



# Rooted Youth Bible Journal

**Be**ing Who God Created Me to **Be**: *Praising God Through the Psalms* 

#### Hey Rooted Youth!

The purpose of this Rooted Bible Journal is to give you a resource to use at home to regularly read your Bible, spend time praying, and have conversations others.

Each week there are fun, short videos which correspond to this journal to get your you started for the week, if you choose to check them out. There are follow along pages included in this Bible Reading Journal. The videos are geared toward families in general, so they are not youth specific, but they are made available each Sunday both on the website at <a href="https://belmontlife.org/childrens-ministry/">https://belmontlife.org/childrens-ministry/</a>.

If you are interested in being added to a youth email list to receive links and reminders by email, then you can email us at <a href="mailto:rward@belmontlife.org">rward@belmontlife.org</a> and request to be added.

In the Rooted Bible Reading Journal, we have included Journal space at the end of each day for you to write your thoughts or SOAP the passage. Don't worry SOAP is also explained below! Lastly, we have included scripture memory ideas for each week to help you continue to grow in Jesus.

Remember the goal is for you to spend time building a habit of regularly reading the Bible, spending time in prayer and having conversations with others in your family or friends and leaders at Rooted.

Enjoy digging into God's Word!

# SOAP

One method of going through the Bible that we recommend to go through the Family Bible Study Journal is the SOAP Method.

#### **Scripture**

Passages of scripture are chosen for each day, 5 days per week. Read the passage aloud with your children. Your kids can even take turns reading! Your family is also welcome to each have a notebook or sketchbook to draw, color or write as they listen to the reading as well.

#### **Observation**

Spend some time discussing what you heard going on in the passage or story you read.

Take time to notice the who, what, when, where, etc.

#### **Application**

Based on what was happening in the passage or story, what lessons can you apply or what commands are there for you to follow that God has given.

#### **Pray**

Pray as a family for the Lord to help you to apply what you have read about together.

# THE GOSPEL

The Gospel is the good news about Christ's birth, death on the cross, resurrection three days later, and the salvation we have from sin because of Him. Below are the most important aspects for kids to learn as they grow to trust in Christ.



#### God is King

- a. The Bible tells us that God is creator of everyone and everything, and that we are created in His Image. He is in charge of everything!
- b. Psalm 86: 8-10, 15; Genesis 1: 27; Genesis 1: 1; Isaiah 40:28



#### 2. We Sin

- a. The Bible tells us that we all sin. Sin is rejecting God in the world he created by not being or doing what he requires in His law
- b. Romans 5:12; 1 John 3:4; Romans 3:10-12, 23



#### 3. God Made a Way Through Jesus

- a. God sent His son Jesus to live a perfect life, die on the cross for our sins and rise three days later. He saved us from the punishment we deserve because we couldn't pay for it on our own. Jesus alone saves us from sin!
- b. Isaiah 9:6; 1 Timothy 2:5, Isaiah 53:10-11; 2 Corinthians 5:21



#### 4. We Respond to God

- a. You can receive the gift of grace through faith in Jesus alone by believing in His death and resurrection as a payment for your sin. Turn from your sin to Jesus, tell others about Him, and eagerly await His return!
- b. Ephesians 2:8-9; John 3:16-17; Romans 5:17; Matthew 22:37

#### WEEK 1 - PSALM 1

#### Walk with the Lord

#### Day 1: Psalm 1

• Read Psalm 1 through 3 times. What differences do you see between the man who walks with the Lord and the wicked man? **JOURNAL** Day 2: Proverbs 1:10; Proverbs 4:14; Proverbs 21: 24; Proverbs 29:8 • What words are used to describe the man that does not follow the Lord? What warnings are given? **JOURNAL** 

#### Day 3: Mark 1: 35-49

can you spend time meditating (or thinking about) God's word on your own or as a family? **JOURNAL** Day 4: Genesis 37-50 • Read the Story of Joseph either from the Bible in Genesis 37-50 or from a Storybook Bible you have at home. **JOURNAL** 

• Even Jesus needs to spend time with the Father during His time on earth. How

#### Day 5: Psalm 1

- Do you want to live like the tree or the chaff?
- Note: chaff is husks and straw that is removed from wheat by the process of threshing, which makes the wheat usable. The chaff is lighter than the edible kernels of wheat and when the farmer tosses the threshed wheat, then the wind drives away the chaff. Those who reject God are of no use just like the chaff of the wheat.

