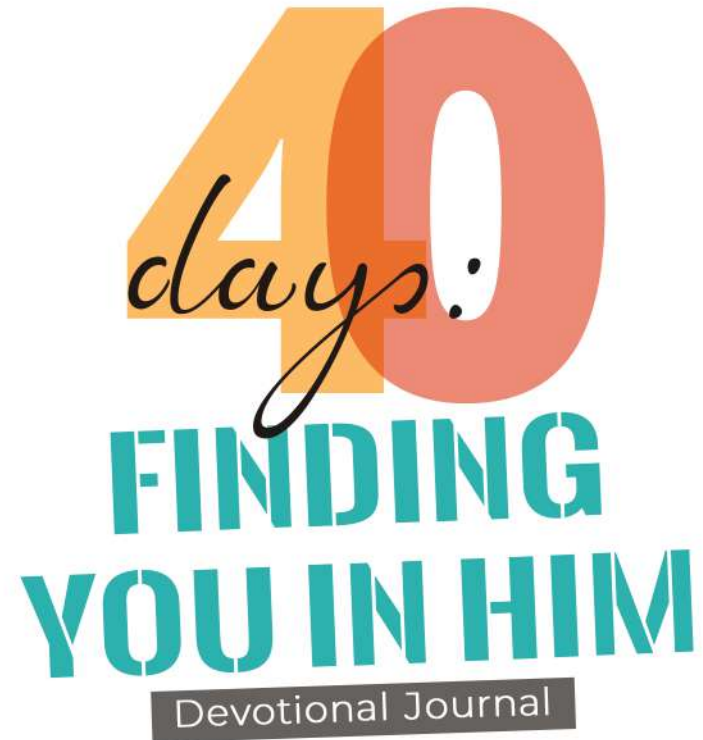
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40 DAYS IN THE BIBLE

represent:

CALL FOR HELP

the sign that God wants people to be saved

"And Jonah began to enter the city on the first day's walk. Then he cried out and said, 'Yet forty days, and Nineveh shall be overthrown!'" Jonah 3:4

PREPARATION

the sign that God is preparing people for action

"And when He had fasted forty days and forty nights, afterward He was hungry." Matthew 4:2

THE END OF THE TIME (Judgment Day)

the period when God removes all evil

"For after seven more days I will cause it to rain on the earth forty days and forty nights, and I will destroy from the face of the earth all living things that I have made." Genesis 7:4

May you constantly practice the spiritual habits you develop today for 40 days

And may these 40 days create a new lifestyle!

You need 21 days to create a habit. It takes 40 days to change your lifestyle.

READY ... SET ... GO!

Have you ever been on a tour guided visit in a museum? During your visit, you listen to your guide as they explain the exhibits in a way you might not have understood on your own. This Devotional Journal is similar to a guide. Throughout your 40-day-long journey, it will help you deepen your understanding of the Bible.

We propose a model for Bible study, and after 40 days, you become your own guide. Here's some suggestions:



PREPARE A PLACE FOR STUDY AND PRAYER

Before you begin your Bible study, it is important to prepare a special place for it. This will be the place where you and Christ will meet every day. You need at least 15-30 minutes daily to go through the study. Set this time aside and make sure no-one and nothing will interrupt or distract you. Now is the time your smartphone, TV or other sources of distraction can be turned off.



TAKE A BREAK

Many times we try to read the Bible, but we find ourselves scatterbrained and overwhelmed by the daily grind. Find some time for peace and quiet. That is probably the most beautiful gift you can give yourself every day. The voice of God can get lost among the daily noise. Before starting your study, pray to God to talk to you and help you understand His Word.



READ THE BIBLE

Every day you will study a certain Biblical passage. We recommend you read the whole chapter to better understand the context of the chosen verse. During these 40 days, we wish to lead you through a study of the most important parts of the Scripture.



REFLECT

The Bible study becomes challenging when you start reflecting and asking questions. In the beginning, we'll provide you with the questions. Find the answer to each question. If some of them seem too hard to answer, read more in the Bible, turn to a Bible commentary or talk about it with your friends.



LIVE

The Bible was written to be lived out. List out all the practical suggestions you extract from the study and start implementing them.



DON'T GIVE UP!

We challenge you to daily devotion. If you do end up missing one of the days, don't give up. Continue and try to catch up, or simply finish one or two days later. But NEVER give up on the study of the Bible and of prayer. These are the most important habits you can have.

