



Reflections journal

— Chapter Two —

WRITTEN BY LINSEY DRISKILL



Heart



treasure

**Lord, Thank You
that I Am *Productive*.**



Reflections journal

★ Chapter Two ★

Week one day 1

ANSLEY WAS SO EXCITED about looking for treasure in her home that she couldn't sleep. She said, "I ended up lying there, staring up at the dark ceiling. I kept telling myself over and over again ... 'Fall asleep, fall asleep!'"

*"My soul finds rest in God alone;
my salvation comes from Him. He alone is
my rock and my salvation; He is my fortress,
I will never be shaken."*

PSALM 62:1-2

Heart  treasure

Lord, Thank You that I Am Productive.

Help me to rest in You.

In Jesus' name, amen.

WHEN WE THINK OF BEING PRODUCTIVE, SOMETIMES WE THINK OF GETTING A MILLION THINGS DONE. That can make our minds race and make it hard to sleep. Sometimes being productive can mean being still and resting, and taking time to reflect and talk to God. When we share everything on our mind with God, it's easier to get things done. Write down what's on your mind and ask God to carry it.



Week one *day* 2

WHEN ANSLEY COULDN'T SLEEP, SHE DECIDED TO TRY ANOTHER WAY: "I got up, kneeled by the side of my bed, closed my eyes, and began to pray." When we talk to God throughout the day, we are being persistent in prayer. And, God will bless that. He hears each time you call out to Him. Jesus shared these words in *Luke 18:1*:

"And will not God bring about justice for His chosen ones, who cry out to him day and night?"

Heart  treasure

Lord, Thank You that I Am *Productive*.

Help me to always make
time to pray.

In Jesus' name, amen.

THROUGHOUT THE DAY AS THINGS COME TO MIND

THAT YOU WANT TO TALK TO GOD ABOUT, stop what you're doing and whisper a prayer to Him. Remember you can talk to God anytime and anywhere. Color in the words below to remind you to whisper a prayer to God throughout the day!



Week one day 3

WHEN ANSLEY STARTED PRAYING ON THE NIGHT SHE COULDN'T SLEEP, she didn't think she should ask God for help again because she had said she would trust Him. But, trusting God doesn't mean you'll never worry again or should never pray about the same thing again. One of the awesome things about God is that you can talk to Him about anything—again and again. We are more productive when we keep coming to God. Jesus said:

*“Whoever comes to me I will
never drive away.”*

JOHN 6:37

Heart  treasure

Lord, Thank You that I Am *Productive*.

And thank You that I can talk to
You any time and any place.

In Jesus' Name, amen.

HOW DOES IT FEEL WHEN YOU TALK TO A FRIEND ABOUT SOMETHING ON YOUR HEART?

That's how it is with God. He loves it. Write a letter to the Lord about what is on your heart. Then, write a letter and mail it to a friend—what a fun way to connect!



Dear Lord,

A large pink rectangular area with horizontal dashed lines for writing a letter.

Week one *day* 4

SOMETHING VERY IMPORTANT TO GOD IS THAT YOU'RE REAL WITH HIM. First off, He knows your heart anyway. Secondly, He wants the real you! So rest and be yourself with God. That will help grow your relationship with Him.

“You have searched me, Lord, and You know me. You know when I sit and when I rise; You perceive my thoughts from afar. You discern my going out and my lying down; You are familiar with all my ways.

PSALM 139:1-3

Heart  treasure

Lord, Thank You that I Am Productive.

Help me to always be real and honest with You.

In Jesus' name, amen.

DO YOU EVER FEEL LIKE YOU HAVE TO PRAY A CERTAIN WAY

or can't share certain things with God? How does it feel that you can talk to God about anything, and that He searches you and knows you so well?

FIND THE WORDS FROM PSALM 139:1-3 IN THE WORD SEARCH BELOW, and be reminded that God knows you inside and out, and loves you.

