

SPIRITUAL GOALS JOURNAL / WORKBOOK FOR
“TRAINING TODAY’S TWELVE: MARK”

NAME:

START DATE:

TRAINING TODAY’S TWELVE: MARK

CHAPTER 1

What idea from *Mark*, Chapter one, stands out most to me? _____

Copy this idea in a few words on a small paper. Put it somewhere that you will see several times a day – on a countertop, in your pocket, on a mirror... The more you actively keep it in thought, the more it manifests.



Jesus' words. Choose and write a few of Jesus' words from this chapter here. Why did you choose these words? What is he saying to you with these words? _____

7-WEEK CALENDAR WORK FOR SPIRITUAL DEVELOPMENT

Get a calendar with one square for each day – an attractive one that you can write on.

1) **Week one: study chapter one for seven days.** Focus on the synonym for God, **Love**. The Scriptures say, "God is Love" (*I John* 4:16). Write one of the following qualities or characteristics of Love into each square: kindness, mercy, patience, gentle speech, forgiveness, unselfishness, philanthropic.

2) Each day, resolve to express the quality of Love written on the calendar. Look for it being expressed. Insist on its presence where it seems absent, or where its opposite appears to be real. Feel after the divine Source from which the quality springs. Live it purposefully and consciously during the day.

3) Write brief comments on your experience with this calendar activity. _____

OTHER JOURNAL IDEAS and REFLECTIONS:

CHAPTER 2

What idea from *Mark*, Chapter two, stands out most to me? _____

Write this idea in a few words on a small paper. Put it somewhere that you will see it several times a day, keep it in thought, and it will manifest.

Jesus' words. Choose and write a few of Jesus' words from this chapter here. Why did you choose these words? What is he saying to you with these words? _____

7-WEEK CALENDAR WORK FOR SPIRITUAL DEVELOPMENT

Get a calendar with one square for each day – an attractive one that you can write on.

1) **Week one: study chapter two for seven days.** Focus on the synonym for God, **Life**. These synonyms for God are based directly in the Scriptures, and gathered explicitly in Mary Baker Eddy's textbook, *Science and Health with Key to the Scriptures*. Write one of the following qualities or characteristics of Life into each square: action, motivation, liveliness, spirituality, purpose, health, energy.

2) Each day, resolve to express the quality of Life written on your calendar. Look for it being expressed. Insist on its presence where it seems absent, or where its opposite appears to be real. Feel after the divine Source from which the quality springs. Live it purposefully and consciously during the day.

3) Write brief comments on your experience with this calendar activity.

OTHER JOURNAL IDEAS and REFLECTIONS:

CHAPTER 3

What idea from *Mark*, Chapter three, stands out most to me? _____

Write this idea in a few words on a small paper. Put it somewhere that you will see it several times a day, keep it in thought, and it will manifest.

Jesus' words. Choose and write a few of Jesus' words from this chapter here. Why did you choose these words? What is he saying to you with these words? _____

7-WEEK CALENDAR WORK FOR SPIRITUAL DEVELOPMENT

1) **Week three: study chapter three for seven days.** Focus on the synonym for God, **Truth**. Write one of the following qualities or characteristics of Truth into each square of your calendar for the week: honesty, integrity, freedom, strength, spiritual power, fidelity, accuracy.

2) Resolve to express the quality of Truth written on your calendar day by day. Look for it being expressed. Insist on its presence where it seems absent, or where its opposite appears to be real. Feel after the divine Source from which each quality springs. Live it purposefully and consciously during the day.

3) Write brief comments on your experience with this calendar activity.

OTHER JOURNAL IDEAS and REFLECTIONS:

CHAPTER 4

What idea from *Mark*, Chapter four, stands out most to me? _____

Write this idea in a few words on a small paper. Put it somewhere that you will see it several times a day, keep it in thought, and it will manifest.

Jesus' words. Choose and write a few of Jesus' words from this chapter here. Why did you choose these words? What is he saying to you with these words? _____

7-WEEK CALENDAR WORK FOR SPIRITUAL DEVELOPMENT

Get a calendar with one square for each day – an attractive one that you can write on.

1) **Week four: study chapter four for seven days.** Focus on the synonym for God, **Spirit**. "God is Spirit" (*John* 4:24). Write one of the following qualities or characteristics of Spirit into each square of your calendar this week: energy, renewal, spiritual substantiality, immortality, enlightenment, exuberance, fearlessness.

2) Resolve to express the quality of Spirit written on your calendar day by day. Look for it being expressed. Insist on its presence where it seems absent, or where its opposite appears to be real. Feel after

the divine Source from which each quality springs. Live it purposefully and consciously during the day.

3) Write brief comments on your experience with this calendar activity.

