




# 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](http://www.1828.mshaffer.com). (1)

The Zondervan Corporation, Copyright 1995-  
2010; [www.biblegateway.com](http://www.biblegateway.com). (2)

All scripture references are from The Zondervan  
Corporation, Copyright 1995-2010;  
[www.biblegateway.com](http://www.biblegateway.com), NKJV.

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Companion Journal***

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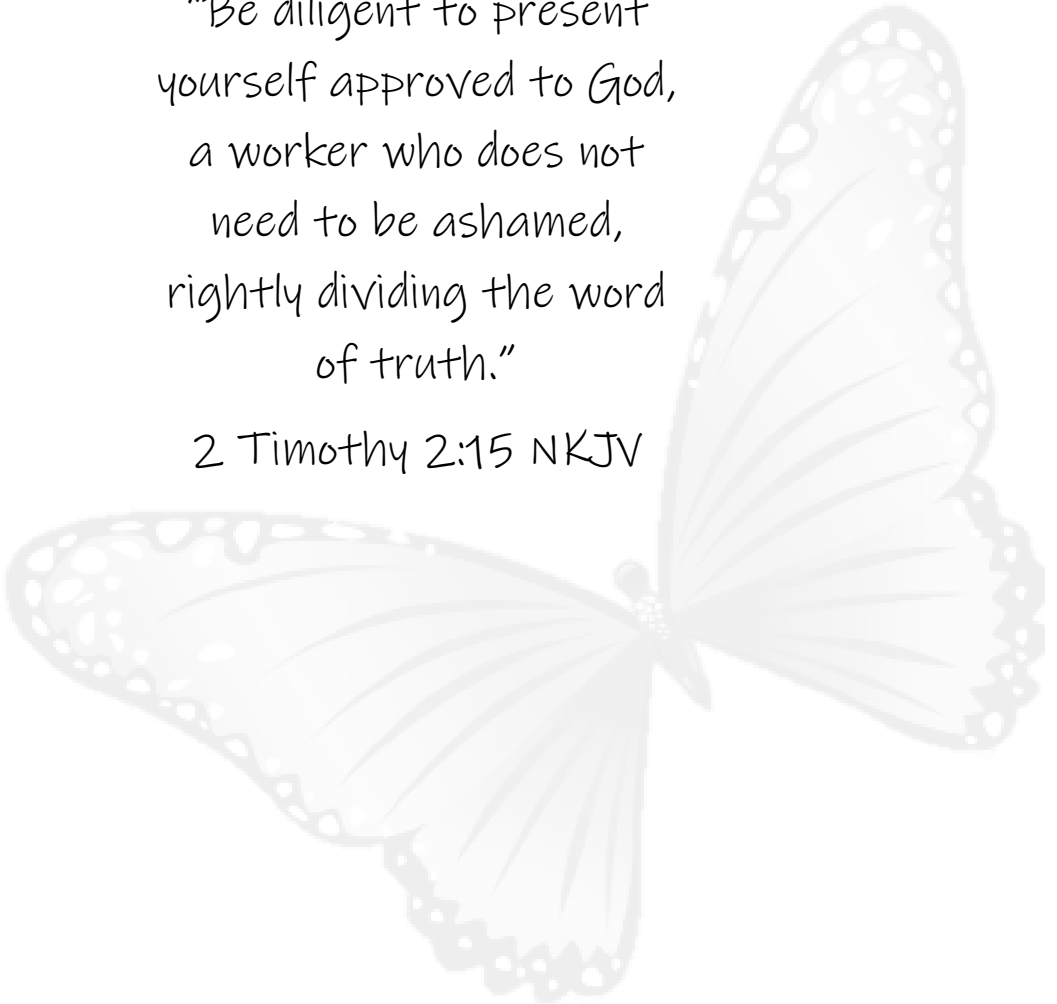
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“Be diligent to present  
yourself approved to God,  
a worker who does not  
need to be ashamed,  
rightly dividing the word  
of truth.”

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.

