




Wisdom Speaks Solutions Discipleship Series

Companion Journal



You are very gifted. There are so many great qualities about you and God wants them to shine. He wants to confirm and help you to realize that you are fearfully and wonderfully made by Him.

During this journey that you have accepted to proceed on, you are learning more about how God made you, how you are to operate and why you were created. Knowing these answers, help you to live life confidently.

You're not alone in this life. God is present in all things. This series was designed with you in mind. To help you to grow and develop in all God has for to know, be and to do.

You have power and authority, beyond what you think. Your activated ability is for a purpose. You must walk in it, so others can walk in theirs as well. God wants you to understand your purpose and walk in it. He has greatness in you, let it out. You are well able!

Happy Discovery!

Jannett Morrow



Noah Webster’s 1828 American Dictionary;
www.1828.mshaffer.com. (1)

The Zondervan Corporation, Copyright 1995-
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Companion Journal***

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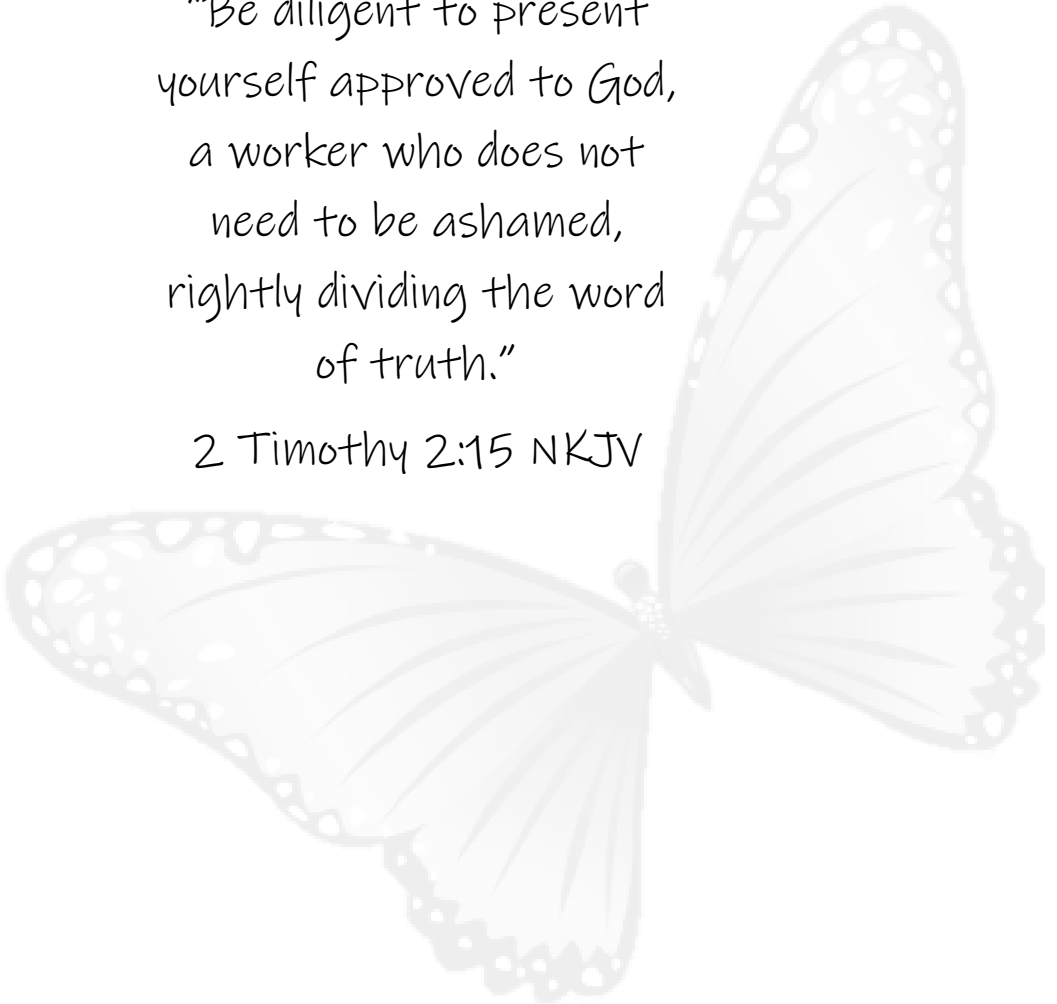
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“Be diligent to present
yourself approved to God,
a worker who does not
need to be ashamed,
rightly dividing the word
of truth.”