SEARCHED
KNOW
THOUGHTS
DISCERN

T	I	G	I	G	Y	K	O	O	P	S	A
Z	M	N	P	U	M	F	K	I	N	E	I
R	E	O	T	T	H	A	T	G	J	A	E
W	M	C	S	R	N	M	I	H	N	R	S
V	U	P	L	G	R	I	S	E	Z	C	T
S	K	E	N	A	H	L	L	S	M	H	A
O	N	I	T	T	N	I	I	T	I	E	U
E	O	I	S	S	A	A	E	L	W	D	N
G	W	A	C	E	S	R	E	Y	E	B	C
E	O	D	I	S	C	E	R	N	H	N	H
S	U	P	P	O	S	I	N	G	N	Q	T
W	T	H	O	U	G	H	T	S	U	L	M

SIT
GOING
RISE
FAMILIAR

Week one *day* 5

A PRODUCTIVE HEART is one that seeks God honestly and authentically. In *Matthew 6:5-8*, Jesus tells us how to pray:

“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask Him.”

Jesus didn't like that some people were trying to show off with long prayers when they prayed. God knew their hearts.

Heart  treasure

Lord, Thank You that I Am Productive.

Help me to not be showy when I pray,
but to pray from the heart.

In Jesus' name, amen.

**WHETHER YOUR PRAYERS ARE LONG OR SHORT OR
LOUD OR QUIET**, the point is that God wants you to talk to Him from your heart and to be real with Him. In Matthew 6:9-13, Jesus tells us how we should pray. This is called the Lord's Prayer. Look up the prayer and write it down, and then say the prayer to the Lord.

A large rectangular area with a light pink background, containing ten sets of horizontal dashed lines for writing.



Week two *day* 1

WITH SO MANY THINGS TO DO EVERY DAY, sometimes our day can look like a jumbled mess and feel overwhelming. But, when we take one task at a time, prioritize things, and ask God for help, we will be more productive.

“The Lord is my strength and my shield; my heart trusts in Him, and He helps me.”

PSALM 28:7

Heart  treasure

Lord, Thank You that I Am *Productive*.
Help me prioritize the things in my day.
In Jesus' name, amen.

ASK THE LORD TO HELP YOU BE PRODUCTIVE and to lead you in completing your tasks. Make a list of the things you need to do this week. Then, one at a time, check them off and put a smiley face next to each one you complete, celebrating finishing one task at a time.



Week two day 2

WHEN WE SPEND OUR DAY WISELY, we make good use of our time and make time for what's important to us. Ansley is a busy girl with school, gymnastics, chores, and spending time with friends and family. You can probably relate! But Ansley made sure she spent time with God.

*“Be very careful, then, how you live—
not as unwise but as wise, making the
most of every opportunity.”*

EPHESIANS 5:15-16

Heart



treasure

Lord, Thank You that I Am Productive.
Lead me in organizing my day so I make
sure to spend time with You.

In Jesus' name, amen.

WHAT ARE SOME THINGS IMPORTANT TO YOU that you want to make time for this week? Let's call each of them "treasure." Write them in the treasure box. Then, write down a day and time slot for each one to make the most of your time and to make sure you find the time to do them.



Day	Time	Treasure

Week two day 3

WHEN WE'RE PRODUCTIVE, WE HONOR GOD WITH THE TIME HE HAS GIVEN US. We aren't here on earth forever as God has numbered our days, so we get the awesome chance to make the most of each day, living for God. Since we know our days are "fleeting," let's make the most of today.

"Show me, Lord, my life's end and the number of my days; let me know how fleeting my life is."

PSALM 29:4

Heart  treasure

Lord, Thank You that I Am Productive.
Help me to make the most of each day,
living for You. *In Jesus' name, amen.*

WHAT ARE SOME PRACTICAL WAYS TO LOVE THE PEOPLE AROUND YOU?

Write some ways you can live for God in your...

