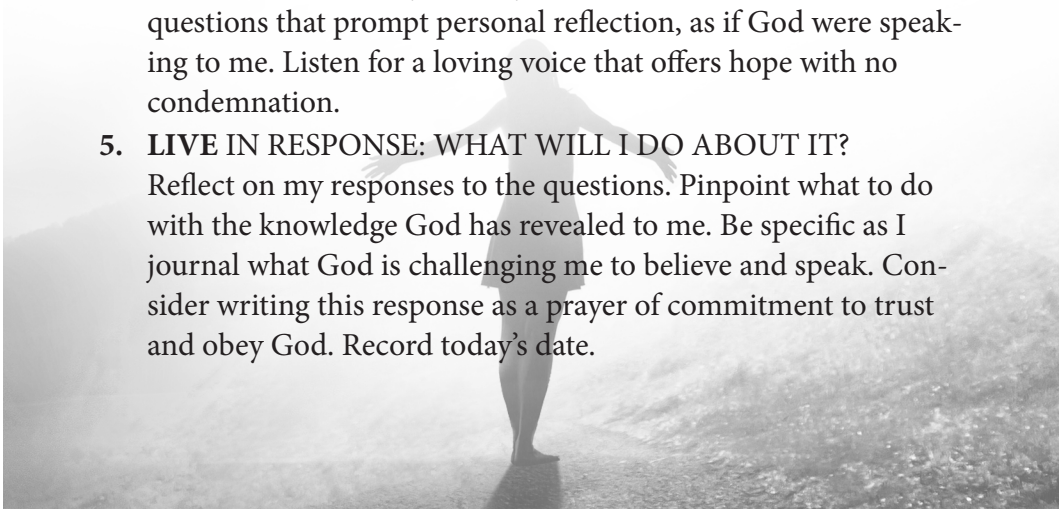
My Journal of Psalm 139

FIVE-STEP FORMULA:
Look, List, Learn, Listen, and Live

1. **LOOK** AT THE WORD: PRAY BEFORE I BEGIN.
   Read the assigned verses from Psalm 139. Underline, circle, or otherwise mark the text in any way if it will aid in my study.
2. **LIST** THE FACTS: WHAT DOES IT SAY?
   Make a verse-by-verse list of the most outstanding, obvious facts. Be literal as I pare down the text and write what the verses say.
3. **LEARN** FROM THE LESSONS: WHAT DOES IT MEAN?
   Consider the spiritual principles taught by the verses. Write any promises to claim, warnings to heed, commands to obey, and examples to follow or avoid.
4. **LISTEN** TO HIS VOICE: WHAT DOES IT MEAN TO ME?
   Consider again the spiritual principles, but this time focus on how the lessons apply directly to me. Frame the lessons into questions that prompt personal reflection, as if God were speaking to me. Listen for a loving voice that offers hope with no condemnation.
5. **LIVE** IN RESPONSE: WHAT WILL I DO ABOUT IT?
   Reflect on my responses to the questions. Pinpoint what to do with the knowledge God has revealed to me. Be specific as I journal what God is challenging me to believe and speak. Consider writing this response as a prayer of commitment to trust and obey God. Record today's date.