Spiritual Circle Journal for Brio Girls

THE HOLY SPIRIT AND THE FRUIT OF THE SPIRIT

by Liz Lassa & Stephanie Liles
As Christians, the Holy Spirit lives within us. When we read God’s Word and seek Him consistently, we have full access to the Holy Spirit’s daily guidance, power and fruit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. How amazing is that!

We want to help you tap into this blessing from God through Spiritual Circle Journaling. This plan for the coming year is focused on the Holy Spirit. Our hope is that it will help you understand a bit more about our Counselor, the Trinity and the fruit of the Spirit. Our prayer is that it will help you process your prayers on paper through the filter of God’s Word while relying on the Holy Spirit.

You will use these weekly Scripture passages and journaling circles to delve deeper into God’s Word. Here’s how.

- **Read the suggested Scripture passage or passages each week.**
- **Answer the prompts in each circle. They will help you go deeper into what you’ve read.**
- **Find a weekly rhythm for your Bible reading. Whether you do it all at once on the same day of the week or spread out your reading and circles to last the full week.**
- **If you have time, dress up your pages with stickers or doodles.**
- **Each month, look back over your journal entries. You might be inspired by how faithful God is and how much He is moving in your life.**

Need help to get started? We’ve provided a sample journal entry on the next page.

We pray you will relax, soak up Scripture and enjoy your time with God!

Liz Lassa

Stephanie Liles
January

WEEK 1

To better understand the Trinity, read John 1:1-18, which mentions how Jesus, the second person of the Trinity, was with the Father at the beginning. Take time to be still before God and ask yourself the following questions:

**What keeps coming to my mind or heart right now, and how does it make me feel?**

I am upset I didn’t make the volleyball team.
I have been lashing out lately with those closest to me.

**What might I need to confess to get my heart right with God?**

I have not been using kind words.
I have been pretty self-centered lately.
I am so sorry. Please forgive me.

**What kind of help do I (or does someone I know) need from God?**

God please help me to notice what others need more often.
I need to find an activity that is a good exercise and is a place I can make true friends.
Help Joe’s mom get better.

**What am I most thankful for, and what attributes of God have I noticed lately?**

Thank you for helping us through this difficult time.
You have been such a comforter since losing grandpa to cancer.

**What is the main point I received from the passage(s)?**

Even in the lowest moments God is ALWAYS with me because the Holy Spirit lives inside me. I am a part of God’s family. So are all Christians.

**What has God been doing—big or small—in my life? (It might look routine or like a “coincidence” that I didn’t orchestrate.)**

I saw a new girl walking home alone yesterday. Maybe she is nice and would be fun to get to know; maybe she needs a friend. Maybe she’s already a part of God’s family.

**What is something the Holy Spirit is putting on my heart to do for others, or do to God’s hands and feel?**

I will try to meet her next time I see her.

**What might I need to confess to get my heart right with God?**

“...and he gave the right to become children of God.” (John 1:12)
The song lyric “you will never walk alone” felt highlighted at church Sunday.

**Sample**

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
Weekly Instructions
* Pray for God to reveal Himself to you through His Word.
* Read the week’s Scripture passage(s).
* Answer the prompts in each circle using bullet points.
* Look for repeated themes and messages in your answers.

January
THE TRINITY:
FATHER, SON AND HOLY SPIRIT
January
WEEK 1
To better understand the Trinity, read John 1:1-18, which mentions how Jesus, the second person of the Trinity, was with the Father at the beginning. Take time to be still before God and ask yourself the following questions:

What keeps coming to my mind or heart right now, and how does it make me feel?

What might I need to confess to get my heart right with God?

What kind of help do I (or does someone I know) need from God?

What am I most thankful for, and what attributes of God have moved me lately?

What has God been doing—big or small—in my life? (It might look routine or like a "coincidence" that I didn't believe in at first.)

What is something the Holy Spirit is putting on my heart to do for others, or to be God's hands and feet?

What is the main point I received from the passage(s)?

What insight(s) caught my attention in this week’s Bible passage(s)?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
This week, read 1 Corinthians 13:11-14, 2 Corinthians 13:11-14 and Luke 1:35-38. Notice how all three persons of the Trinity are mentioned in these verses. Then take time to be still before God and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What kind of help do I (or does someone I know) need from God?
- What am I most thankful for, and what attributes of God have amazed me lately?
- What has God been doing—big or small—in my life lately that might look routine or like a “coincidence” that I didn’t detect first?
- What is something the Holy Spirit is putting on my heart to do for others, or be God’s hands and feet?
- What is the main point I received from the passages?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.
January