Family:

School:

Church:

Neighborhood:



Week two day 4

ANOTHER WAY TO MAKE THE MOST OF OUR DAYS IS TO SEE HOW GOD SEES. When Ansley prayed, she could see and understand God's ways more clearly. When you start your day seeking God through reading Scripture and praying, it is easier to know His heart and to see the way He sees.

"Ears to hear and eyes to see—both are gifts from the Lord."

PROVERBS 20:12

Heart  treasure

Lord, Thank You that I Am Productive.

Help me see how You see.

In Jesus' name, amen.

WHAT WOULD IT LOOK LIKE TO SEE YOUR DAY THROUGH GOD'S EYES?

HOW MIGHT IT CHANGE...

THE WAY YOU INTERACT WITH PEOPLE YOU DON'T LIKE AS MUCH?

HOW YOU RESPOND WHEN THINGS DON'T GO AS PLANNED?

WHAT YOU DO IF YOUR PARENT FRUSTRATES YOU?

HOW YOU RESPOND IF YOUR FRIEND HURTS YOU?

Week two day 5

ANSLEY HAD A LOT ON HER MIND WITH SO MANY THINGS TO DO. As we try to accomplish things and be productive, we can get swept up in worrying about tomorrow. Jesus prayed these words to God in *Matthew 6:11*:

“Give us today our daily bread.”

Not tomorrow’s—just today’s. Getting our daily bread from God means we’re going to God daily and He’s giving us what we need, a day at a time.

Heart  treasure

Lord, Thank You that I Am *Productive*.

Please help me to not worry about tomorrow, but to just be in today.
Thank You for meeting today’s needs.

In Jesus’ name, amen.

WHAT ARE SOME NEEDS YOU HAVE TODAY? Write them in the loaves of bread below, remembering that He will give us our daily bread and just what we need. Trust Him to meet your needs today.



Week three day 1

ANSLEY DIDN'T FORGET TO THANK GOD. It's great to ask God for what we need, but important to remember to thank Him too. When we set our hearts and minds on doing worthwhile things, like giving thanks, it makes us more productive for God. It also focuses our hearts and minds on what we have instead of what we don't have.

"So then, just as you received Christ Jesus as Lord, continue to live your lives in Him, rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness."

COLOSSIANS 2:6-7

Heart  treasure

Lord, Thank You that I Am Productive.

Help me to overflow with thankfulness.

In Jesus' name, amen.

WHAT DO YOU THINK IT LOOKS LIKE TO “OVERFLOW WITH THANKFULNESS”?

Start a habit where you write down three things each day you're thankful for—we've left space for you to write them each day this week!

Overflow the cup below with gratitude by writing down what you're thankful for.



Week three day 2

GIVING THANKS IS REALLY IMPORTANT TO THE LORD. One day after Jesus healed ten people, only one came back to give thanks to Him. Only one. The man threw himself at Jesus' feet and thanked Him.

“Jesus asked, ‘Were not all ten cleansed? Where are the other nine?’”

LUKE 17:17

Let's not be like the nine who asked for healing, but then walked away and forgot to give thanks.

