

Fixing My Eyes



A Bible Journal for Busy Moms

Precious Mama.

It's all too easy to focus on the needs, distractions, and noise around us. Many days, just five minutes of rest feels impossible. At the same time, we can't do this by ourselves. We have to constantly look to our Savior, fixing our eyes on the One who provides all of our needs.

Daily time in the Word helps us do this, but sometimes the lack of a focused plan leaves us forgetting what we read or not reading at all. I pray this journal solves these problems. It is designed to guide you toward fixing your eyes on Jesus no matter how long you have to spend reading your Bible.

Here's how to use the journal:

- Start with prayer. Pray that the Holy Spirit helps you focus, gives you insight, and enables you to grow in your relationship with Him.
- Pick a passage to read based on how much time you have. You may read a short chapter today or you may read a whole book. Even if you have a longer amount of time, don't hesitate to stop and linger over a shorter section. The Bible reading checklist at the beginning of the journal is a useful tool to track what you have been reading.
- Write down what you learn about God - His attributes, His commands, His actions.
- Write down any questions you have about the passage. This will be a great place to turn when you have more time for an in-depth Bible study.
- Take time to praise God for what you learned about Him. Confess and repent of any sin in your life, particularly any that the Holy Spirit revealed through the passage. Pray for wisdom in answering the questions you wrote down.
- Pray for others. Make a list of prayer requests you have for your family, friends, church, community, and the world. Use this space in the journal to write down praises and answered prayer requests.
- As time allows, write down any verses from today's reading that you want to work on memorizing.
- Finally, as you listen to sermons, read Gospel-centered books, and talk to pastors and trusted mentors, write down quotes that help you better understand the Word and encourage you to fix your eyes on Christ.

If you would like more resources on looking to Christ as a busy mama, be sure to visit the Rapt Motherhood blog and the Redeeming Routines Scripture meditation guides.

May everything we think, say, and do be for His glory.

In Him,
Allyson

Bible Reading

Genesis - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24
25 26 27 28 29 30 31 32 33 34 35 36 37 38
39 40 41 42 43 44 45 46 47 48 49 50

Exodus - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24
25 26 27 28 29 30 31 32 33 34 35 36 37 38
39 40

Leviticus - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24
25 26 27

Numbers - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24
25 26 27 28 29 30 31 32 33 34 35 36

Deuteronomy - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24
25 26 27 28 29 30 31 32 33 34

Joshua - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24

Judges - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21

Ruth - - - - - 1 2 3 4

1 Samuel - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24
25 26 27 28 29 30 31

2 Samuel - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24

1 Kings - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22

2 Kings - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24
25

1 Chronicles - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24
25 26 27 28 29

2 Chronicles - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24
25 26 27 28 29 30 31 32 33 34 35 36

Ezra - - - - - 1 2 3 4 5 6 7 8 9 10
Nehemiah - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13

Esther - - - - - 1 2 3 4 5 6 7 8 9 10

Job - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24
25 26 27 28 29 30 31 32 33 34 35 36 37 38
39 40 41 42

Psalms - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24
25 26 27 28 29 30 31 32 33 34 35 36 37 38
39 40 41 42 43 44 45 46 47 48 49 50 51 52
53 54 55 56 57 58 59 60 61 62 63 64 65 66
67 68 69 70 71 72 73 74 75 76 77 78 79 80
81 82 83 84 85 86 87 88 89 90 91 92 93 94
95 96 97 98 99 100 101 102 103 104 105 106 107 108
109 110 111 112 113 114 115 116 117 118 119 120 121 122
123 124 125 126 127 128 129 130 131 132 133 134 135 136
137 138 139 140 141 142 143 144 145 146 147 148 149 150

Proverbs - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24
25 26 27 28 29 30 31 32 33 34 35 36

Ecclesiastes - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21

Song of Solomon 1 2 3 4 5 6 7 8

Isaiah - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24
25 26 27 28 29 30 31 32 33 34 35 36 37 38
39 40 41 42 43 44 45 46 47 48 49 50 51 52
53 54 55 56 57 58 59 60 61 62 63 64 65 66

Bible Reading

Jeremiah - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24
25 26 27 28 29 30 31 32 33 34 35 36 37 38
39 40 41 42 43 44 45 46 47 48 49 50 51 52

Lamentations - 1 2 3 4 5

Ezekiel - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24
25 26 27 28 29 30 31 32 33 34 35 36 37 38
39 40 41 42 43 44 45 46 47 48

Daniel - - - - - 1 2 3 4 5 6 7 8 9 10
11 12

Hosea - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14

Joel - - - - - 1 2 3

Amos - - - - - 1 2 3 4 5 6 7 8 9

Obadiah - - - - - 1

Jonah - - - - - 1 2 3 4

Micah - - - - - 1 2 3 4 5 6 7

Nahum - - - - - 1 2 3

Habakkuk - - - - 1 2 3

Zephaniah - - - - 1 2 3

Haggai - - - - - 1 2

Zechariah - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14

Malachi - - - - - 1 2 3 4

Matthew - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24
25 26 27 28

Mark - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16

Luke - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24

John - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21

Acts - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22 23 24
25 26 27 28

Romans - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16

1 Corinthians - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16

2 Corinthians - - - 1 2 3 4 5 6 7 8 9 10
11 12 13

Galatians - - - - - 1 2 3 4 5 6

Ephesians - - - - - 1 2 3 4 5 6

Philippians - - - - 1 2 3 4

Colossians - - - - 1 2 3 4

1 Thessalonians - 1 2 3 4 5 6

2 Thessalonians - 1 2 3

1 Timothy - - - - - 1 2 3 4 5 6

2 Timothy - - - - - 1 2 3 4

Titus - - - - - 1 2 3

Philemon - - - - - 1

Hebrews - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13

James - - - - - 1 2 3 4 5

1 Peter - - - - - 1 2 3 4 5

2 Peter - - - - - 1 2 3

1 John - - - - - 1 2 3 4 5

2 John - - - - - 1

3 John - - - - - 1

Jude - - - - - 1

Revelation - - - - - 1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21 22