WEEK 3

Read Matthew 3:9-11 and John 1:19-28. Observe how John the Baptist mentions the Messiah and the Holy Spirit, the third person of the Trinity. Take time to be still before God and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What might I need to confess to get my heart right with others or to be God’s hands and feet?
- What is the main point I received from the passage(s)?
- What am I most thankful for, and what attributes of God have moved my heart?
- What has God been doing—big or small—in my life? It might look routine or like a “coincidence” that I didn’t recognize at first.
- What is something the Holy Spirit is putting on my heart to do for others, or to be God’s hands and feet?
- What kind of help do I (or does someone I know) need from God?
- What is the Messiah and the Holy Spirit, the third person of the Trinity?
January

WEEK 4

Did you know that the other two persons of the Trinity came to Jesus’ baptism? Read Matthew 3:13-17, John 1:29-34 and John 3:22-36. Take time to be still before God and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What kind of help do I (or does someone I know) need from God?
- What is the main point I received from the passage(s)?
- What is something the Holy Spirit is putting on my heart to do for others, or to be God’s hands and feet?
- What am I most thankful for, and what attributes of God have amazed me lately?
- What has God been doing—big or small—in my life? It might look routine or like a “coincidence” that I didn’t recognize at first.

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
January

WEEK 5

After Jesus rose from the dead and ascended into heaven, the Father sent Jesus’ disciples the gift of the Holy Spirit. You can read about Jesus’ mention of sending the Holy Spirit in Luke 24:35-53 and when the Holy Spirit came upon the disciples in Acts 2:1-33. Take time to be still before God and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What kind of help do I (or does someone I know) need from God?
- What am I most thankful for, and what attributes of God have inspired awe?
- What has God been doing—big or small—in my life? (It might look routine or like a “coincidence” that I didn’t otherwise notice.)
- What is the main point I received from the passage(s)?
- What is something the Holy Spirit is putting on my heart to do for others or to be God’s hands and feet?
- What might I need to confess to get my heart right with God?
- What is the main point I received from the passage(s)?
- What is something the Holy Spirit is putting on my heart to do for others or to be God’s hands and feet?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
Weekly Instructions

* Pray for God to reveal Himself to you through His Word.
* Read the week’s Scripture passage(s).
* Answer the prompts in each circle using bullet points.
* Look for repeated themes and messages in your answers.

February

The Gift of the Holy Spirit
February

WEEK 1

Our focus this month is the gift of the Holy Spirit. Read John 14:15-31, which mentions Jesus asking the Father to give us a helper that will dwell within us. Take time to be still before God and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how do I make these feelings?
- What might I need to confess to get my heart right with God?
- What kind of help do I (or does someone I know) need from God?
- What have I most thankful for, and what attributes of God have inspired me lately?
- What passages (or parts of passages) caught my attention in this week’s Bible study?
- What was the main point I received from the passage(s)?
- What has God been doing—big or small—in my life? (It might look routine or like a "coincidence" that I didn’t do it nearest rail.)
- What is something the Holy Spirit is putting on my heart to do for others, or to be God’s hands and feet?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
Read John 16:5-31, and notice how Jesus says that it is “better” that He goes away so the helper will come. Take time to be still before God and ask yourself the following questions:
WEEK 3

Read Acts 11:1-18. In the vision, God reveals something to Peter three times. Observe what He reveals, what the Holy Spirit leads Peter to do and the timing of the three men’s arrival. Take time to be still before God and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What is the main point I received from the passage(s)?
- What am I most thankful for, and what attributes of God have more appeal?
- What does God been doing—big or small—in my life? It might look routine or like a “coincidence” that I didn’t recognize as such.
- What is something the Holy Spirit is putting on my heart to do for others, or to be God’s hands and feet?
- What kind of help do I (or does someone I know) need from God?
- If God were to speak, what would He say to me today?
February

WEEK 4

As you read John 15:1-17 and Galatians 5:16-26 think about the word abiding. What will abiding in Christ bear? What can you do apart from Him? Take time to be still before God and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What kind of help do I (or does someone I know) need from God?
- What am I most thankful for, and what attributes of God have moved me lately?
- What has God been doing—big or small—in my life? (It might look routine or like a “coincidence” that I didn’t experience it.)
- What is something the Holy Spirit is putting on my heart to do for others or to be God’s hands and feet?
- What is the main point I received from the passage(s)?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.
March

THE FRUIT OF THE SPIRIT: LOVE

WEEKLY INSTRUCTIONS

* Pray for God to reveal Himself to you through His Word.
* Read the week’s Scripture passage(s).
* Answer the prompts in each circle using bullet points.
* Look for repeated themes and messages in your answers.
March

