

**GROWING
IN
GODLINESS**



A GUIDED JOURNAL

© 2025 Jason L. Odel

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I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Romans 12:1-2

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.

2 Corinthians 3:18

Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure.

Philippians 2:12-13

Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

1 Timothy 4:7-8

For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.

Titus 2:11-14

His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire.

2 Peter 1:3-4

This journal exists to aid your growth in godliness for the glory of God, both in beholding and reflecting His character and actions. “Journaling” to borrow the words of David Mathis, “is a way of slowing life down for just a few moments, and trying to process at least a sliver of it for the glory of God, our own growth and development, and our enjoyment of the details” (*Habits of Grace*, p. 115). The pages throughout this journal provide ample space to record the goodness of the Lord as well as strategize how to strive in His strength against indwelling sin and toward godly virtues. Additionally, you will plan for encouraging others in the faith and proclaiming the Gospel to unbelievers.

The method of this journal is designed to be helpful, not enslaving. In other words, do not fret if you miss a day or fail to complete every blank. Adjust the content to function in a helpful way, but don’t hold back being challenged. As Donald Whitney suggests “the method you find most edifying and useful in your pursuit of godliness is the way you should keep a journal” (*Spiritual Disciplines for the Christian Life*, p. 265). Growth in godliness requires a wholehearted pursuit of the Lord—the One who answers the seeking soul (Psalm 34:4, 8).

The **DAILY EXERCISES** foster devotional engagement with the Scriptures, including meditation on God’s glorious character and awesome deeds. You will also adore God through completing meaningful prayer prompts, plan for putting off sin and putting on Christlike virtues, and consider how to exhort others in the Christian faith.

The **WEEKLY REVIEW** helps cultivate a spirit of thanksgiving by offering prompts for recollecting God’s abundant kindness throughout the week. You will also strategize how and when you will speak the Gospel to unbelievers in the upcoming week.

At the end of each quarter (once every three months), you will be invited to complete the **QUARTERLY ASSESSMENT**. Prompts in this section are geared toward long-term abiding in Christ (John 15:1-17).

However the Lord moves you to use this journal, enjoy the Lord each and every day. May you find strength and zeal in this unswerving promise from Psalm 34:10b: *Those who seek the Lord lack no good thing.*

Note: Additional **DAILY EXERCISES** sheets are included to account for months with five weeks. **SERMON NOTES / LESSON NOTES** pages are also included to account for midweek services/lessons.

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DAILY EXERCISES

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I SPECIFICALLY CONFESS: (think sins of thought, word, deed, and attitude, both committed and omitted)

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I THANK GOD FOR: (think God's varied mercies, especially forgiveness in Christ)

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I SPECIFICALLY PRAY: (think requests that align with growing in godliness, personally and for others)

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DATE: ____ / ____ / _____

I READ:

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I BEHELD THE GLORIOUS CHARACTER OF GOD BY LEARNING:

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I WILL MEDITATE ON OR STUDY THIS ONE THING TODAY:

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I WILL MEMORIZE / KEEP MEMORIZING: (use "notes" section to write out passage)

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IN LIGHT OF TODAY'S BIBLE READING

I PRAISE GOD FOR: (think character / attributes of God)

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I SPECIFICALLY CONFESS: (think sins of thought, word, deed, and attitude, both committed and omitted)

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I THANK GOD FOR: (think God's varied mercies, especially forgiveness in Christ)

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I SPECIFICALLY PRAY: (think requests that align with growing in godliness, personally and for others)

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**GROWING
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WEEKLY REVIEW

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I BEHELD THE BEAUTY OF CHRIST THROUGH BIBLE INTAKE BY:

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I WAS ENCOURAGED BY ENCOURAGING OTHERS IN THEIR FAITH BY:

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GOD HELPED ME PUT OFF SIN AND PUT ON GODLY VIRTUES BY:

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**WHO MIGHT BE EQUIPPED TO ASSIST IN MY ONGOING GROWTH?
WHEN WILL I CONTACT HIM/HER?**

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HOW IS MY PRAYER LIFE DEEPENING?