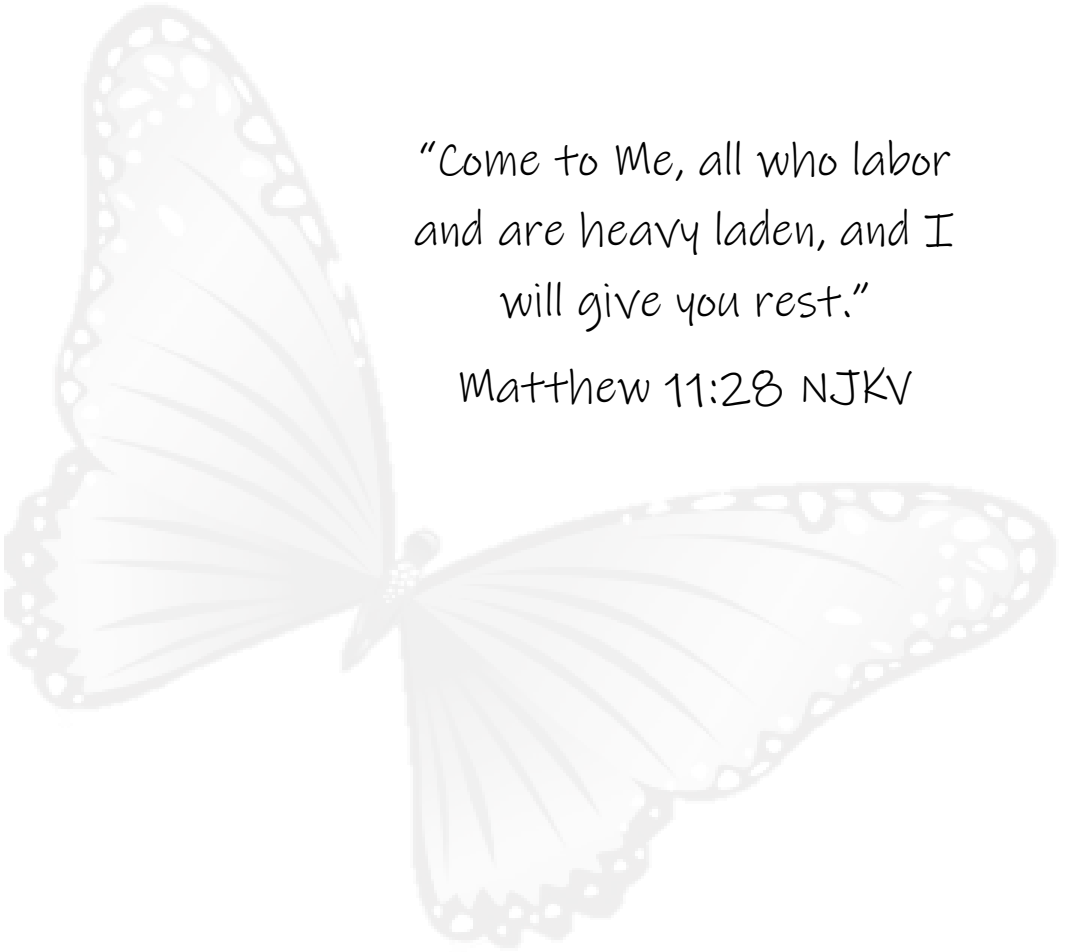
Thank you for making the continual decision to not be comfortable with where you are. For wanting to grow and develop in Him. He loves you and has great plans for you! Be encouraged and keep moving forward!



Until next time, let wisdom speak to you today!