Heart



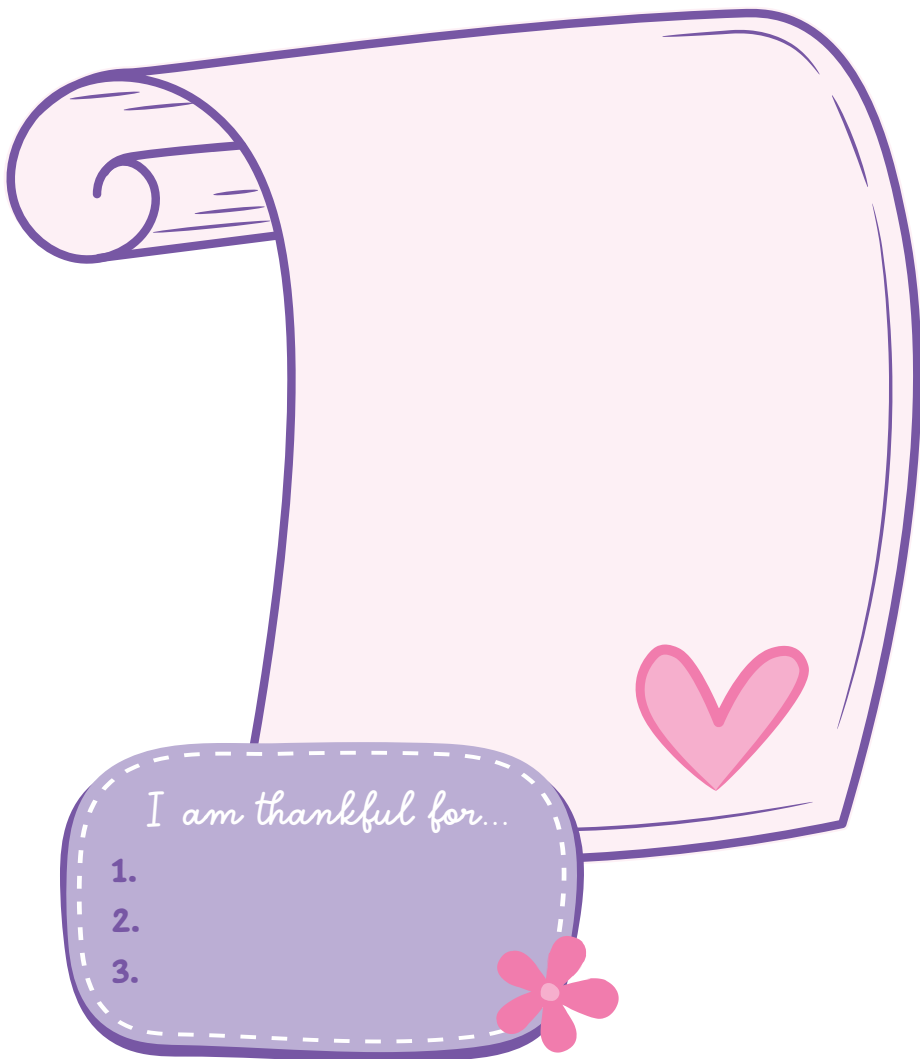
treasure

Lord, Thank You that I Am *Productive*.

Help me always remember to give
You thanks. *In Jesus' name, amen.*

**WRITE A LETTER BELOW TO GOD GIVING HIM THANKS.**

You could also write a thank-you letter to someone who did something nice for you. It could even be to your parent for doing the dishes or taking you places. Notice the small and big things today and give thanks.



Week three day 3

ANSLEY SAID, "A FEELING OF PEACE CAME OVER ME THE MINUTE I ENTERED THE GYMNASIUM. This was because Grace-N-Power—and most gyms really—felt like a “home away from-home” to me.” Certain places can help us to feel safe and comforted. Isn’t it awesome that the most secure and best refuge we have is God? We don’t have to go somewhere to feel this way because God is always with us.

“But I will sing of Your strength, in the morning I will sing of Your love; for You are my fortress, my refuge in times of trouble.”

PSALM 59:16

Heart  treasure

Lord, Thank You that I Am Productive.

Remind me that no matter what,
You are my safe place and refuge.

In Jesus' name, amen.

WHAT IS YOUR "HOME AWAY FROM HOME"... the place that you find comforting and peaceful? What about this place makes you feel that way?



DRAW A PICTURE OF YOUR HOME AWAY FROM HOME:

I am thankful for...

- 1.
- 2.
- 3.



Week three day 4

WE DON'T NEED TO BE SWAYED BY OTHERS OR LET PEER PRESSURE GET TO US. You know why? Because God is our fortress. A fortress keeps us protected from outside disturbances. Isn't that cool? So no matter what you face, God is your fortress, your protection, and holds you strong..

"Be my rock of refuge, to which I can always go; give the command to save me, for You are my rock and my fortress."

