


IMPRESSIONS JOURNAL



MOMENTUM

IGNITE • ENGAGE • MOVE



Prepared by the North American Division Youth and Young Adult
Ministries Department

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Before You Start

As you are about to begin a journey that will change your life. Each week you will find a Bible text to dig into during the week. This isn't a race. Here are some ideas that will be helpful in your journey.

Prepare Your Heart

Open yourself to God's presence. Ask God to speak to you and to reveal Himself through His Word. Then read the passage again.

Reflect and Write

What do you think the text means in your own experience? Have you found this principle to be true?

How can you show God that you can be trusted with what God has shared? How are you currently managing the spiritual blessing God has given you?

This journal is perfect for recording your reactions and insights, writing your prayers, listing your questions, and more.

I know that God will bless as you record your impressions of your spiritual journey.

Vandean Griffin
Associate Director of Youth Ministries
North American Division





Section I

**POWER OF
MOMENTUM**

***God Grants to His Children Power;
Our Responsibility is to Access It!***
— ***Vandeon Griffin***

WEEK 1

Trust in the Lord forever, for the Lord God is an everlasting rock. —Isaiah 26:4

Day 1: What does “everlasting” mean to you?

Day 2: How do you release letdown and frustrations in order to find stillness?

Day 3: What whispers from God have you been hearing lately?

Day 4: How have you felt God guiding you past the mental clutter and noise?

Day 5: What is your commitment to God?

WEEK 2

**For I am not ashamed of the gospel,
for it is the power of God for
salvation to everyone who believes,
to the Jew first and also to the
Greek.—Romans 1:16**

Day 1: How would you describe the “power of God for salvation”?

Day 2: How does it feel to know that God is wholeheartedly invested in your salvation?

Day 3: How do you trust God's agenda for your life?

Day 4: What do you tell yourself when it is hard to embrace the reality of life?

Day 5: How do you find comfort in the plan of salvation?

WEEK 3

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.— Isaiah 41:10

Day 1: When have you felt God upholding you?

Day 2: In what ways do you believe God's pathway for you is unique?

Day 3: How do you remain patient when fear and weakness follow you?

Day 4: How do you allow God to teach you that you can trust His righteous right hand?

Day 5: How often do you ask God for clarity when it feels like you are not receiving help?

WEEK 4

**That according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being.
—Ephesians 3:16**

Day 1: How have you experienced the riches of the Spirit?

Day 2: What do you do when fear tries to paralyze your inner being?

Day 3: Do you ever wonder about the riches of His glory?

Day 4: Do you ever ask God to steer you when strength seems to fade?

Day 5: What impact do you feel the Spirit is having through you?
