

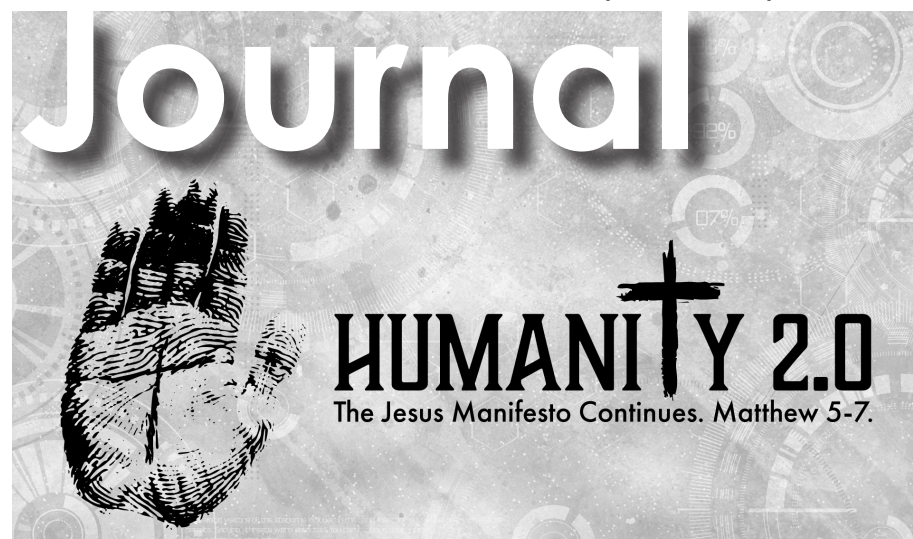
OCTOBER 2025

Name:

RAD

Reflect | Apply | Discuss

Journal



OUR WEBSITE



LET'S CONNECT



GIVE ONLINE



3115 Camp Phillips Rd | Wausau, WI 54403

newdaywi.com



RAD Journal

How will this journal help me RADiate light to the world?

- Reflection. God has something He wants to teach you today. This journal is a reminder to listen for Him, and to capture in writing what He is teaching you. Writing it down helps you retain and revisit what you are learning. It also helps prepare you for application and discussion.
- Application. This is crucial! None of us is perfect, so we all have at least one attainable change we can make to promptly respond to what God is teaching us. See below for tips on “I Will” Statements and Sharing.
- Discussion. We are much more likely to remember what we learned and to actually apply it when we have discussed it with other people.

Tips for Creating a SMART “I Will” Statement

- Specific. It’s something concrete that people can picture.
- Measurable. You can easily know whether or not you have done it.
- Achievable. It’s something you can actually accomplish.
- Relevant. You can explain how it connects to what God is teaching you.
- Timed. It’s clear when you plan to do it.

An example of a vague “I Will” Statement is something like, “I will try to be more loving to my neighbors.” A more specific statement is, “Before next Sunday, I will learn the names of the people who moved in nextdoor.”

Tips for Sharing What You Have Learned

- Start with people who God brought to your mind while you were learning or reflecting. If sharing what you learned seems too awkward, at least make some kind of contact that you could build on in the future.
- Prioritize people who may be disconnected from church and/or disconnected from God.
- Practice by telling people who you are comfortable with.
- Get help. Ask people who are good at sharing what they are doing that’s working.

THINGS TO PRAY ABOUT

What am I grateful for?

What is challenging me?

How many of your “I Will” statements became “I Did” stories over the last month?	As God has been teaching you this month, how many people have you had spiritual conversations with?
Additional Notes/Stories	

Date:	Key Scripture(s):
-------	-------------------

LOOKING BACK

Did last week’s “I will...” statement, become an “I did...” statement?
Did you share what you learned with someone?

LOOKING UP

What is God teaching me today?
What questions do I have?

LOOKING FORWARD

What will I do in response to God’s teaching? (“I will...”)
Who will I share it with?

Date:	Key Scripture(s):
-------	-------------------

LOOKING BACK

Did last week’s “I will...” statement, become an “I did...” statement?
Did you share what you learned with someone?

LOOKING UP

What is God teaching me today?
What questions do I have?

LOOKING FORWARD

What will I do in response to God’s teaching? (“I will...”)
Who will I share it with?

Date:	Key Scripture(s):
-------	-------------------

LOOKING BACK

Did last week’s “I will...” statement, become an “I did...” statement?
Did you share what you learned with someone?

LOOKING UP

What is God teaching me today?
What questions do I have?

LOOKING FORWARD

What will I do in response to God’s teaching? (“I will...”)
Who will I share it with?

Date:	Key Scripture(s):
-------	-------------------

LOOKING BACK

Did last week’s “I will...” statement, become an “I did...” statement?
Did you share what you learned with someone?

LOOKING UP

What is God teaching me today?
What questions do I have?

LOOKING FORWARD

What will I do in response to God’s teaching? (“I will...”)
Who will I share it with?