2 Timothy 2:15 NKJV



How To Use This Book – Be Encouraged

- Meditate – Reflect on God’s truths.
- Listen – Get quiet and hear God.
- Write – Jot down what comes to mind.
- Pray – Ask God to help you in the process.
- Gratitude – Praise God for His goodness.
- Act – Do given instructions.

This Companion Journal will help you work through these points. It is a useful tool, to encourage you to go deeper in your understanding and make the most of your reading. As you read each book of the series, you will have thoughts that come to mind and you will want to write them down. You want to be able to capture “in the moment” revelations.

You will get insight and clarity on areas that you may not have thought of before, so you want to jot them down for further understanding later. Also, there will be several questions asked of you that will lead you into further study of the topics you have read. Be ready to write.

You do not want to just read, but you want to get understanding about what you are reading. Slow down and hear what God is saying. He has so

much for you to know and sometimes it needs to be highlighted for you, in order for you to see it. That is what this Companion Journal is designed to do. Help you dig deeper and allow the process.

Take time to get quiet and go through each section of this journal. Read the questions, write down what comes to mind. Listen for instructions that may come and be ready to do them. Write this down also. You will find that doing this, will help you know that God is present and that He does speak to you.

Take as much time as you need to meditate on each section. No hurry! You want to hear all that God is speaking to you about each topic. This will also help you to sharpen your listening and discernment skills. The more you know you are hearing what God is saying to you, the more confident and bolder you get in doing what you are led to do. Pray and ask God to help you with this.

There is so much more that you can learn about God and how He has created you to live. He wants you free from bondage and the things that try to hinder your progression in His plan for your

life. He wants you to journey and participate with Him as He shows you, you. Be grateful that He desires to unfold what He has called you to become.

The Declaration Page after each section, will help you profess God's Word as you read it out loud and declare it over your life. His promises are real and are for you. Believe it!

There are many waiting for you to discover your purpose and for you to manifest it. This happening will be a blessing, not only to you, but those you are called to. Make the further investment to work on the areas God is shining a light on, as you read this series. Do the work needed to break free and walk in wholeness and completeness in Him. Act on all that has been given to you. The return on your investment, is priceless.

Thank you for making the continual decision to not be comfortable with where you are. For wanting to grow and develop in Him. He loves you and has great plans for you! Be encouraged and keep moving forward!



Until next time, let wisdom speak to you today!