OTHER JOURNAL IDEAS and REFLECTIONS:

CHAPTER 5

What idea from *Mark*, Chapter five, stands out most to me? _____

Write this idea in a few words on a small paper. Put it somewhere that you will see it several times a day, keep it in thought, and it will manifest.

Jesus' words. Choose and write a few of Jesus' words from this chapter here. Why did you choose these words? What is he saying to you with these words? _____

7-WEEK CALENDAR WORK FOR SPIRITUAL DEVELOPMENT

Get a calendar with one square for each day – an attractive one that you can write on.

1) **Week five: study chapter five for seven days.** Focus on the synonym for God, **Soul**. Write one of the following qualities or characteristics of Soul into each square of your calendar this week: innocence, humor, purity, artistic, sinlessness, peace, harmony.

2) Resolve to express the quality of Soul written on your calendar day by day. Look for it being expressed. Insist on its presence where it seems absent, or where its opposite appears to be real. Feel after the divine Source from which each quality springs. Live it purposefully and consciously during the day.

3) Write brief comments on your experience with this calendar activity.

OTHER JOURNAL IDEAS and REFLECTIONS:

CHAPTER 6

What idea from *Mark*, Chapter six, stands out most to me? _____

Write this idea in a few words on a small paper. Put it somewhere that you will see it several times a day, keep it in thought, and it will manifest.

Jesus' words. Choose and write a few of Jesus' words from this chapter here. Why did you choose these words? What is he saying to you with these words? _____

7-WEEK CALENDAR WORK FOR SPIRITUAL DEVELOPMENT

Get a calendar with one square for each day – an attractive one that you can write on.

1) **Week six: study chapter six for seven days.** Focus on the synonym for God, **Principle**. "In the beginning" (Genesis 1:1), *in principio* (latin Vulgate). Divine Principle is the Origin, the Father-Mother of all. Write one of the following qualities or characteristics of Principle into each square of your calendar this week: exactness, law, orderliness, creativity, fertility, goodness, perfection.

2) Resolve to express a quality of divine Principle every day. Look for it being expressed. Insist on its presence. Feel after the divine Source from which each quality springs. Live it purposefully and consciously each day.

3) Write brief comments on your experience with this calendar activity.

OTHER JOURNAL IDEAS and REFLECTIONS:

CHAPTER 7

What idea from *Mark*, Chapter seven, stands out most to me? _____

Write this idea in a few words on a small paper. Put it somewhere that you will see it several times a day, keep it in thought, and it will manifest.

Jesus' words. Choose and write a few of Jesus' words from this chapter here. Why did you choose these words? What is he saying to you with these words? _____

7-WEEK CALENDAR WORK FOR SPIRITUAL DEVELOPMENT

1) **Week seven: study chapter seven of *Mark* for seven days.**

Focus on the synonym for God, **Mind**. "Let this Mind be in you which was also in Christ Jesus" (*Philippians* 2:5). Write one of the following qualities or characteristics of Principle on your calendar: intelligence, awareness, spiritual understanding, clarity, wisdom, memory, intellect.

2) Resolve to express the quality of divine Principle written on your calendar day by day. Look for it being expressed. Insist on its presence where it seems absent, or where its opposite appears to be real. Feel after the divine Source from which each quality springs. Live it purposefully and consciously during the day.

3) Write brief comments on your experience with this calendar activity.

OTHER JOURNAL IDEAS and REFLECTIONS:

CHAPTER 8

What idea from *Mark*, Chapter eight, stands out most to me? _____

Write this idea in a few words on a small paper. Put it somewhere that you will see it several times a day, keep it in thought, and it will manifest.

Jesus' words. Choose and write a few of Jesus' words from this chapter here. Why did you choose these words? What is he saying to you with these words? _____

Beginning of week thoughts. What specific goal are you setting for yourself this week? _____

What steps will you take to accomplish this goal? _____

End of week thoughts. Notes on this week's goal (accomplished, partially accomplished, what needs to be done further?) _____

OTHER JOURNAL IDEAS and REFLECTIONS:

CHAPTER 9

What idea from *Mark*, Chapter nine, stands out most to me? _____

Write this idea in a few words on a small paper. Put it somewhere that you will see it several times a day, keep it in thought, and it will manifest.

Jesus' words. Choose and write a few of Jesus' words from this chapter here. Why did you choose these words? What is he saying to you with these words? _____

Beginning of week thoughts. What specific goal are you setting for yourself this week? _____

What steps will you take to accomplish this goal? _____

End of week thoughts. Notes on this week's goal (accomplished, partially accomplished, what needs to be done further?) _____

OTHER JOURNAL IDEAS and REFLECTIONS:

CHAPTER 10

What idea from *Mark*, Chapter ten, stands out most to me? _____

Write this idea in a few words on a small paper. Put it somewhere that you will see it several times a day, keep it in thought, and it will manifest.

