SAFE ALL ALONG

Scripture Reflection Journal

A 30-Day Guide

INSPIRED BY THE BOOK

Safe All Along: Trading Our Fears and Anxieties for God's Unshakable Peace by

Katie Davis Majors

KNOW HIM

What does it do in your heart when you meditate on the truth that not only are God's thoughts better and higher than yours, but that He thinks about you? He wants to reveal specific aspects of His character to you to carry you through these days, this life. God knows your needs even more intimately than you do. And one of the ways He has purposed to provide for our needs is through the Scripture.

When God says that His Word is alive and active, He means it. Our personal God who knows and sees us, who even chose us before the foundation of the world, uses His Word to minister to our specific needs and our specific life situations.

God has you in mind as He breathes life into His inspired Word. God has us in mind on the mundane, ordinary days with our racing thoughts and emotions that rise and spiral like a river current, threatening to take us under. His thoughts are toward us, and His desire is to use the Word He has already given us to pull us out of the rapids.

If we are going to trust God, first we will have to know Him. And to know Him we have to know His Word, where He reveals His character on every page.

And the more I know of Him, the more I am aware of how much more there is to learn. Because God is infinitely good and kind and wise and powerful, there is no limit to how deeply and intimately I can know Him. And the more I know of Him, the more I want to know.

APPLICATION

On each page of this journal, you'll find a Scripture to write out. Don't just read the verses but take the time to write them out. Deepen your understanding by reading verses before and after them as well. After you've written the verses, underline or highlight any words that are speaking to your heart. Next, you'll find a space to write out what you noticed, learned, or understood anew in the verses. Following that, take some time to journal how the verses apply to your life or ways you can implement what you've learned. Finally, take some time to pray and maybe write the verse again on a sticky note or leave your Bible open to the verse in an accessible place and read it over throughout the day.

"He sees the whole trajectory of our lives, and He sees all that He is doing in each situation, working all things for good, even in the midst of something that doesn't look good."

—KATIE DAVIS MAJORS

ROMANS 8:28

My Observation and Application:

My Prayer:

"God is who He says He is, and when we cannot hold on any longer, He will not let go. He will carry us."

—KATIE DAVIS MAJORS

ISAIAH 43:1–3

My Observation and Application:

My Prayer:

"I don't want to just know what the peace of Christ is, I want to live in the confidence and security that God has promised me."

—KATIE DAVIS MAJORS

JOHN 14:27

My Observation and Application:

My Prayer:

"We can trust our lives and our futures to a good God who cares for His people and draws near to them in their times of need. A God who comes to us, a God who speaks to us, a God who joins us in our trials and promises to give us His perfect peace."

—KATIE DAVIS MAJORS

JOHN 16:33

My Observation and Application:

My Prayer:

"From the very beginning, God has been the ultimate provider of our peace."

—KATIE DAVIS MAJORS

GENESIS 1:1–2

My Observation and Application:

My Prayer:

"God covenants, promises to give His people perfect, unshakable peace."

—KATIE DAVIS MAJORS

ISAIAH 54:10

My Observation and Application:

My Prayer:

"If I want to practice walking in peace, I have to prioritize my relationship with Him above everything else."

—KATIE DAVIS MAJORS

JOHN 15:4–5

My Observation and Application:

My Prayer:

"What if I accepted every hardship that comes my way, everything I view as lack of provision as simply a bump in the road, remembering that nothing can separate me from His love for me and therefore no threatening crisis has any real power over my peace and security?"

—KATIE DAVIS MAJORS

ROMANS 8:38–39

My Observation and Application:

My Prayer:

"Making my paths straight doesn't necessarily mean that He's going to show me the path. It means that He knows the path and is going to make sure I get to the end of it."

—KATIE DAVIS MAJORS

PROVERBS 3:5–6

My Observation and Application:

My Prayer:

"Forgiveness is freely offered to us from our gracious Father because Jesus, who is infinitely worthy, took our place, and when God looks on us, He sees the worth of His Son. We are utterly beloved."

—KATIE DAVIS MAJORS

LUKE 15:20

My Observation and Application:

My Prayer:

"Our Father is so much kinder than we even dare to imagine."

—KATIE DAVIS MAJORS

1 JOHN 3:1

My Observation and Application:

My Prayer:

"Jesus isn't just commanding us to stop being anxious. He's calling us to replace our anxiety with something else, something better."

—KATIE DAVIS MAJORS

MATTHEW 6:25–27, 33

My Observation and Application:

My Prayer:

"We will only have peace if our minds are steadfast, eyes fixed on the Savior, and we can only be steadfast when we trust Him, because we trust Him."

—KATIE DAVIS MAJORS

ISAIAH 26:3

My Observation and Application:

My Prayer:

"Jesus knows how easy it is to find our security in our circumstances—our food or finances, our clothing or housing, our job security or future plans. But we have to shift our eyes to look at Jesus, the one who ultimately will provide for all of our needs."

—KATIE DAVIS MAJORS

HEBREWS 12:1–2

My Observation and Application:

My Prayer:

"When we step into the waves and our thoughts begin to spiral, our control tendencies or our shame or regret pulling us under, a God with love in His eyes waits there to receive us, stands reaching for us."

—KATIE DAVIS MAJORS

MATTHEW 14:30–31

My Observation and Application:

My Prayer:

"The God we are looking for is gazing back at us with great love, great delight in His eyes."

—KATIE DAVIS MAJORS

ZEPHANIAH 3:17

My Observation and Application:

My Prayer:

"So many of us are carrying around guilt and shame, despite the truth that Christ has set us free!"