JOURI	IAL
•	Memorize all, part or a verse of Psalms 1

WEEK 1: PSALM 1

#### WEEK 2 - PSALM 8

#### **God is Creator**

# Day 1: Psalm 8

Read Psalm 8 through 2 times.
JOURNAL
<ul> <li>Day 2: Genesis 1:1-2:3</li> <li>Creation – What did God create on day 1, day 2, day 3, day 4, day 5, day 6? What did God do on day 7?</li> <li>JOURNAL</li> </ul>

## Day 3: Genesis 2:4- 3:24

<ul> <li>The Fall – Sin enters the world. Why did Eve and Adam eat the fruit?</li> </ul>
JOURNAL
Day 4: Hebrews 2: 5-9 & 1 Corinthians 15: 1-11
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## Day 5: Psalm 8

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WEEK 2: PSALM 8

#### **WEEK 3 – PSALM 19**

#### **God's Perfect Law**

# Day 1: Psalm 19

Read Psalms 19 through 2 times.
JOURNAL
<ul> <li>Day 2: Psalm 119: 129-136</li> <li>What are some other ways the testimonies or words of God are described? Do you feel this way about the Bible?</li> </ul> JOURNAL

#### Day 3: Romans 1:18-23 & Romans 3:23

- This is an example of what isn't pleasing to God and doesn't bring us closer to Him. What was wrong about the response here?
- Remember we all sin, this is speaking of all people! Check out Romans 3:23 as Paul continues speaking to the Romans

JOURNAL	
Day 4: Romans 10: 12-18	
<ul> <li>We see Psalm 19 cited in vs. 18.</li> <li>We learn in Psalm 19 that God can be visible through his creation to everyone, but here we see that it is important for the Good News of Jesus to be shared as well for people to believe and trust in Jesus for salvation specifically.</li> <li>How can we share Jesus with others?</li> </ul>	
JOURNAL	

#### Day 5: Psalm 19

you would each delight in it. **JOURNAL Scripture Memory Ideas:** • Memorize all, part or a verse of Psalm 19

• Spend time in prayer as a family praising God for His Word, the Bible, and that

**WEEK 3: PSALM 19** 

#### WEEK 4 - PSALM 23

# **Our Good Shepherd**

# Day 1: Psalm 23

Read Psalm 23 through 3 times.
JOURNAL
Day 2: 1 Samuel 16-17
Who is King David?
JOURNAL

# Day 3: 2 Samuel 6

<ul><li>What was David's response to the return of the ark?</li></ul>
JOURNAL
Day 4: John 10: 1-21
<ul> <li>How would a good shepherd care for his sheep? How does this show us how the Lord cares for us?</li> </ul>
JOURNAL

#### Day 5: Psalm 23

• Spend time in prayer as a family praising God for the way he provides for us like a shepherd cares for his sheep. **JOURNAL Scripture Memory Idea:** • Memorize all, part or a verse of Psalm 23

WEEK 4: PSALM 23

#### WEEK 5 - PSALM 34

#### **God is Protector**

# Day 1: Psalm 34

Read Psalm 34 through 2 times.
JOURNAL
<ul> <li>Day 2: 1 Samuel 21: 10-15</li> <li>See the wording below the title of Psalms 34. This story is the story this comes from as David praises God for his protection. How did David act?</li> <li>JOURNAL</li> </ul>

## Day 3: 1 Peter 2: 1-5

<ul> <li>Wording from Psalms 34 is used here! Do you see it? Which verse?</li> </ul>
JOURNAL
Day 4: Psalm 40:16
<ul> <li>This Psalm is about rejoicing in God when he helps us and it causes others to praise him. What should we say continually?</li> </ul>
JOURNAL

#### Day 5: Psalm 34

• Spend time in prayer as a family praising God for **JOURNAL Scripture Memory Idea:** • Memorize all, part or a verse of Psalms 23

