

MY INVISIBLE ARMOR
Reading Journal

Read + Reflect + Apply + Grow

God's Word helps me stand strong every day!

Refer to Ephesians 6:10-18

Today I Read...

Date: _____

Book / Chapter / Passage: _____

Verse(s) that stood out to me:

What I Learned

What did this passage teach me about God, myself, or how to live?

My Prayer

Talk to God about what you read. You can thank Him, ask for help, or tell Him what's on your heart.

How Does This Help Me?

How can I put this into practice in my everyday life?

My Action Step

What is one thing I can do this week to be more like Jesus?

God's Truth

What is one truth from today's reading that you want to remember?

Today I Feel...

Color the face that matches how you feel.

Happy | Thankful | Calm

Excited | Confused | Worried

Sad | Frustrated | Brave

My Favorite Part

What was your favorite part of what you read today?



"Finally, be strong in the Lord and in his mighty power."
Ephesians 6:10