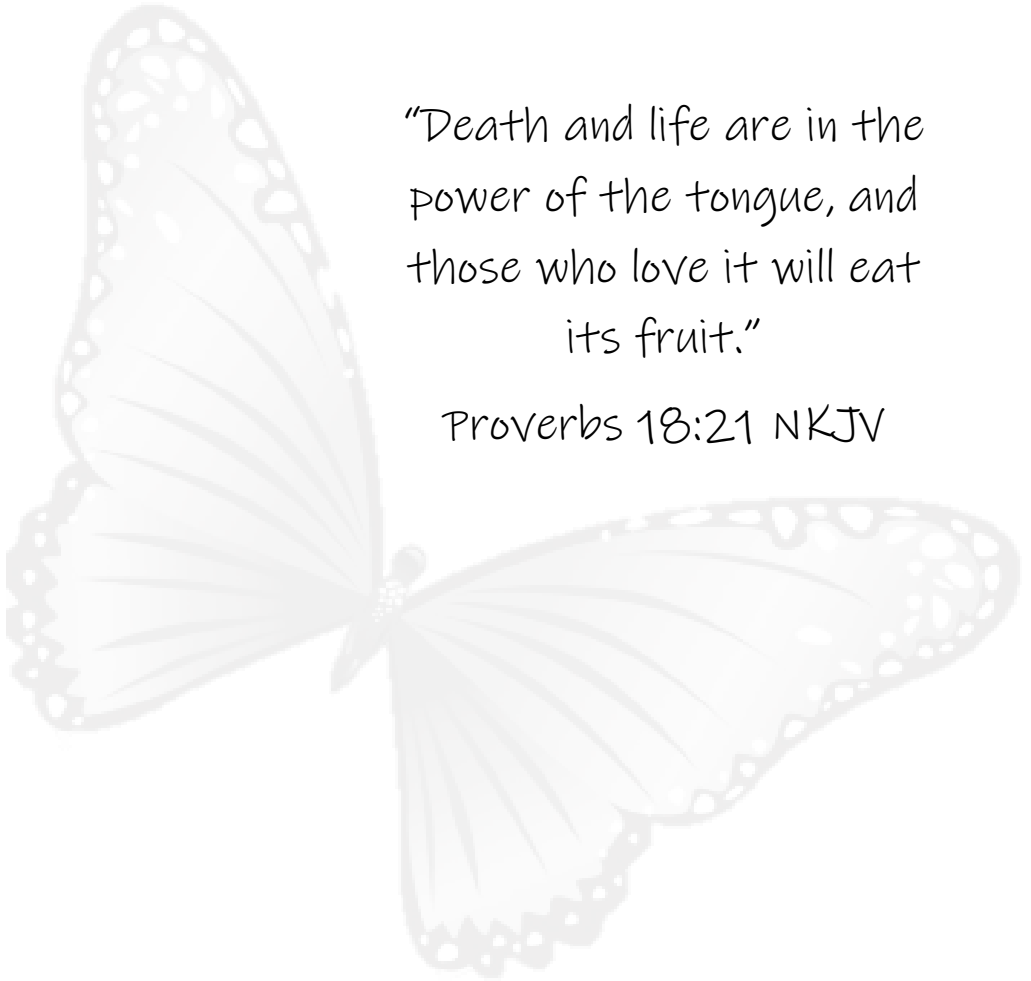
"Comfort is the enemy of progress."

- P. T. Barnum



*“Death and life are in the
power of the tongue, and
those who love it will eat
its fruit.”*

Proverbs 18:21 NKJV



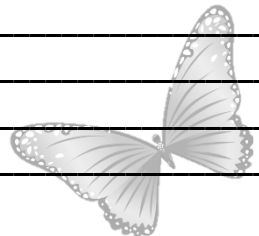
**Words,
Choose Life**



Write down a few thoughts that stuck out to you as you read.

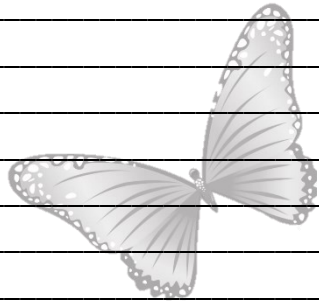
Pick one main thought from this list that you want to expand on. Why does this one interest you the most? Ask God to give you more understanding on this thought. Write down what comes to mind.

Write down why it matters that you say the right things.



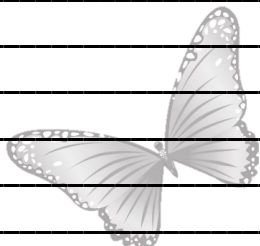
Write down what Proverbs 18:21 (NKJV) (2) means to you. Listen and write down what God may say to you about it.

“Death and life are in the power of the tongue, and those who love it will eat its fruit.”