*“Come to Me, all who labor  
and are heavy laden, and I  
will give you rest.”*

*Matthew 11:28 NJKV*



# Rest, Your Seated Position





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

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**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.**

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**Write down what rest means to you.**

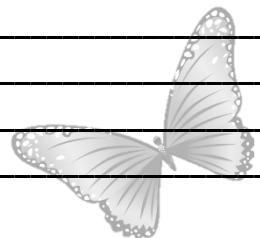
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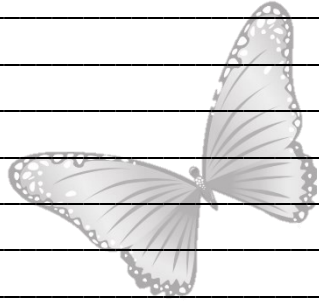
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**Write down what Matthew 11:28 (NKJV) (2) means to you.  
Listen and write down what God may say to you about it.**

“Come to Me, all who labor and are heavy laden, and I will give  
you rest.”



**What does peace mean to you? Do you take ownership of your peace? God gave it to you, so you must steward it well. Ask Him to show you how to do this better. Write down what comes to mind.**

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**Give one example of when peace was trying to be taken from you. How did you handle it? Did God help you in this time? How?**

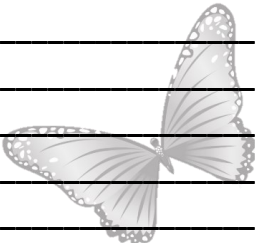
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**We all have been created to operate in rest. However, it is a choice we have to make to do it. What kind of mindset do you have to have in order to walk in rest? Give an example.**

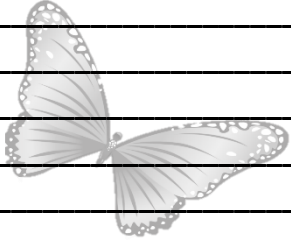
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**Does confidence in God come automatically? Why or why not? What must you do to build your confidence? How did Jesus do that?**

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**What thoughts do you have about receiving what Jesus already died to give you? Do you believe it was done? Why or why not?**

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**How at rest was Jesus in the boat with His disciples? What did He do? Are you this calm in the middle of a storm? Ask God to show you how to really walk in Jesus' type of rest.**

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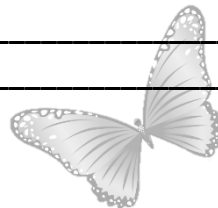
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**Write out Ephesians 2:6. What does it mean to you?**

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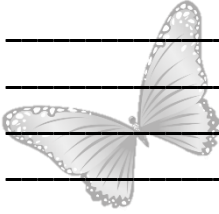
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**Why is it important to understand how Jesus was able to be in rest in all that He did? What does this mean for you?**

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**Write down the definition of *Rest*. Meditate on it.**

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**Do you know how to really rest? Why or why not? Ask God to give you some practical things for you to do that can help. Write down what comes to mind.**

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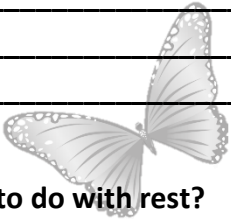
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**Write out Genesis 1:31. What does this have to do with rest?**

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**What happened to Jesus about age 12? How did his parents handle this? Ask God to give you some more understanding about Jesus' mindset vs his parent's mindset.**

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**What does Proverbs 23:7 say about rest? Meditate on this.**

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**What truth do you get out of Romans 8:38-39?**

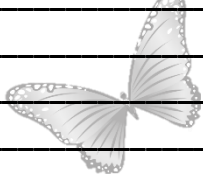
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**Does God still love people if they do not follow Him? Why or why not? What does God prefer about following Him?**

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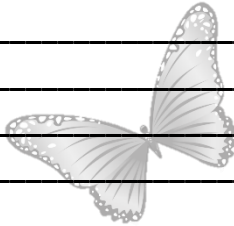
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**What does Matthew 19:16-28 have to do with walking in rest? What does this mean to you?**

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**Write down what Genesis 2:2 says. What does this mean to you?**

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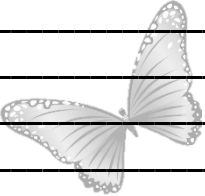
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**Write down what Sabbath means. What understanding did you have about what Sabbath meant?**

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**What does living a life under the law do to a person? Why did Jesus try to change the mindset for not living under the law? What example comes to mind?**