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ONE HELPFUL/TIMELY MEMORY VERSE WAS:

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**GOD SHOWED HIS KINDNESS IN RESPONDING TO MY PRAYERS THIS
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**WITH WHOM WILL I WINSOMELY SHARE THE GOSPEL THIS
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DAILY EXERCISES

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**GROWING
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**GROWING
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WEEKLY REVIEW

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DATE: ____ / ____ / _____

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I BEHELD THE GLORIOUS CHARACTER OF GOD BY LEARNING:

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I WILL MEDITATE ON OR STUDY THIS ONE THING TODAY:

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I WILL MEMORIZE / KEEP MEMORIZING: (use "notes" section to write out passage)

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IN LIGHT OF TODAY'S BIBLE READING

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**GROWING
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WEEKLY REVIEW

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I BEHELD THE BEAUTY OF CHRIST THROUGH BIBLE INTAKE BY:

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I WAS ENCOURAGED BY ENCOURAGING OTHERS IN THEIR FAITH BY:

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**WHO MIGHT BE EQUIPPED TO ASSIST IN MY ONGOING GROWTH?
WHEN WILL I CONTACT HIM/HER?**

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HOW IS MY PRAYER LIFE DEEPENING?

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ONE HELPFUL/TIMELY MEMORY VERSE WAS:

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**GOD SHOWED HIS KINDNESS IN RESPONDING TO MY PRAYERS THIS
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**WITH WHOM WILL I WINSOMELY SHARE THE GOSPEL THIS
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**GROWING
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DAILY EXERCISES

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**GROWING
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I WILL MEDITATE ON OR STUDY THIS ONE THING TODAY:

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I WILL MEMORIZE / KEEP MEMORIZING: (use "notes" section to write out passage)

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IN LIGHT OF TODAY'S BIBLE READING

I PRAISE GOD FOR: (think character / attributes of God)

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I SPECIFICALLY CONFESS: (think sins of thought, word, deed, and attitude, both committed and omitted)

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I THANK GOD FOR: (think God's varied mercies, especially forgiveness in Christ)

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I SPECIFICALLY PRAY: (think requests that align with growing in godliness, personally and for others)

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**GROWING
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WEEKLY REVIEW

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I BEHELD THE BEAUTY OF CHRIST THROUGH BIBLE INTAKE BY:

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I WAS ENCOURAGED BY ENCOURAGING OTHERS IN THEIR FAITH BY:

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GOD HELPED ME PUT OFF SIN AND PUT ON GODLY VIRTUES BY:

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**WHO MIGHT BE EQUIPPED TO ASSIST IN MY ONGOING GROWTH?
WHEN WILL I CONTACT HIM/HER?**

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HOW IS MY PRAYER LIFE DEEPENING?

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ONE HELPFUL/TIMELY MEMORY VERSE WAS:

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**GOD SHOWED HIS KINDNESS IN RESPONDING TO MY PRAYERS THIS
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**WITH WHOM WILL I WINSOMELY SHARE THE GOSPEL THIS
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**GROWING
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DAILY EXERCISES

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**GROWING
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**GROWING
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**GROWING
IN
GODLINESS**



QUARTERLY ASSESSMENT

DATE: ___ / ___ / _____

THANKS BE TO GOD, I HAVE GROWN IN GODLINESS OVER THE PAST THREE MONTHS IN THE FOLLOWING WAYS:

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IN CONTINUING TO PURSUE GODLINESS FOR THE HONOR OF CHRIST, I WILL ATTEMPT TO LOCATE A RESOURCE/RESOURCES COVERING THE TOPIC OF:

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..... (PERSON'S NAME) MIGHT BE HELPFUL IN MY FIGHT AGAINST THE SIN(S) OF AND MY EFFORTS TO PUT ON

THE GROWTH GOALS I HAVE FOR NEXT QUARTER ARE:

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IF APPLICABLE, I WILL MAKE THE FOLLOWING TWEAKS TO BETTER UTILIZE THIS JOURNAL:

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WRITE OUT A BRIEF PRAYER OF THANKSGIVING FOR GOD'S WORK IN AND THROUGH YOUR LIFE:

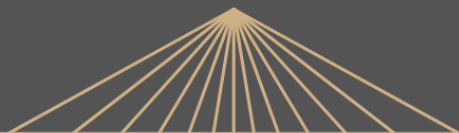
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SERMON NOTES



LESSON NOTES



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