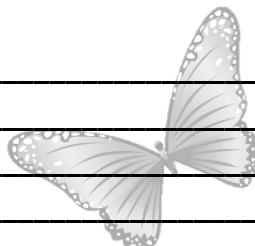
What does it mean to be conditioned by others and society with what we say or not say? Give one example. Does this fall in line with what you have read? Why or why not?

What examples, at least 2, come to mind about how someone can be made to feel bad about themselves? Does this come from God? Why or why not?

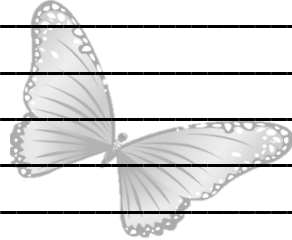


Write down Hebrews 4:12. What does this mean to you?

List 2 statements that have been said to you, that did not make you feel good. Do you believe what has been said to you? Why or why not?



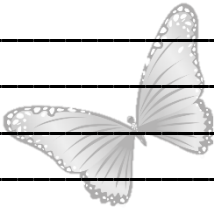
List a few scriptures that talk about the usage of words? Is The Word of God clear on this topic? Why or why not?



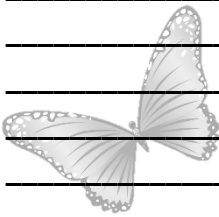
Do we need help to choose our words carefully? Why or why not? What does Proverbs 15:1 say about this?

What thoughts come to mind as you read James 3:3-5?

Can the way a person thinks of “freedom of speak”, affect how they talk? Why or why not? What does Proverbs 4:23 and Matthew 12:34 say about this?



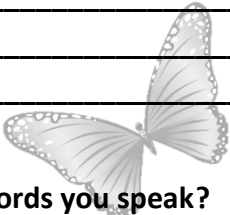
Write out Psalms 103:20. What does it mean to you?



Why is the condition of one's heart connected to what they say?

Why does God warn us about watching what comes out of mouth?

How does The Bible help you in choosing what you say? Ask God to show you how you can improve in this area. Write down what comes to mind.

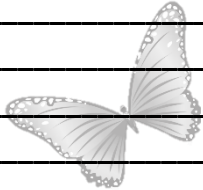


What does psychology have to do with the words you speak?

What happens when lies are in a person’s heart? Write down some examples that come to mind.

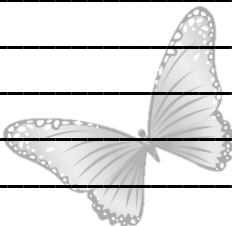
What are some effects of negative words spoken or heard?

Your brain has a lot to do with the effects from the words you use and the words you hear. Write down a truth that you now know that has helped you in this area.

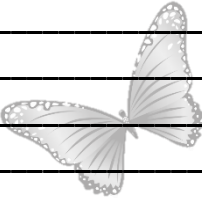


Does truth matter in this area? Why or why not? Ask God to make this clear to you and write down what comes to mind.

What does The Bible say about how faith comes? What is another revelation you get out of Romans 10:17? Write it down an meditate on it.



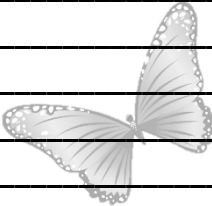
**What is said about our primal instincts, according to page 32?
What does this mean to you?**



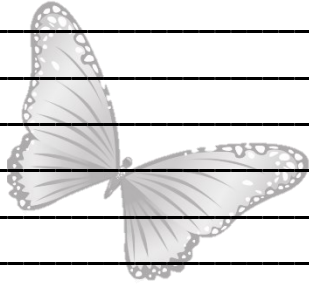
**What happens why we believe something to be true or false?
What can be used to get our mind in order? Pray for God’s help
in this area.**

The devil wants us to hold on to lies, that is why he whispers them in our ears often? What are a few lies you have held on to recently? How have these lies affected you? Ask God to show you if you are not sure. Write down what comes to mind.

A series of horizontal lines for writing, with a butterfly illustration near the bottom.