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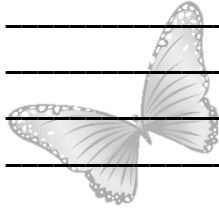
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**God is a God of mercy and compassion. He does not like to see people suffering, even though there may be a lot of suffering going on. What do you think God wants you to believe Him for right now in this area? Write down what comes to mind.**

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**What does John 19:30 mean to you? Does this explain why Jesus is our Sabbath? Why or why not?**

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**What does *Serenity* mean? How is this similar to rest?**

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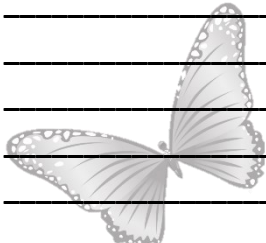
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**Why is there a difference between a day of Sabbath vs a lifestyle of Sabbath? Ask God to give you more revelation on this concept. Write down what comes to mind. Meditate on this.**

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**What are the 3 parts you are made of? Which part do you feel needs to be healthy so you as a whole, are healthy? Why?**

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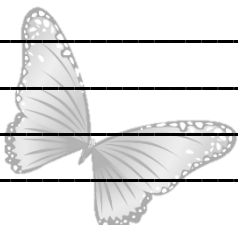
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**Why do you think there are so many mental issues going on these days? What does Mark 4:19 have to say about this? What else comes to mind about this?**

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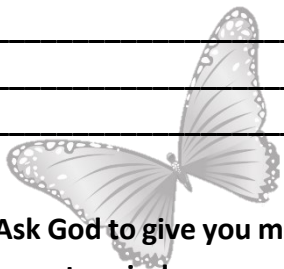
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**What does Romans 12:2 mean to you? Ask God to give you more revelation on this. Write down what comes to mind.**

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## Daily Declaration for Rest

Father thank You for another day to operate as You have said I can. You said I can walk in peace and victory today. You said I can walk in a sound mind and the mind of Christ. I declare that I am loved by You and thought of by You today. You have thoughts to do me good and not evil and help me to get to my expected end. I am able to do what You said I can do. I can rest in the truth that You have gone before me today and fought my battles and have given me the victory. I can rest in the truth that You have given angels charge over me and my day and they continue to keep me and preserve me in all of my ways. I choose to REST in You today!

In Jesus Name, Amen!















“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.

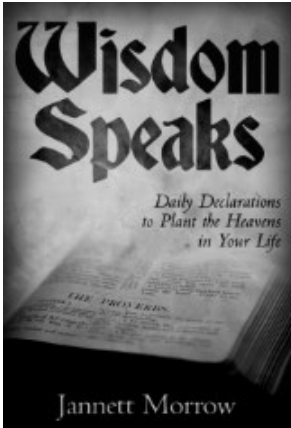
She enjoys helping people understand and develop their potential and fulfill their purpose. Through writing motivational books, hosting empowering workshops and conferences, making connections for business expos and more, she makes this happen.

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.

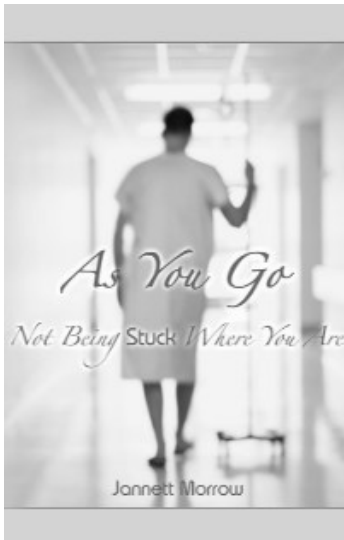
She is a mother of three wonderful young adults and devoted to fulfilling God's plan for her life. She is dedicated to making a difference and creating blessings in the lives of many.



## Other Books



*Wisdom Speaks, Daily Devotions to  
Plant the Heavens in Your Life*  
\$10



*As You Go, Not Being Stuck  
Where You Are*  
\$10



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