WEEK 1

Have you heard that God is love? That means He actively wants our best and does what is best for us. Read 1 John 4:7-21 and John 3:16-17, and notice how God demonstrated His love for us. Take time to be still before God and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What kind of help do I (or does someone I know) need from God?
- What am I most thankful for, and what attributes of God have amazed me lately?
- What has God been doing—big or small—in my life? (It might look routine or like a "coincidence" that I didn't observe at first.)
- What is something the Holy Spirit is putting on my heart to do for others, or to be God's hands and feet?
- What is the main point I received from the passage(s)?
- What passage(s) caught my attention in this week's Bible passage(s)?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.
This week, read Romans 5:1-8, Ephesians 2:4-5, and Galatians 2:20. Observe how our ability to love others comes from God’s love that the Holy Spirit pours into our hearts. Take time to be still before God and ask yourself the following questions:
March

WEEK 3

Nothing can separate us from God’s love. Read Romans 8:31–39 and Psalm 119:9–16, and consider how you can return that amazing love. Take time to be still before God and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What kind of help do I (or does someone I know) need from God?
- What am I most thankful for, and what attributes of God have I noticed lately?
- What has God been doing—big or small—in my life lately? Might it be a "coincidence" that didn’t actually exist?
- What is something the Holy Spirit is putting on my heart to do for others, or to be God’s hands and feet?
- What is the main point I received from the passage(s)?
- Who (or what) caught my attention in this week’s Bible passage(s)?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
Read Matthew 22:37-39, John 13:34 and 1 John 3:11-24. Nurturing the fruit of love in your daily life will help you fulfill the commandments to love God and others. Take time to be still before God and ask yourself the following questions:

What keeps coming to my mind or heart right now, and how does it make me feel?

What might I need to confess to get my heart right with God?

What might I need to do (or does someone I know) need from God?

What am I most thankful for, and what attributes of God have moved me to give thanks?

What has God been doing—big or small—in my life? (It might look routine or like a "coincidence" that I didn't catch at first.)

What is something the Holy Spirit is putting on my heart to do for others or to be God's hands and feet?

What is the main point I received from the passage(s)?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
April

THE FRUIT OF THE SPIRIT:
Joy

WEEKLY INSTRUCTIONS
* Pray for God to reveal Himself to you through His Word.
* Read the week’s Scripture passage(s).
* Answer the prompts in each circle using bullet points.
* Look for repeated themes and messages in your answers.
Joy comes from a relationship with God, strengthened by a heart that delights in God’s Word. Read Nehemiah 8:1-12 and Psalm 119:92-93, 105-112. Take time to be still before God and ask yourself the following questions:

WHAT KEEPS COMING TO MY MIND OR HEART RIGHT NOW, AND HOW DOES IT MAKE ME FEEL?

WHAT MIGHT I NEED TO CONFESSION TO GET MY HEART RIGHT WITH GOD?

WHAT KIND OF HELP DO I (OR DOES SOMEONE I KNOW) NEED FROM GOD?

WHAT IS THE MAIN POINT I RECEIVED FROM THE PASSAGE(S)?

WHAT AM I MOST THANKFUL FOR, AND WHAT ATTRIBUTES OF GOD HAVE INCREASED IN ME?

WHAT HAS GOD BEEN DOING—BIG OR SMALL—IN MY LIFE LATELY, AND HOW MIGHT I LEAD?

WHAT IS SOMETHING THE HOLY SPIRIT IS PUTTING ON MY HEART TO DO FOR OTHERS OR TO BE GOD’S HANDS AND FEET?

April

WEEK 1

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
One source of joy is the Holy Spirit. The reflection of that joy comes from applying God's Word to your life. Read Psalm 119:33-48 and James 1:22-25. Take time to be still before God and ask yourself the following questions:

WHAT AM I MOST THANKFUL FOR, AND WHAT ATTRIBUTES OF GOD HAVE I NOTED LATELY?

WHAT HAS GOD BEEN DOING—BIG OR SMALL—IN MY LIFE LATELY? (MIGHT IT LOOK ROUTINE OR LIKE A "COINCIDENCE" THAT I DIDN'T ORCHESTRATE?)

WHAT IS SOMETHING THE HOLY SPIRIT IS PUTTING ON MY HEART TO DO FOR OTHERS OR TO BE GOD'S HANDS AND FEET?

WHAT MIGHT I NEED TO CONFESS TO GET MY HEART RIGHT WITH GOD?

WHAT KIND OF HELP DO I (OR DOES SOMEONE I KNOW) NEED FROM GOD?

WHAT IS THE MAIN POINT I RECEIVED FROM THE PASSAGE(S)?

WHAT DO I SEE THAT GOD MIGHT MAKE ME FEEL?

WHAT AM I THINKING OR FEELING RIGHT NOW, AND HOW DOES IT MAKE ME FEEL?

WHAT KEEP'S COMING TO MY MIND OR HEART RIGHT NOW?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.
True joy from God can reside in your heart no matter what you go through. Read Habakkuk 3:17-18, James 1:2-4 and 1 Peter 1:3-9. Take time to be still before God and ask yourself the following questions:

WHAT HAVE I BEEN DOING—BIG OR SMALL—IN MY LIFE? (IT MIGHT LOOK ROUTINE OR LIKE A "COINCIDENCE" THAT I DIDN'T ORCHESTRATE)

WHAT AM I MOST THANKFUL FOR, AND WHAT ATTRIBUTES OF GOD HAVE I NOTICED LATELY?