Jesus' words. Choose and write a few of Jesus' words from this chapter here. Why did you choose these words? What is he saying to you with these words? _____

Beginning of week thoughts. What specific goal are you setting for yourself this week? _____

What steps will you take to accomplish this goal? _____

End of week thoughts. Notes on this week's goal (accomplished, partially accomplished, what needs to be done further?) _____

OTHER JOURNAL IDEAS and REFLECTIONS:

CHAPTER 11

What idea from *Mark*, Chapter 11, stands out most to me? _____

Write this idea in a few words on a small paper. Put it somewhere that you will see it several times a day, keep it in thought, and it will manifest.

Jesus' words. Choose and write a few of Jesus' words from this chapter here. Why did you choose these words? What is he saying to you with these words? _____

Beginning of week thoughts. What specific goal are you setting for yourself this week? _____

What steps will you take to accomplish this goal? _____

End of week thoughts. Notes on this week's goal (accomplished, partially accomplished, what needs to be done further?) _____

OTHER JOURNAL IDEAS and REFLECTIONS:

CHAPTER 12

What idea from *Mark*, Chapter 12, stands out most to me? _____

Write this idea in a few words on a small paper. Put it somewhere that you will see it several times a day, keep it in thought, and it will manifest.

Jesus' words. Choose and write a few of Jesus' words from this chapter here. Why did you choose these words? What is he saying to you with these words? _____

Beginning of week thoughts. What specific goal are you setting for yourself this week? _____

What steps will you take to accomplish this goal? _____

End of week thoughts. Notes on this week's goal (accomplished, partially accomplished, what needs to be done further?) _____

OTHER JOURNAL IDEAS and REFLECTIONS:

CHAPTER 13

What idea from *Mark*, Chapter 13, stands out most to me? _____

Write this idea in a few words on a small paper. Put it somewhere that you will see it several times a day, keep it in thought, and it will manifest.

Jesus' words. Choose and write a few of Jesus' words from this chapter here. Why did you choose these words? What is he saying to you with these words? _____

What specific goal are you setting for yourself this week? _____

What steps will you take to accomplish this goal? _____

OTHER JOURNAL IDEAS and REFLECTIONS:

CHAPTER 14

What idea from *Mark*, Chapter 14, stands out most to me? _____

Write this idea in a few words on a small paper. Put it somewhere that you will see it several times a day, keep it in thought, and it will manifest.

Jesus' words. Choose and write a few of Jesus' words from this chapter here. Why did you choose these words? What is he saying to you with these words? _____

Beginning of week thoughts. What specific goal are you setting for yourself this week? _____

What steps will you take to accomplish this goal? _____

End of week thoughts. Notes on this week's goal (accomplished, partially accomplished, what needs to be done further?) _____

OTHER JOURNAL IDEAS and REFLECTIONS:

CHAPTER 15

What idea from *Mark*, Chapter 15, stands out most to me? _____

Write this idea in a few words on a small paper. Put it somewhere that you will see it several times a day, keep it in thought, and it will manifest.

Jesus' words. Choose and write a few of Jesus' words from this chapter here. Why did you choose these words? What is he saying to you with these words? _____

Beginning of week thoughts. What specific goal are you setting for yourself this week? _____

What steps will you take to accomplish this goal? _____

End of week thoughts. Notes on this week's goal (accomplished, partially accomplished, what needs to be done further?) _____

OTHER JOURNAL IDEAS and REFLECTIONS:

CHAPTER 16

What idea from *Mark*, Chapter 16, stands out most for me? _____

Write this idea in a few words on a small paper. Put it somewhere that you will see it several times a day, keep it in thought, and it will manifest.

Jesus' words. Choose and write a few of Jesus' words from this chapter here. Why did you choose these words? What is he saying to you with these words? _____

Beginning of week thoughts. What specific goal are you setting for yourself this week? _____

What steps will you take to accomplish this goal? _____

End of week thoughts. Notes on this week's goal (accomplished, partially accomplished, what needs to be done further?) _____

FINAL JOURNALING THOUGHTS ON MARK

Look back over all the ideas that stood out to you from each chapter. Choose one or two that are most important right now. Write them briefly here.

1. _____

2. _____

Give verbal gratitude to God for problems solved, health improved, relationships mended, spiritual understanding deepened. Resolve to continue this powerful Bible study either on your own, or with the next course in this series: "Training Today's Twelve: Matthew."

Please email Scriptural Study Center and let us know how this course has helped you and enabled you to be an effective disciple in today's world.

abby@scripturalstudycenter.org