A large, abstract teal watercolor splash dominates the background, with various shades of teal and light blue blending together. The splash is centered and extends towards the top and left sides of the frame.

WEEK 1

Discover Your Questions!

Day 1

LIVE LIFE TO ITS FULLEST*

You probably want to live your life fully. But what does that mean? If you have a car, you definitely know what it means to drive on an almost empty tank, with the red indicator on.

But what if you had a full tank and, after a whole day of driving, you find the tank full again the next morning? Of course, this never happens in the real world. Something needs to happen for the tank to be full again the next day.

*TAKE A BREAK after every question to reflect and write down your answer.

TAKE A BREAK

Take the time to STOP.
Try to detach yourself from anything that might distract you.
Ask God to speak to you through this devotional.

READ

1 Kings 17:10-16

"The jar of flour will not be used up and the jug of oil will not run dry until the day the Lord sends rain on the land." 1 Kings 17:14

REFLECT

Imagine you have a tank in your soul that you're always consuming out of.

1. What should you do so that you don't find it empty one day?
What should you do to live life to the fullest?
2. What does to Live life to its fullest mean to you?
3. Are you living life fully now, or is there space for more?

LIVE

1. What are your expectations for the next 40 days? Be concrete.
2. What do you think you need to do for your expectations to become reality for you?

READ MORE

Genesis 1-2

MY NOTE

REASONS TO PRAY

God invites you to begin anew!

Day 2

SEARCHING FOR HAPPINESS WITH GOD*

There's no person on earth who doesn't crave happiness. This seems to be the kind of feeling that, once experienced, you already lost. That's why we spend our lives searching for it. Some think happiness is like a drug - it makes you euphoric for a short period of time, and then you need another fix.

But the happiness we'll be discovering these days has nothing to do with finding something, or getting somewhere, and everything to do with being with someone.

One of the scenes of the apostles' life illustrates that happiness is not about the destination, but about your travelling companion.

***TAKE A BREAK** after every question to reflect and write down your answer.

TAKE A BREAK

Take the time to STOP.
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READ Luke 24:13-35

This will also be our main passage for this journal entry.

REFLECT

When you are together with God you are happy. Happiness is a matter of relation, when Christ is your travelling companion in your quest for happiness.

1. What is happiness to you?
2. Do you wish for a brief moment of happiness, or a lasting one?
3. Do you think God can give you happiness?

LIVE

What would you be willing to do for happiness?

READ MORE Genesis 3

MY NOTE

REASONS TO PRAY

God condemns you to happiness!

Day 3

WHEN SOMETHING DOESN'T WORK OUT*

When disappointment shows up, when everything seems dark, when it seems to you that it is easier to love the world than Christ, when your hopes and expectations crumble, when you try to sell your faith in the lowest currency... stop!

At that very moment, God is still walking beside you and waiting for you to share your burden with Him.

***TAKE A BREAK** after every question to reflect and write down your answer.

TAKE A BREAK

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READ

Job 30:19-31

"When I looked for good, then evil came unto me: and when I waited for light, there came darkness." Job 30:26



REFLECT

1. Do you ever blame God when something fails?
2. Why do you think faith and religion don't make some people happy?
3. What didn't Job understand? Go back to his rhetorical questions from verses 25-25.
4. René Descartes famously said: *"I think, therefore I am"*. Do you think asking questions about what you don't understand about God and faith means not believing? Why?



LIVE

If God was beside you right now, what one question would you ask Him?



READ MORE

Genesis 15; 17:15-27

ONE MORE THING: God likes it when we ask questions. When you're curious about something, it means you're interested in it. When everything works out just fine, we forget about our questions. This is why sometimes God allows some things to fail. Usually, that's what prompts the real questions.

MY NOTE

REASONS TO PRAY

Welcome to the journey!

Day 4

WHEN YOU FEEL YOU WERE CHEATED*

There are usually two types of negative experiences in our spiritual journeys.

On the one hand, there are those who tried faith and were disappointed, and then there are those who never experienced faith afraid of being disappointed.

What should you do when the spiritual life doesn't offer you the expected satisfaction? What good is faith, when you have all the proof that it cannot offer you anything extraordinary?

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TAKE A BREAK

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READ

Luke 24:13-24

"but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place."
Luke 24:21

REFLECT

1. Were your dreams ever shattered? What happened?
2. What kind of expectations do you think the disciples had from "the one who was going to redeem Israel"? Why did His death ruin their hopes?
3. Identify the discussion topic between the two disciples in verses 14, 22, 23, 24. What didn't the travellers understand?