WEEK 5: PSALM 34

## WEEK 6 – PSALM 139 God Knows Everything

#### Day 1: Psalm 139

• Read Psalm 139 through 2 times. **JOURNAL** Day 2: John 2: 23-25 • Jesus just performed his first miracle. Why will he not entrust himself to the people? **JOURNAL** 

# Day 3: Romans 11: 33-36

•	Wording from Psalms139. This reverses it a bit, how great is the mind of the Lord?
JOUI	RNAL
•	4: Matthew 9: 1-8  Here Jesus is performing another miracle. But pay close attention to verse 4, why did he continue with the miracle?  RNAL

#### Day 5: Psalm 139

heart and for you to know Him as well. Thank Him for making you beautifully and wonderfully! **JOURNAL Scripture Memory Idea:** • Memorize all, part or a verse of Psalms 139

• Spend time in prayer as a family praising God. Ask him to search and know your

**WEEK 6: PSALM 139** 

# WEEK 7 - PSALM 121 God is Our Helper

# Day 1: Psalm 121

• [	Read Psalm 121 through 2-3 times.
JOURN	IAL
Day 2:	Jonah 4
Ç	f you don't know the story of Jonah read all 4 chapters or check out the story in a Story Bible. Jonah is a great example of God's control over creation in order to nelp us. What happens to the plant?
JOURN	IAL

#### Day 3: Proverbs 3: 5-8; 21-27

trust the Lord with?
JOURNAL
<ul> <li>Day 4: Acts 1:21-26</li> <li>Here we see God helping the Jesus' disciples to choose a replacement for Judas, who had betrayed Jesus. What can the Lord help you in each day?</li> <li>JOURNAL</li> </ul>

• We can trust in the Lord all the time, even as we sleep! What do you need to

## Day 5: Psalm 121

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JOURNAL		
Scrip •	Memorize all, part or a verse of Psalms 121.	

**WEEK 7: PSALMS 121** 

# WEEK 8 – PSALM 136 Give Thanks to God

# Day 1: Psalm 136

Read Psalm 136 through 2 times. What patterns do you hear and/or see?
JOURNAL
<ul> <li>Day 2: Exodus 12: 21-51</li> <li>The book of Exodus tells the story of how God rescued the Israelites (God's people). This is the story of the Passover that are mentioned in Psalm 136: 10-12. You can certainly read the whole chapter! How does God help the Israelites?</li> </ul>
JOURNAL

#### Day 3: John 1: 29-39 & Luke 21:7-23

similarities and differences between Jesus and the original Passover lamb? How does Jesus rescue us now by his death and resurrection? **JOURNAL** Day 4: Psalm 136 • Spend time in prayer as a family praising God with Thanksgiving. **JOURNAL** 

• Give thanks for Jesus, the Passover lamb, the Lamb of God. What are

#### Day 5: Exodus 14:1-15:21

• This is talked about in Psalm 136: 13-15. How does this show God's power? Imagine being an Israelite passing through! **JOURNAL Scripture Memory Idea:** • Memorize all, part or a verse of Psalms 136.

**WEEK 8: PSALMS 136** 

# WEEK 9 – PSALM 100 Sing for Joy to God

# Day 1: Psalm 100

<ul> <li>Read Psalm 100 through 2-3 times.</li> </ul>	
JOURNAL	
<ul> <li>Day 2: Exodus 34:1-9</li> <li>Moses receives new tablets of the 10 Commanwas for how many?</li> </ul>	ndments. The Lord's steadfast love
JOURNAL	

## Day 3: Psalms 95

<ul> <li>What similarities and differences do you see Psalms 95 and 100?</li> </ul>
JOURNAL
<ul><li>Day 4: 2 Chronicles 5</li><li>The ark is brought into the Temple. How do they celebrate?</li></ul>
JOURNAL

## Day 5: Psalm 100

•	Spend time in prayer as a family praising God for the opportunity to praise!
JOUF	RNAL
crip	ture Memory Idea:
•	Memorize all, part or a verse of Psalms 100

WEEK 9: PSALMS 100



A Resource by Belmont Kids

https://belmontlife.org/belmont-kids/