

OVERVIEW

1. **What...**is The CBR Journal?
2. **Why...**would you want to Utilize The CBR Journal?
3. **How...**do you “Faith-fully” Utilize The CBR Journal?

WHAT...IS THE CBR JOURNAL?

The CBR Journal is a Gospel-Centered Tool that can create a “Viral Culture” of Daily Bible Reading...
...that Fosters *Relationship* through ritual
...that Focuses on *Impact* over confusion
...that Exercises *Faith* before works

WHY...WOULD YOU WANT TO UTILIZE THE CBR JOURNAL?

#1 – DAILY SATISFACTION

Psalm 63:1,3,5 O God, you are my God; (at dawn) I seek you;
my soul thirsts for you; my flesh faints for You, as in a dry and weary land where there is no water.
[3] Because your steadfast love is better than life, my lips will praise you.

[5] My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips.

Psalm 90:14 Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days.

Psalm 143:6, 8 I stretch out my hands to you; my soul thirsts for you like a parched land.

[8] Let me hear in the morning of your steadfast love, for in you I trust.
Make me know the way I should go, for to you I lift up my soul.

1. What do these Psalms presume about the depths of a Human each morning?
2. According to these Psalms, what will *satisfy* a Human’s deepest need/hunger/thirst/desire?

3. What will be the Result in a Human's life if they receive God's HESED...Rehearse the Gospel...daily?
4. What responsibility does a Human have in regards to being *satisfied* by God's HESED?
5. In their seeking, does a Human earn anything from God?
6. What will a Human do with their deepest longings and needs if they aren't *satisfied* in the Gospel?

#2 – DEGREES OF SANCTIFICATION

2 Corinthians 3:18 And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

1. What does 2 Corinthians 3:18 tell us about the Gospel Ministry of the Holy Spirit?
2. What does 2 Corinthians 3:18 tell us about the ordinary Transformation Process experienced by a believer?
3. According to 2 Corinthians 3:18, what is the Believers' Responsibility in their experience of this transformation?

HOW...DO YOU “FAITH-FULLY” UTILIZE THE CBR JOURNAL?

1. An Overview of The CBR Journal

- a. **The Introduction...**is designed for every participant before they begin and as they journey.
- b. **The Reading Schedule...**leads participants through the NT every year and the OT every three years.
 - i. **But Remember...**CBR is not a “Read through the Bible in a certain amount of time” Plan.
- c. **The Journaling Pages...** allow for creative expression within broad boundaries...
 - i. while leading participants through and shaping participants by Four Movements,
- d. **The Appendices...**are not as “CBR Specific” as they will be in the 2017 Journal.

2. Practicing the Four Movements of The CBR Journal (Selected Passage)

- a. Take 3 minutes to write a **Prayer of Illumination**.
 - i. If needed, read “1. Surrender through Prayer” on the second page of The CBR Journal Introduction.
- b. When Directed, read through the Selected Passage Four Times.
 - i. In the 1st reading, capture what’s *impactful* to you in regards to **Adoration** in the Adoration Box.
 - ii. In the 2nd reading, capture what’s *impactful* to you in regards to **Confession** in the Confession Box.
 - iii. In the 3rd reading, capture what’s *impactful* to you in regards to **Thanksgiving** in the Thanksgiving Box.
 - iv. In the 4th reading, capture what’s *impactful* to you in regards to **Supplication** in the Supplication Box.
- c. *We’ll interact as a Community after each of the Four Readings.*
- d. **Prepare for Community** by writing out a sentence on how God impacted you the most through this Passage.

3. Preparing to “Faith-Fully” Utilize The CBR Journal

- a. Read The CBR Journal *Introduction* tonight or tomorrow morning.
- b. If you’re new to the Bible or Daily Bible Reading, focus on the NT Chapter each day for a year.
- c. Don’t feel the need to read the chapter(s) 4 times.
 - i. Slowly read (listen to) the chapters once or twice and capture your thoughts in regards to A.C.T.S.
- d. Commit to 28 days of “Bearing Witness” with other CBR Participants.
 - i. Keep it simple...use text messages, email messages, voicemails, etc.
 - ii. Best Case Scenario...have a Facilitator who is experienced in The CBR Journal and the Gospel.
- e. Be on the lookout for opportunities to “infect” others with The CBR Journal.
 - i. As needed, Download and Review *Graciously Infecting others with The CBR Journal*
 1. <http://thecbrjournal.com/download-resources/>