—KATIE DAVIS MAJORS

JOHN 8:34–36

My Observation and Application:

My Prayer:

"We don't have to run and hide from a God who longs to clothe us in mercy."

—KATIE DAVIS MAJORS

ISAIAH 61:10

My Observation and Application:

My Prayer:

"Trust precedes peace."

—KATIE DAVIS MAJORS

JOHN 14:1–4

My Observation and Application:

My Prayer:

"When we turn toward God in our grief, we can rejoice even in our deepest pain. Even here, we are seen and known and loved. We are safe."

—KATIE DAVIS MAJORS

2 CORINTHIANS 4:8–10

My Observation and Application:

My Prayer:

"I constantly have to remind myself that I can't earn God's love or approval—I already have it."

—KATIE DAVIS MAJORS

PSALM 139:17

My Observation and Application:

My Prayer:

"God is honored by a heart that seeks Him,
and He can meet you exactly where you are."

—KATIE DAVIS MAJORS

GALATIANS 6:9

My Observation and Application:

My Prayer:

"If the Word of God is more precious than gold, then surely time spent in His presence is too. He is worthy of so much more than all the affection I could send His way, worthy of my attention and adoration every minute of every day that I live."

—KATIE DAVIS MAJORS

PSALM 19:7–11

My Observation and Application:

My Prayer:

"We must prioritize our time with the Lord
as if our very lives depend on it, because they do."

—KATIE DAVIS MAJORS

JAMES 4:8

My Observation and Application:

My Prayer:

"Individually and collectively remembering, recounting His faithfulness reminds our hearts that He will continue to provide for us."

—KATIE DAVIS MAJORS

PSALM 78:4–7

My Observation and Application:

My Prayer:

"I am learning that when I refuse to lament, I am missing an opportunity to worship. And I am missing an opportunity to relate with God."

—KATIE DAVIS MAJORS

PSALM 13:1–2, 5–6

My Observation and Application:

My Prayer:

"If we're to succeed in our search for peace, in our commitment to surrender and trust, we need to bring our grief to Him."

—KATIE DAVIS MAJORS

ISAIAH 61:1

My Observation and Application:

My Prayer:

"Peace is matter of the heart, not our external circumstances."

—KATIE DAVIS MAJORS

PHILIPPIANS 4:6–7

My Observation and Application:

My Prayer:

"When we bring our doubts to the Lord,
they drive us deeper into relationship with Him."

—KATIE DAVIS MAJORS

PSALM 31:1–5

My Observation and Application:

My Prayer:

"When we can't rejoice in anything else,
we can always rejoice in the truth of Who God is."

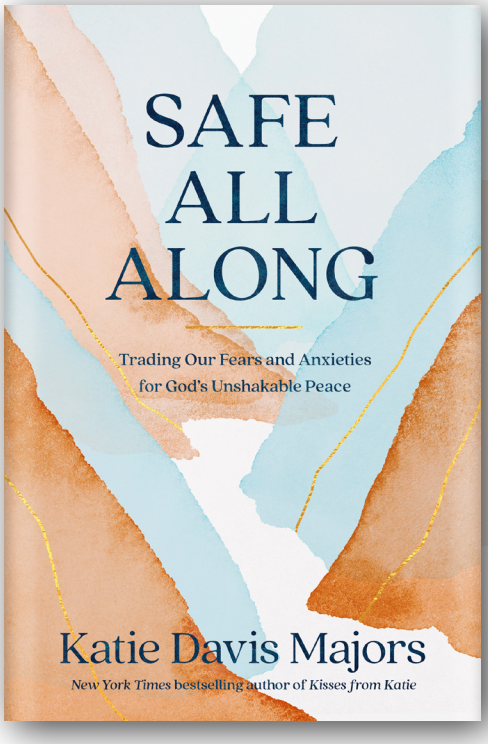
—KATIE DAVIS MAJORS

LAMENTATIONS 3:21–26

My Observation and Application:

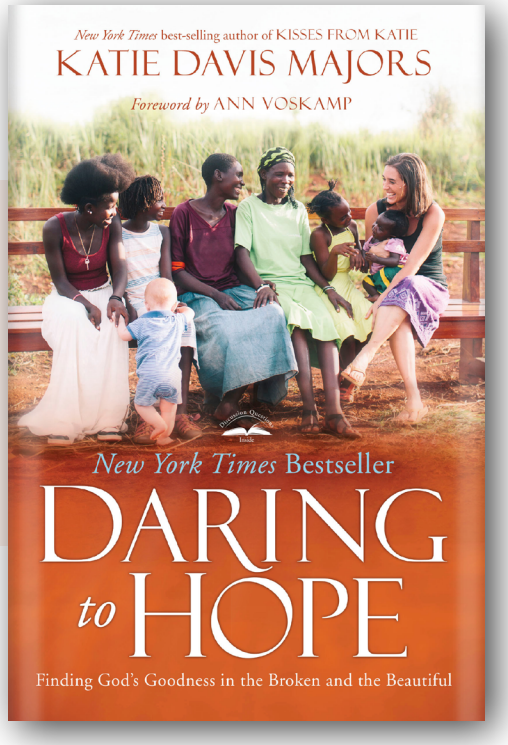
My Prayer:

ENCOURAGEMENT TO SEEK HIM AND TRUST HIM ABOVE ALL



Continue your study and reflection with a list of verses to remind you of the God who holds you safe, found in Katie's book *Safe All Along: Trading Our Fears and Anxieties for God's Unshakeable Peace*.

Also available from Katie, *Daring to Hope: Finding God's Goodness in the Broken and the Beautiful*.



Katie's books are available wherever books and ebooks are sold.

Learn more about Katie, read her blog, and follow her at **KatieDavisMajors.com**