

MEDITATION JOURNAL

The Call

Fall 2025

Foothills Bible Church



Introduction

Welcome to the **The Call** experience!

Over the next four weeks, we will focus on the importance of saying “yes” to God’s call in our lives. We will be meditating on scripture, 5 days/week for 20 days.

This series will help us explore what it means to hear and follow God’s call on our lives. All throughout scripture, we see men and women invited into God’s mission—not because they were perfect, but because He chose to work through them. In the same way, God calls each of us uniquely, asking us to listen, trust, and respond in obedience. As we learn to recognize His voice, we discover that His calling is not a burden but a blessing, shaping us to live with purpose and impact.

This is not a “learn more information” experience where you study a section of scripture. Instead, this is a “deep saturation” experience where you will only meditate on 1 verse each week. If this is your first experience with Christian meditation, pace yourself and don’t do more than 10 minutes a day. The transformation process you’re seeking is the result of spending small, daily amounts of time with the Holy Spirit.

Many Christians are unfamiliar with the Biblical practice of Christian meditation. On the next page, I describe the 3-step process that I’ve found helpful over the decades.

1. Repeat a phrase or part of the verse over and over.

- This is done in your thoughts or spoken out loud.
- I find it helpful to write parts of the verse over and over. This is why we've made this booklet with a lot of white space. Feel free to draw arrows, bold words, or draw a picture.
- You may want to compare and contrast words in the verse.
- You may want to know the Greek meaning of an important word. I find www.preceptaustion.org to be a very helpful resource.
- You may want to engage your imagination as you visualize the meaning of a verse.

2. Through the entire process, ask the Holy Spirit questions and listen for His answers.

- What's the point of this verse?
- How does this truth relate to me?
- What do you want to change in me?
- What do you want me to continue or stop doing?

Two important notes on listening to the Spirit:

- First, the Spirit will never say something to you that contradicts a clear teaching in scripture. Never. Because of this, it's wise to verify anything you think the Spirit is saying with other scripture.
- Second, confirm God's leading with godly people, like your Growth Group.

3. Repeat the process for 5 days.

You'll be surprised how this process will be fresh and exciting each day.

I'm praying for your journey to draw closer to the spirit,

Pastor Shawn

Week 1

Day 1 - Monday, September 8

Isaiah 6:8 - And I heard the voice of the Lord saying, "Whom shall I send, and who will go for us?" Then I said, "Here I am! Send me."

Day 2 - Tuesday, September 9

Isaiah 6:8

Day 3 - Wednesday, September 10

Isaiah 6:8

Day 4 - Thursday, September 11

Isaiah 6:8

Day 5 - Friday, September 12

Isaiah 6:8

Week 2

Day 6 - Monday, September 15

Matthew 22:37-39 - ...“You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself.”

Day 7 - Tuesday, September 16

Matthew 22:37-39

Day 8 - Wednesday, September 17

Matthew 22:37-39

Day 9 - Thursday, September 18

Matthew 22:37-39

Day 10 - Friday, September 19

Matthew 22:37-39

Week 3

Day 11 - Monday, September 22

Philippians 2:3-4 - Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.

Day 12 - Tuesday, September 23

Philippians 2:3-4

Day 13 - Wednesday, September 24

Philippians 2:3-4

Day 14 - Thursday, September 25

Philippians 2:3-4

Day 15 - Friday, September 26

Philippians 2:3-4

Week 4

Day 16 - Monday, September 29

2 Corinthians 5:20 - Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God.

Day 17 - Tuesday, September 30

2 Corinthians 5:20

Day 18 - Wednesday, October 1

2 Corinthians 5:20

Day 19 - Thursday, October 2

2 Corinthians 5:20

Day 20 - Friday, October 3

2 Corinthians 5:20