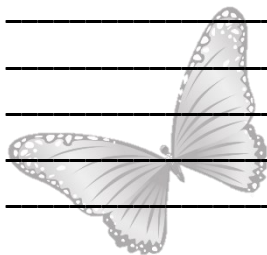
Why does the enemy try to entice people to get into wrong relationships? What does John10:10 say about this? What does this mean to you?



Has the devil made you at ease with him speaking to you? Ask God to show you, if so. Write down what comes to mind. Meditate on this.

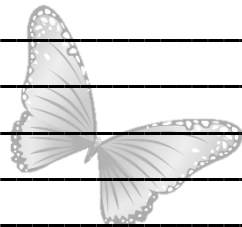
Are there things that have been said to you that have affected you? Ask God to show you if you are not aware? Write down what comes to mind. Meditate on this.

Do you see The Bible as a life manual? How is The Bible helpful to you? How can it help you be a committed person?

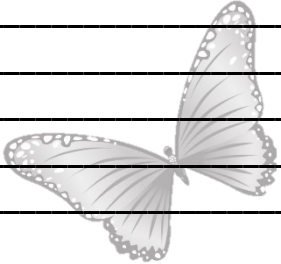


What does it mean that the devil is an “equal opportunity harasser,” according to page 43? What else comes to mind about this statement?

What are some examples of positive words, right words, or life words? Does it really matter if you speak these words? Why or why not?



Words can turn into actions. They are considered marching orders. What other revelation has God shown you about this concept? Write it down?



What can happen if you have a weak defense system? Ask God to show you where you may need to build up your defenses? Pray that He will help you choose life with the words to speak.

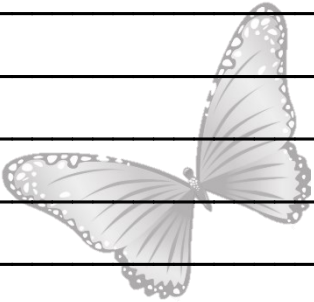
Daily Declaration for Choosing Life

Father, thank You for another blessed day You have given me. Thank You for helping me to guard my mouth today. Help me to choose wisely the words I release out of my mouth. Let them be in line with what You have said about me and with what You have said about those I encounter. Remind me that my words should always be edifying, gracious and seasoned with salt for the hearer. I thank You for the words of life You have spoken over me and for my day. Help me to represent You with my every word today.

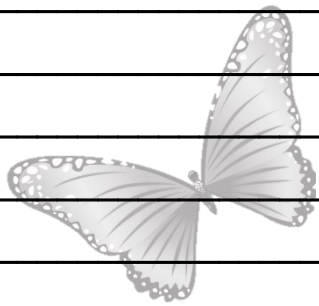
In Jesus Name, Amen!