WHAT KEEPS COMING TO MY MIND OR HEART RIGHT NOW, AND HOW DOES IT MAKE ME FEEL?

WHAT MIGHT I NEED TO CONFESSION TO GET MY HEART RIGHT WITH GOD?

WHAT KIND OF HELP DO I (OR DOES SOMEONE I KNOW) NEED FROM GOD?

WHAT IS THE MAIN POINT I RECEIVED FROM THE PASSAGE(S)?

WHAT IS SOMETHING THE HOLY SPIRIT IS PUTTING ON MY HEART TO DO FOR OTHERS OR TO BE GOD'S HANDS AND FEET?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
April

WEEK 4

God’s people can experience His joy, even amid sorrow and hardship. Read Psalm 30, 1 Peter 4:12-14 and Christ’s prayer in John 17:9-19. Take time to be still before God and ask yourself the following questions:

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
April

WEEK 5

Read Acts 16:20–25, which tells how Paul and Silas were in prison and still singing and praising God. Then read Psalm 16:7-11 to discover how David found joy in God’s presence. Take time to be still before God and ask yourself the following questions:

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
Weekly instructions
* Pray for God to reveal Himself to you through His Word.
* Read the week’s Scripture passage(s).
* Answer the prompts in each circle using bullet points.
* Look for repeated themes and messages in your answers.

May
The Fruit of the Spirit: Peace
May

WEEK 1

Peace means quietness and rest. God demonstrated peace when He rested after creating the world out of chaos. Read the Creation story in Genesis 1:1 to 2:3.

Take time to be still before God and ask yourself the following questions:

1. What keeps coming to my mind or heart right now, and how does it make me feel?
2. What might I need to confess to get my heart right with God?
3. What is the main point I received from the passage(s)?
4. What am I most thankful for, and what attributes of God have I noticed lately?
5. What has God been doing—big or small—in my life? (It might look routine or like a “coincidence” that I didn’t recognize as such.)
6. What is something the Holy Spirit is putting on my heart to do for others, or to be God’s hands and feet?
7. Who might need encouragement or prayer today?
8. What might I need to confess to get my heart right with God?
9. What kind of help do I (or does someone I know) need from God?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.
May

WEEK 2

God wants you to seek Him. Consider how God showed His power but spoke peacefully to Elijah amid the prophet’s fears in 1 Kings 19:1-18. Take time to be still before God and ask yourself the following questions:

1. What keeps coming to my mind or heart right now, and how does it make me feel?
2. What might I need to confess to get my heart right with God?
3. What kinds of help do I (or does someone I know) need from God?
4. What am I most thankful for, and what attributes of God have amazed me lately?
5. What has God been doing—big or small—in my life? (It might look routine or like a “coincidence” that I didn’t卵巢 best rail.)
6. What is the main point I received from the passage(s)?
7. What is something the Holy Spirit is putting on my heart to do for others, or to be God’s hands and feet?
8. What words or phrases from this passage(s) caught my attention in this week’s Bible passage(s)?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
May

Week 3

Peace in your life is rooted in your trust and faith in the power of God. Consider the disciples’ experience in Mark 4:35-41 and then read Isaiah 26:3-4 and Psalm 46:10. Take time to be still before God and ask yourself the following questions:

- What keeps coming to my mind or heart right now and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What might I need to confess to get my heart right with God?
- What is the main point I received from the passage(s)?
- What am I most thankful for, and what attributes of God have moved me lately?
- What has God been doing—big or small—in my life? (It might look routine or like a “coincidence” that I didn’t believe until now.)
- What is something the Holy Spirit is putting on my heart to do for others or to be God’s hands and feet?
- What kind of help do I (or does someone I know) need from God?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
You can nurture a heart of peace through God’s Spirit, which Christians receive at salvation. Read Proverbs 3:1-8, Colossians 3:12-17 and Philippians 4:4-7. Take time to be still before God and ask yourself the following questions:

- **What keeps coming to my mind or heart right now, and how does it make me feel?**
- **What might I need to confess to get my heart right with God?**
- **What is the main point I received from the passage(s)?**
- **What am I most thankful for, and what attributes of God have moved me lately?**
- **What has God been doing—big or small—in my life? If it might look routine or like a “coincidence” that I didn’t experience, ask why?**
- **What is something the Holy Spirit is putting on my heart to do for others, or to be God’s hands and feet?**

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
Weekly instructions:
* Pray for God to reveal Himself to you through His Word.
* Read the week’s Scripture passage(s).
* Answer the prompts in each circle using bullet points.
* Look for repeated themes and messages in your answers.