PSALM 71:3

Heart  treasure

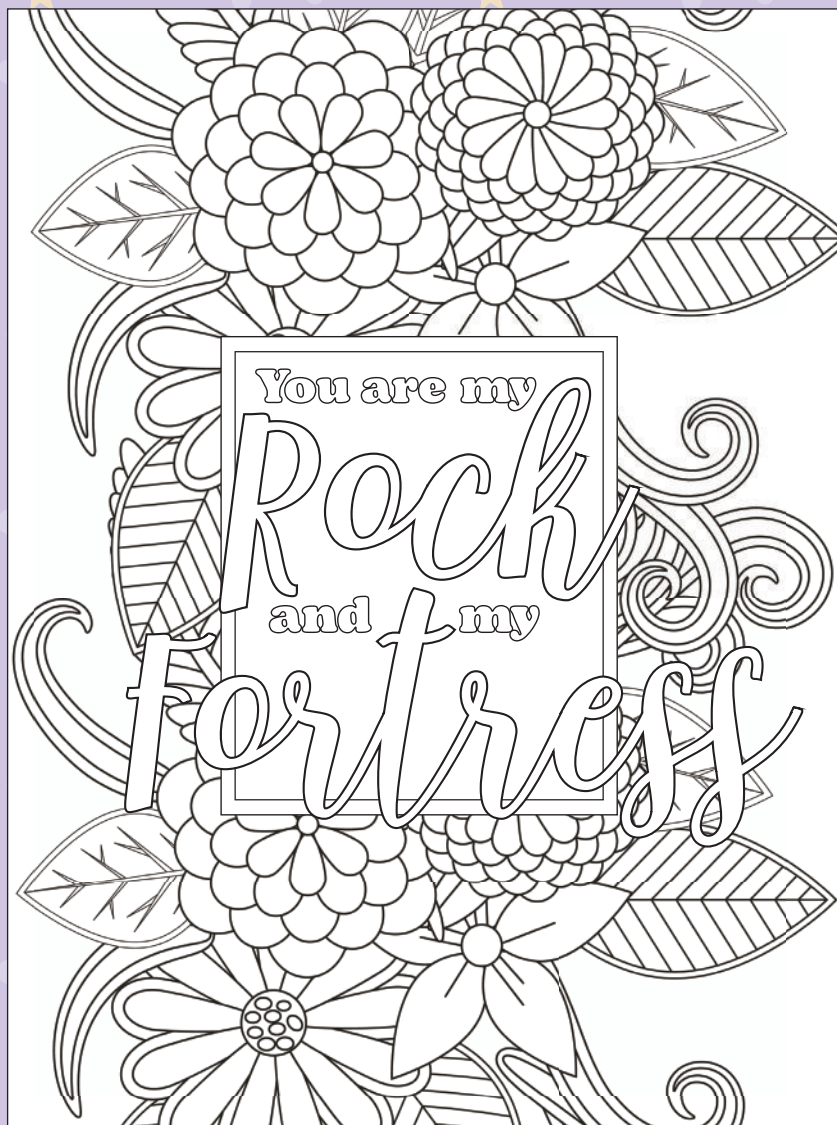
Lord, Thank You that I Am *Productive*.

Be my fortress always, so I don't give into pressure, but am protected and productive for You. *In Jesus' name, amen.*

I am thankful for...

- 1.
- 2.
- 3.

COLOR THE PICTURE BELOW AS YOU REMEMBER THAT
GOD IS YOUR ROCK AND YOUR FORTRESS.



Week three day 5

WHEN PRESSURES COME, SOMETIMES WE FEEL

LIKE WE NEED TO FIT IN so we might not act like ourselves to be accepted. But Jesus talked a lot about not pretending you're a certain way when you're not. Fulfilling God's purpose for you is a whole lot easier when you are not trying to be someone else, but instead, are just being you—the amazing girl God created you to be.

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will.”

ROMANS 12:2

Heart  treasure

Lord, Thank You that I Am Productive.

Help me not to change myself to fit in,
but instead to be the girl You
made me to be.