LIVE

God never disappoints. We just think that God failed us.
To be able to have the right expectations from God, you must know Him and know what He promises and under what conditions.
Sometimes we want God to change just to please us.
What changes do you have to make in order to strengthen your faith on the correct expectations and hopes?

READ MORE

Genesis 21:7-22

ONE MORE THING: If you have never asked "Lord, why?", these moments will definitely come into your life. This study guide will help you grow spiritually even when you go through these harrowing situations. True religion can offer you something extraordinary that never disappoints.

MY NOTE

REASONS TO PRAY
God loves you!

Day 5

WHEN YOU DON'T SEE GOD*

God is invisible. Still, He makes Himself “visible”, makes His presence felt in different situations in your life.

It’s easy to feel His Divine presence when everything is OK. But where is God when you go through hard times?

***TAKE A BREAK** after every question to reflect and write down your answer.

TAKE A BREAK

Take the time to STOP.
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Ask God to speak to you through this devotional.

READ

Luke 24:15-17

“Philip said, “Lord, show us the Father and that will be enough for us.”
John 14:8

REFLECT

1. Would you like to see God? Why?
2. Who or what prevents the disciples from seeing Christ with their own eyes?
3. What was Jesus’ answer to Philip? And why did he answer in that way? (see John 14:8-9)

LIVE

1. Can you “see” God around you other than with your physical eyes?
2. What prevents you from “seeing” God with spiritual eyes?

READ MORE

Exodus 3-4

ONE MORE THING: *“Yielding to temptation begins in permitting the mind to waver, to be inconstant in your trust in God. If we do not choose to give ourselves fully to God then we are in darkness. When we make any reserve we are leaving open a door through which Satan can enter to lead us astray by his temptations. He knows that if he can obscure our vision, so that the eye of faith cannot see God, there will be no barrier against sin.”*
(Ellen G White, “Thoughts From the Mount of Blessing”, p 92)

MY NOTE

REASONS TO PRAY
God sees you!

Day 6

WHEN YOU WANT AN ANSWER*

You can't get answers if you don't ask questions.
A question is only the beginning of finding an answer or a truth.

Jesus said that if you know the truth, it will set you free.

The truth is nothing more than a divine answer to a human dilemma. Are you looking for an answer?

***TAKE A BREAK** after every question to reflect and write down your answer.

TAKE A BREAK

Take the time to STOP.
Try to detach yourself from anything that might distract you.
Ask God to speak to you through this devotional.

READ

Jeremiah 2:4-9

'One of them, named Cleopas, asked him, "Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?"' Luke 24:18

REFLECT

1. How does God feel when we ask Him questions?
2. How does God feel when we don't ask Him questions?
3. Do you think Cleopas' question made Jesus sad?

LIVE

What are your questions for God?

READ MORE

Exodus 20

ONE MORE THING: The questions we'll be answering during our 40-day journey are:

1. Does God care about my feelings or wishes?
2. Why doesn't God answer clearly?
3. Why is it so hard to be religious?
4. Why is religion boring?
5. How can I be Christian without my friends making fun of me?

MY NOTE

REASONS TO PRAY
God answers you!

Day 7

ABOUT YOUR PATH*

Your path may be good, but make sure it's not useless and give it a purpose - God's purpose.

Your path may be OK, but you can speed it up by changing your vision and travelling at the speed of God.

Full speed ahead!

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TAKE A BREAK

Take the time to STOP.

Try to detach yourself from anything that might distract you.

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READ

Luke 24:13-18, 31-34

"Didn't our hearts burn within us as he talked with us on the road and explained the Scriptures to us?" And within the hour they were on their way back to Jerusalem." Luke 24:32-33



REFLECT

1. How did the disciples' journey begin, and how did it change along the way?
2. How fast do you think they were going to Emmaus, and at what speed do you think they came back to Jerusalem? Why?
3. How do you understand the expression "to walk with God"? (Genesis 5:22; 6:9)



LIVE

How do you walk on your path? What is the way of your faith?

Experiment with this contract:

CONTRACT

Because I realize I need a living faith, I want to commit to this path. I want to find the answer to my questions. I know the Bible won't have an influence if I just skim-read it. That is why I want to experience in my life a sense of purpose only God can give.

Date _____

Signature _____



READ MORE

Joshua 1

MY NOTE

REASONS TO PRAY

God walks alongside you