June
The fruit of the Spirit: Patience
June

**WEEK 1**

God is merciful and patient, desiring for everyone to repent and come to salvation. Read in 2 Peter 3:9 and 1 Timothy 1:12-16 how He waits for you and others to surrender to Him in obedience and then forgives you through His steadfast love. Take time to be still before God, and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how do I make the feel?
- What might I need to confess to get my heart right with God?
- What’s the main point I received from the passage(s)?
- What am I most thankful for, and what attributes of God have I noticed lately?
- What has God been doing—big or small—in my life? (it might be a coincidence that I didn’t notice before).
- What is something the Holy Spirit is putting on my heart to do for others, or to be God’s hands and feet?
- What is the main point I received from the passage(s)?
- What’s the main point I received from the passage(s)?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.
Learning to wait on God is an important spiritual discipline. Read Psalm 27:14; 37:7, 40:1-3 and Romans 8:22-25, 12:12, and consider the command to wait on Him, especially when life is difficult. Take time to be still before God, and ask yourself the following questions:

What keeps coming to my mind or heart right now, and how does it make me feel?

What might I need to confess to get my heart right with God?

What is the main point I received from the passage(s)?

What am I most thankful for, and what attributes of God have interested me?

What has God been doing—big or small—in my life? (It might look routine, or like a “coincidence” that I didn’t recognize at first.)

What is something the Holy Spirit is putting on my heart to do for others, or to be God’s hands and feet?

What is the kind of help do I (or does someone I know) need from God?
June

How are you waiting patiently for God? Hebrews 6:13-15 says that Abraham waited patiently for God to fulfill His promise. Read a portion of Abraham’s story in Genesis 15, 16:16, 17:8, 17:15-16, 21:1-7. Take time to be still before God, and ask yourself the following questions:

©2023 Focus on the Family

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.
Walking in obedience to God and His Word is a daily test of our patience. Read in Luke 8:11-15, Colossians 1:9-12 and Hebrews 12:10-11 how it takes time for the Holy Spirit to grow spiritual fruit in our lives as we follow Jesus. Take time to be still before God, and ask yourself the following questions:

WHAT AM I MOST THANKFUL FOR, AND WHAT ATTRIBUTES OF GOD HAVE I NOTICED LATELY?

WHAT IS THE MAIN POINT I RECEIVED FROM THE PASSAGE(S)?

WHAT MIGHT I NEED TO CONFESSION TO GET MY HEART RIGHT WITH GOD?

WHAT KIND OF HELP DO I (OR DOES SOMEONE I KNOW) NEED FROM GOD?

WHAT KEEPS COMING TO MY MIND OR HEART RIGHT NOW, AND HOW DO I MAKE ME FEEL?

WHAT IS SOMETHING THE HOLY SPIRIT IS PUTTING ON MY HEART TO DO FOR OTHERS, OR TO BE GOD’S HANDS AND FEET?

WHAT HAS GOD BEEN DOING—BIG OR SMALL—IN MY LIFE? (IT MIGHT LOOK ROUTINE OR LIKE A “COINCIDENCE” THAT I DIDN’T ORK NEST REAL.)

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
July
THE FRUIT OF THE SPIRIT:
KINDNESS

WEEKLY INSTRUCTIONS
* PRAY FOR GOD TO REVEAL HIMSELF TO YOU THROUGH HIS WORD.
* READ THE WEEK’S SCRIPTURE PASSAGE(S).
* ANSWER THE PROMPTS IN EACH CIRCLE USING BULLET POINTS.
* LOOK FOR REPEATED THEMES AND MESSAGES IN YOUR ANSWERS.
July
WEEK 1

Jesus showed kindness as He ministered to the spiritually broken and confused—from outcasts to religious leaders. Read Luke 7:36-50 and John 3:1-21. Consider what these people were feeling before and after meeting Jesus. Take time to be still before God, and ask yourself the following questions:

Liz Lasa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
July
Week 2

Jesus encountered sick people without hope of being healed. He showed God's kindness as He ministered to those who were physically broken. Read Mark 5:25-34, 10:46-52 and Luke 17:11-19. Take time to be still before God, and ask yourself the following questions:

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.
July

WEEK 3

Tax collectors and Samaritans were hated and rejected in Jesus’ day. Jesus extended God’s kindness to the socially broken in Luke 19:1-10 and John 4:3-30, 39-41. Take time to be still before God, and ask yourself the following questions:

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.
Jesus showed compassion to His closest friends during hard times. Read Luke 22:54–62 and John 20:11–29. Take time to be still before God, and ask the following questions:

1. What keeps coming to my mind or heart right now, and how does it make me feel?
2. What might I need to confess to get my heart right with God?
3. What kind of help do I (or does someone I know) need from God?
4. What am I most thankful for, and what attributes of God have inspired gratitude?
5. What is the main point I received from the passage(s)?
6. What has God been doing—big or small—in my life this week?
7. What is something the Holy Spirit is putting on my heart to do for others, or to be God’s hands and feet?
8. What might I need to confess to get my heart right with God?
9. What is the main point I received from the passage(s)?
10. What kind of help do I (or does someone I know) need from God?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.
July

WEEK 5

God's kindness is reflected through His forgiveness of sin as He extends undeserved grace. Read Titus 3:3-7. As followers of Jesus, He wants us to show His grace and kindness to people. Read Ephesians 4:25-32. Take time to be still before God, and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What if I need to correct my thinking about (or does someone I know) need from God?
- What am I most thankful for, and what attributes of God have moved me?
- What Scripture(s) caught my attention in this week’s Bible passage(s)?
- What is the main point I received from the passage(s)?
- What has God been doing—big or small—in my life? (It might look routine or like a “coincidence” that I didn’t notice at first.)
- What is something the Holy Spirit is putting on my heart to do for others or to be God’s hands and feet?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
WEEKLY INSTRUCTIONS

* Pray for God to reveal Himself to you through His Word.
* Read the week’s Scripture passage(s).
* Answer the prompts in each circle using bullet points.
* Look for repeated themes and messages in your answers.

THE FRUIT OF THE SPIRIT: GOODNESS

August
Kindness and goodness are connected like lightning and thunder. Kindness (thunder) naturally follows when you have a heart of goodness (lightning). Read Micah 6:6-8, John 10:1-15 and Titus 3:1-7 to better understand how your salvation is the kindness of a good God. Take time to be still before Him, and ask yourself the following questions:

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.
WEEK 2

Luke 6:45 says that “out of the abundance of the heart [the] mouth speaks.”
When goodness is in your heart, you will speak kind words. Read Proverbs 15:1-4,
16:16-24, 18:21 and Colossians 4:6. Consider the power of words. Take time to be
still before God, and ask yourself the following questions:
God wants good for you even when life doesn't seem good. Ponder His goodness during trials as you read Psalms 23, 25:6-10, 27, 34:8 and 86:1-5. Underline words or phrases that point to God's goodness. Take time to be still before Him, and ask yourself the following questions:
Scripture speaks of the goodness that comes from trials and the eternal rewards for remaining firm in your faith. Read James 1:12-18 and Acts 16:16-34. Notice the eternal reward James talks about and how good came out of a bad situation in Acts. Take time to be still before God, and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What kind of help do I (or does someone I know) need from God?
- What am I most thankful for, and what attributes of God have inspired gratitude?
- What has God been doing—big or small—in my life? (It might look routine or like a “coincidence” that I didn’t give it much thought.)
- What is something the Holy Spirit is putting on my heart to do for others, or to be God’s hands and feet?
- What is the main point I received from the passage(s)?
- What is the main point I received from the passage(s)?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.
THE FRUIT OF THE SPIRIT: FAITHFULNESS

WEEKLY INSTRUCTIONS

* Pray for God to reveal himself to you through His Word.
* Read the week’s Scripture passage(s).
* Answer the prompts in each circle using bullet points.
* Look for repeated themes and messages in your answers.

September
September

WEEK 1

God is faithful through life’s ups and downs. Your life stories are powerful when they reflect the fruit of faithfulness during hard times. Read Lamentations 3:22-24, 2 Thessalonians 3:1-5, 2 Timothy 2:8-13 and Hebrews 10:19-25. Observe what these verses say about God’s faithfulness. Take time to be still before Him, and ask yourself the following questions:

- What keeps coming to my mind or heart right now? And how does it make me feel?
- What might I need to confess to get my heart right with God?
- What kind of help do I (or does someone I know) need from God?
- What am I most thankful for? And what attributes of God have moved me?
- What’s caught my attention in this week’s Bible passage(s)?
- What is the main point I received from the passage(s)?
- What has God been doing—big or small—in my life (I might look routine or like a “coincidence,” that I didn’t think of a few days ago)?
- What is something the Holy Spirit is putting on my heart to do for others, or to be God’s hands and feet?
- Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
WEEK 2

Did you know there is a chapter in the Bible often called the Hall of Faith? As you read Hebrews 11:1-40, notice how the Bible defines faith. Remember that the people referred to in this passage were imperfect. Consider why God chose them for this special honor. Take time to be still before God, and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What kind of help do I (or does someone I know) need from God?
- What is the main point I received from the passage(s)?
- What attributes of God have impressed me?
- What has God been doing—big or small—in my life this week? Might He be leading me to do something for others, or to be God’s hands and feet?
- What is something the Holy Spirit is putting on my heart to do for others or to be God’s hands and feet?
- What is the main point I received from the passage(s)?
- What am I most thankful for, and what attributes of God have impressed me?
- What might I need to confess to get my heart right with God?
- What kind of help do I (or does someone I know) need from God?
- What is the main point I received from the passage(s)?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.
September