REFLECTIONS

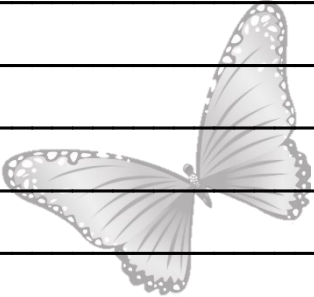


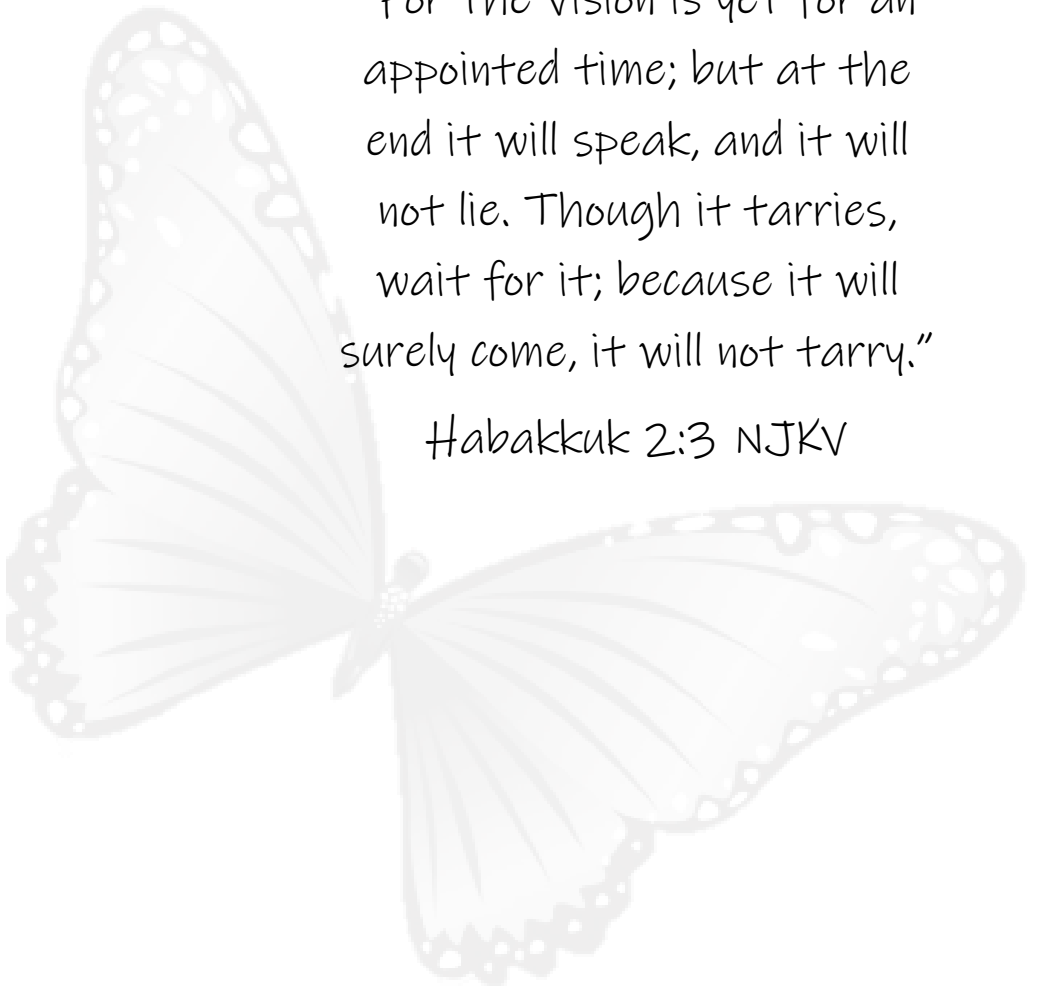
REFLECTIONS



REFLECTIONS

A series of 21 horizontal lines for writing reflections.





“For the vision is yet for an appointed time; but at the end it will speak, and it will not lie. Though it tarries, wait for it; because it will surely come, it will not tarry.”

Habakkuk 2:3 NJKV



About the Author



Jannett Morrow is a visionary leader with a passion for helping people see who they were created to be.

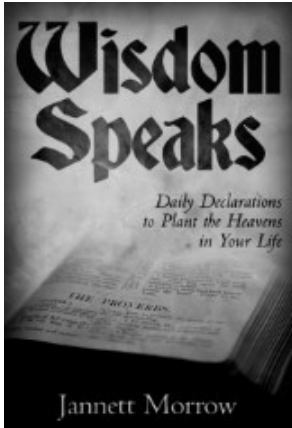
She enjoys helping people understand and develop their potential and fulfill their purpose. Through writing motivational books, hosting empowering workshops and conferences, making connections for business expos and more, she makes this happen.

She has an extensive background in the Social Service industry and a degree in Psychology from SIUE and a graduate of the Joseph Business School.

She is a mother of three wonderful young adults and devoted to fulfilling God's plan for her life. She is dedicated to making a difference and creating blessings in the lives of many.



Other Books



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*As You Go, Not Being Stuck
Where You Are*
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