

Members of the Word

FREE PRINTABLE

30-Day *Scripture Journal*

Thirty verses on peace and trust, printed in full, with space to copy, notice, ask and pray. One page a day.

30 days

BSB Scripture printed in full

Free to share

HOW TO USE THIS JOURNAL

Copy, circle, ask, pray

Each day has one verse, printed in full. Writing Scripture by hand slows you down enough to notice words you would usually skim.

1 COPY

Write the verse out by hand, slowly, in the space given.

2 CIRCLE

Circle the words that stand out. Underline any promise or command.

3 ASK

Read the verses around it in your Bible. What did it mean to the first readers? What does it say about God?

4 PRAY

Write a short prayer that uses the words of the verse.

The thirty verses

Psalm 23:1-3 · Psalm 46:1 · Psalm 46:10 · Psalm 56:3 · Psalm 91:1-2 · Psalm 121:1-2 · Proverbs 3:5-6 · Isaiah 26:3 · Isaiah 40:31 · Isaiah 41:10 · Isaiah 43:2 · Jeremiah 29:11 · Lamentations 3:22-23 · Zephaniah 3:17 · Matthew 6:33-34 · Matthew 11:28-29 · John 14:27 · John 16:33 · Romans 8:28 · Romans 8:38-39 · Romans 15:13 · 2 Corinthians 12:9 · Philippians 4:6-7 · Colossians 3:15 · 2 Thessalonians 3:16 · 1 Peter 5:7 · Psalm 4:8 · Psalm 34:18 · Numbers 6:24-26 · Psalm 16:11

Scripture quotations are from the Berean Standard Bible (BSB), which is in the public domain.

Bible Studies for Women app App Store Google Play

DAY 1 OF 30

Psalm 23:1-3

Date _____

[1] The LORD is my shepherd; I shall not want. [2] He makes me lie down in green pastures; He leads me beside quiet waters. [3] He restores my soul; He guides me in the paths of righteousness for the sake of His name.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 2 OF 30

Psalm 46:1

Date _____

[1] God is our refuge and strength, an ever-present help in times of trouble.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 3 OF 30

Psalm 46:10

Date _____

10 “Be still and know that I am God; I will be exalted among the nations, I will be exalted over the earth.”

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 4 OF 30

Psalm 56:3

Date _____

[3] When I am afraid, I put my trust in You.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 5 OF 30

Psalm 91:1-2

Date _____

[1] He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. [2] I will say to the LORD, “You are my refuge and my fortress, my God, in whom I trust.”

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 6 OF 30

Psalm 121:1-2

Date _____

[1] I lift up my eyes to the hills. From where does my help come? [2] My help comes from the LORD, the Maker of heaven and earth.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 7 OF 30

Proverbs 3:5-6

Date _____

[5] Trust in the LORD with all your heart, and lean not on your own understanding; [6] in all your ways acknowledge Him, and He will make your paths straight.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 8 OF 30

Isaiah 26:3

Date _____

[3] You will keep in perfect peace the steadfast of mind, because he trusts in You.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 9 OF 30

Isaiah 40:31

Date _____

31 But those who wait upon the LORD will renew their strength; they will mount up with wings like eagles; they will run and not grow weary, they will walk and not faint.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 10 OF 30

Isaiah 41:10

Date _____

[10] Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will surely help you; I will uphold you with My righteous right hand.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

DAY 11 OF 30

Isaiah 43:2

Date _____

[2] When you pass through the waters, I will be with you; and when you go through the rivers, they will not overwhelm you. When you walk through the fire, you will not be scorched; the flames will not set you ablaze.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 12 OF 30

Jeremiah 29:11

Date _____

> 11 For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, to give you a future and a hope.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 13 OF 30

Lamentations 3:22-23

Date _____

22 Because of the loving devotion of the LORD we are not consumed, for His mercies never fail. 23 They are new every morning; great is Your faithfulness!

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 14 OF 30

Zephaniah 3:17

Date _____

17 The LORD your God is among you; He is mighty to save. He will rejoice over you with gladness; He will quiet you with His love; He will rejoice over you with singing."

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 15 OF 30

Matthew 6:33-34

Date _____

[33] But seek first the kingdom of God and His righteousness, and all these things will be added unto you. [34] Therefore do not worry about tomorrow, for tomorrow will worry about itself. Today has enough trouble of its own.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 16 OF 30

Matthew 11:28-29

Date _____

[28] Come to Me, all you who are weary and burdened, and I will give you rest. [29] Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 17 OF 30

John 14:27

Date _____

27 Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled; do not be afraid.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 18 OF 30

John 16:33

Date _____

[33] I have told you these things so that in Me you may have peace. In the world you will have tribulation. But take courage; I have overcome the world!”

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 19 OF 30

Romans 8:28

Date _____

28 And we know that God works all things together for the good of those who love Him, who are called according to His purpose.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 20 OF 30

Romans 8:38-39

Date _____

38 For I am convinced that neither death nor life, neither angels nor principalities, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 21 OF 30

Romans 15:13

Date _____

[13] Now may the God of hope fill you with all joy and peace as you believe in Him, so that you may overflow with hope by the power of the Holy Spirit.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 22 OF 30

2 Corinthians 12:9

Date _____

9 But He said to me, “My grace is sufficient for you, for My power is perfected in weakness.” Therefore I will boast all the more gladly in my weaknesses, so that the power of Christ may rest on me.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 23 OF 30

Philippians 4:6-7

Date _____

6 Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving,
present your requests to God. 7 And the peace of God, which surpasses all
understanding, will guard your hearts and your minds in Christ Jesus.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 24 OF 30

Colossians 3:15

Date _____

[15] Let the peace of Christ rule in your hearts, for to this you were called as members of one body. And be thankful.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 25 OF 30

2 Thessalonians 3:16

Date _____

16 Now may the Lord of peace Himself give you peace at all times and in every way. The Lord be with all of you.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

DAY 26 OF 30

1 Peter 5:7

Date _____

[7] Cast all your anxiety on Him, because He cares for you.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 27 OF 30

Psalm 4:8

Date _____

[8] I will lie down and sleep in peace, for You alone, O LORD, make me dwell in safety.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 28 OF 30

Psalm 34:18

Date _____

18 The LORD is near to the brokenhearted; He saves the contrite in spirit.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

DAY 29 OF 30

Numbers 6:24-26

Date _____

24 ‘May the LORD bless you and keep you; 25 may the LORD cause His face to shine
upon you and be gracious to you; 26 may the LORD lift up His countenance toward
you and give you peace.’

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

Bible Studies for Women app App Store Google Play

DAY 30 OF 30

Psalm 16:11

Date _____

[11] You have made known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures at Your right hand.

COPY

Write the verse by hand.

NOTICE

Words that stand out, promises, commands.

ASK

What does this show about God? What did it mean first?

PRAY

A short prayer using the words of the verse.

KEEP GOING ON YOUR PHONE

A verse of the day, with the context

The Bible Studies for Women app gives you a new verse every day, the passage around it and a short study on what it means, plus a private journal for your notes.

- Guided studies on peace, rest, courage, forgiveness, waiting and more, each with a shorter or deeper route.
- The full Bible in BSB, WEB and KJV, with highlights and notes that stay yours.
- A private journal, a prayer list with answered prayers, and a verse of the day.
- The Bible reads offline, and no account is needed to start.

App Store

Google Play

Search for Bible Studies for Women in the App Store or on Google Play, or tap a code above.