WEEK 3

Loyal, trustworthy and steadfast are a few words that describe a faithful friend. Read how Ruth was faithful to her mother-in-law in Ruth 1:1-18. Then, notice how God honored her faithfulness in Matthew 1:5-16. Take time to be still before God, and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What is the main point I received from the passage(s)?
- What am I most thankful for, and what attributes of God have interested me?
- What has God been doing—big or small—in my life? (It might not look routine or like a "coincidence" that I didn’t orchestrate.)
- What is something the Holy Spirit is putting on my heart to do for others or to be God’s hands and feet?
- What Might I Need To Confess To Get My Heart Right With God?
- What Kind Of Help Do I (Or Does Someone I Know) Need From God?
- What Is The Main Point I Received From The Passage(s)?
- What Am I Most Thankful For, And What Attributes Of God Have Interested Me?
- What Has God Been Doing—Big Or Small—in My Life? (It Might Not Look Routine Or Like A "Coincidence" That I Didn’t Orchestrate.)
- What Is Something The Holy Spirit Is Putting On My Heart To Do For Others Or To Be God’s Hands And Feet?
- What Kind Of Help Do I (Or Does Someone I Know) Need From God?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.
September

WEEK 4

Gideons mentioned in Hebrews 11. Read Judges 7:1-22 and take note of the number of men he was to take into battle. Both God and Gideon showed faithfulness in this story. Take time to be still before God, and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What kind of help do I (or does someone I know) need from God?
- What am I most thankful for, and what attributes of God have moved me lately?
- What attributes of God have moved me lately?
- What God has been doing—big or small—in my life? It might look routine or like a “coincidence” that I didn’t recognize.
- What is the main point I received from the passage(s)?
- What passage(s) caught my attention in this week’s Bible passage(s)?
- What is something the Holy Spirit is putting on my heart to do for others, or to God’s hands and feet?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
WEEKLY INSTRUCTIONS

* Pray for God to reveal Himself to you through His Word.
* Read the week's Scripture passage(s).
* Answer the prompts in each circle using bullet points.
* Look for repeated themes and messages in your answers.
Peace means quietness and rest. God demonstrated peace when He rested after creating the world out of chaos. Read the Creation story in Genesis 1:1 to 2:3. Take time to be still before God and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What is the main point I received from the passage(s)?
- What am I most thankful for, and what attributes of God have moved my heart?
- What has God been doing—big or small—in my life? (It might look routine or like a “coincidence” that I didn’t recognize.)
- What is the Holy Spirit putting on my heart to do for others or to be God’s hands and feet?
- What passage or verses caught my attention in this week’s Bible passage(s)?
- What kind of help do I (or does someone I know) need from God?
WEEK 2

God wants you to seek Him. Consider how God showed His power but spoke peacefully to Elijah amid the prophet’s fears in 1 Kings 19:1-18. Take time to be still before God and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What kind of help do I (or someone I know) need from God?
- What am I most thankful for, and what attributes of God have, intrigued me lately?
- What is the main point I received from the passage(s)?
- What has God been doing—big or small—in my life? If it might look routine or like a “coincidence” that didn’t need to be real.
- What is something the Holy Spirit is putting on my heart to do for others, or to be God’s hands and feet?
- What is giving me hope or strength right now?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
Peace in your life is rooted in your trust and faith in the power of God. Consider the disciples' experience in Mark 4:35–41 and then read Isaiah 26:3-4 and Psalm 46:10. Take time to be still before God and ask yourself the following questions:
WEEK 4

You can nurture a heart of peace through God’s Spirit, which Christians receive at salvation. Read Proverbs 3:1-8, Colossians 3:12-17 and Philippians 4:4-7. Take time to be still before God and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What kind of help do I (or does someone I know) need from God?
- What am I most thankful for, and what attributes of God have I noticed lately?
- What has God been doing—big or small—in my life? (It might look routine or like a “coincidence” that I didn’t observe before.)
- What is something the Holy Spirit is putting on my heart to do for others, or to be God’s hands and feet?
- What is the main point I received from the passage(s)?
- What is the main point I received from the passage(s)?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
**Weekly Instructions**

* Pray for God to reveal Himself to you through His Word.
* Read the week’s Scripture passage(s).
* Answer the prompts in each circle using bullet points.
* Look for repeated themes and messages in your answers.

**November**

**The Fruit of the Spirit:**

**Peace**
November

WEEK 1

Peace means quietness and rest. God demonstrated peace when He rested after creating the world out of chaos. Read the Creation story in Genesis 1:1 to 2:3.

Take time to be still before God and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What is the main point I received from the passage(s)?
- What am I most thankful for, and what attributes of God have intrigued me lately?
- What has God been doing—big or small—in my life? It might look routine or like a "coincidence" that I didn't recognize at first.
- What is something the Holy Spirit is putting on my heart to do for others, or to be God's hands and feet?
- What might I need to confess to get my heart right with God?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
God wants you to seek Him. Consider how God showed His power but spoke peacefully to Elijah amid the prophet’s fears in 1 Kings 19:1-18. Take time to be still before God and ask yourself the following questions:
Peace in your life is rooted in your trust and faith in the power of God. Consider the disciples’ experience in Mark 4:35-41 and then read Isaiah 26:3-4 and Psalm 46:10. Take time to be still before God and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how do I make these feelings?
- What might I need to confess to get my heart right with God?
- What is the main point I received from the passage(s)?
- What is something the Holy Spirit is putting on my heart to do for others, or to be God’s hands and feet?
- What am I most thankful for, and what attributes of God have moved me?
- What has God been doing—big or small—in my life? If it might look routine or like a “coincidence” that I didn’t notice before.
- What is the one (or two) things from this week’s journaling that’s catching my attention?
- What do I need (or does someone I know) need from God?
- What kind of help do I (or does someone I know) need from God?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
You can nurture a heart of peace through God’s Spirit, which Christians receive at salvation. Read Proverbs 3:1-8, Colossians 3:12-17 and Philippians 4:4-7. Take time to be still before God and ask yourself the following questions:

What keeps coming to my mind or heart right now, and how does it make me feel?

What might I need to confess to get my heart right with God?

What is the main point I received from the passage(s)?

What am I most thankful for, and what attributes of God have I noticed lately?

What has God been doing—big or small—in my life? (It might look routine or like a “coincidence” that I didn’t believe first).

What is something the Holy Spirit is putting on my heart to do for others or to be God’s hands and feet?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.
Weekly instructions
* Pray for God to reveal Himself to you through His Word.
* Read the week’s Scripture passage(s).
* Answer the prompts in each circle using bullet points.
* Look for repeated themes and messages in your answers.

December
The Fruit of the Spirit:
Peace
WEEK 1

Peace means quietness and rest. God demonstrated peace when He rested after creating the world out of chaos. Read the Creation story in Genesis 1:1 to 2:3.

Take time to be still before God and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What is the main point I received from the passage(s)?
- What is something the Holy Spirit is putting on my heart to do for others or to be God’s hands and feet?
- What am I most thankful for, and what attributes of God have moved me lately?
- What might I need to confess to get my heart right with God?
- What kind of help do I (or does someone I know) need from God?
- What is the main point I received from the passage(s)?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
WEEK 2

God wants you to seek Him. Consider how God showed His power but spoke peacefully to Elijah amid the prophet’s fears in 1 Kings 19:1-18. Take time to be still before God and ask yourself the following questions:

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
Peace in your life is rooted in your trust and faith in the power of God. Consider the disciples’ experience in Mark 4:35-41 and then read Isaiah 26:3-4 and Psalm 46:10. Take time to be still before God and ask yourself the following questions:

- What keeps coming to my mind or heart right now, and how does it make me feel?
- What might I need to confess to get my heart right with God?
- What kind of help do I (or does someone I know) need from God?
- What am I most thankful for, and what attributes of God have amazed me lately?
- What has God been doing—big or small—in my life? (It might look routine or like a "coincidence" that I didn’t believe first.)
- What is the main point I received from the passage(s)?
- What is something the Holy Spirit is putting on my heart to do for others or to be God’s hands and feet?
- What is the main point I received from the passage(s)?

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
WEEK 4

You can nurture a heart of peace through God’s Spirit, which Christians receive at salvation. Read Proverbs 3:1-8, Colossians 3:12-17 and Philippians 4:4-7. Take time to be still before God and ask yourself the following questions:

1. **What keeps coming to my mind or heart right now—and how does it make me feel?**
2. **What am I most thankful for—and what attributes of God have I noticed lately?**
3. **What has God been doing—big or small—in my life? It might look routine or like a “coincidence” that I didn’t even notice.**
4. **What might I need to confess to get my heart right with God?**
5. **What is the main point I received from the passage(s)?**
6. **What is something the Holy Spirit is putting on my heart to do for others—or to be God’s hands and feet?**
7. **If I could do (or does someone I know) need from God?**
8. **What is the main point I received from the passage(s)?**
9. **What was the most significant verse you read this week—and why?**

Liz Lassa is a speaker and the creator of the Spiritual Circle Journal. Stephanie Liles partners with Liz to help draw people closer to God through reading Scripture and journaling.

©2023 Focus on the Family
Pray for God to reveal himself to you through His Word.

Read the week's Scripture passage(s).

Answer the prompts in each circle using bullet points.

Look for repeated themes and messages in your answers.