In Jesus' name, amen.

WHAT ARE SOME PRESSURES YOU FEEL? HAVE YOU EVER FELT
the need to change yourself to fit in? If so, what happened?

ANYTHING YOU COULD DO DIFFERENTLY NEXT TIME?

**WRITE 10 WORDS THAT DESCRIBE YOU—THE BEAUTIFUL GIRL GOD
CHOSE TO CREATE!**

I am thankful for...

- 1.
- 2.
- 3.



Week four day 1

COACH WELL TOLD ANSLEY THAT “For many athletes I knew, making it to the Olympics was their biggest dream—actually, winning a gold medal in the Olympics was their biggest dream!” Dreams and goals are awesome to have! God made you unique with certain gifts and passions and desires.

*“May He give you the desire of your heart
and make all your plans succeed.”*

PSALM 20:4

Heart  treasure

Lord, Thank You that I Am Productive.

Help me to form my goals and dreams
according to Your will and
who You made me to be.

In Jesus' name, amen.

DO YOU HAVE A BIG DREAM OR SOMETHING YOU WANT TO ACCOMPLISH? Imagine the day you accomplish it, and how it would feel to have your dream come true. Write to God about it.

A large light blue rectangular area for writing, featuring horizontal dotted lines. A yellow pencil with a pink eraser is positioned at the top left, with a dashed purple line trailing from its tip. A yellow star is located at the bottom left corner of the writing area.

Week four day 2

COACH WELL TOLD ANSLEY, "But if you really love doing something, you make the sacrifices you need to get it done. Especially if you have a goal like competing in the Olympics."

*"Commit to the Lord whatever you do, and
He will establish your plans."*

PROVERBS 16:3

Heart  treasure

Lord, Thank You that I Am *Productive*.

I commit my goals to You. Help me to do the smaller steps needed to accomplish my goals and dreams.

In Jesus' name, amen.



WRITE DOWN A DREAM OR GOAL YOU HAVE. Ask God to give you wisdom on how to accomplish it and how to honor Him along the way.



DREAM OR GOAL:

.....

.....

.....

.....

STEPS TO ACCOMPLISH IT:

.....

1.

.....

2.

.....

3.

.....

Week four day 3

WHEN YOU HAVE WORKED HARD TO ACHIEVE SOMETHING, celebrate and be proud of yourself. But as you walk in confidence, also walk in humility, knowing that God is the One who created you and gave you the strength to do it. Do you remember the one man out of the 10 Jesus healed who came back to thank Him? Be like the person who came back to give praise and thanks to God.

“Let the one who boasts boast in the Lord.”

2 CORINTHIANS 10:17

Heart



treasure

Lord, Thank You that I Am *Productive*.

As I accomplish goals and dreams,
let me always point to You and
give You the glory.

In Jesus' name, amen.

THINK OF A TIME YOU ACHIEVED SOMETHING THAT YOU WERE PROUD OF.

What is a way you can remember to give Him the glory and credit for helping you achieve that dream or goal?

DECODE THE PUZZLE BELOW to remember to give glory to God when we achieve goals.



 =S	 =L	 =B	 =D	 =O	 =U	 =A
 =T	 =N	 =R	 =E	 =H	 =I	 =V

Week four *day* 4

WHEN COACH WELL TALKED ABOUT HIS GOLD MEDAL, HE SAID, “This is precious to me. I worked hard for this. It’s a symbol of the proudest moment of my life.” Something awesome to remember about God’s love is that we don’t have to work for it and we can’t earn it. He just loves us.

“And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.”

EPHESIANS 3:17-19

Heart  treasure

Lord, Thank You that I Am Productive.

Thank You that while I work hard to accomplish goals, I don’t have to work for Your love—You just love me.

In Jesus’ name, amen.

CREATE SOMETHING THAT REMINDS YOU OF GOD'S AWESOME LASTING LOVE FOR YOU. It could be a bracelet that spells *LOVE*, or one with a heart, or a canvas you paint your favorite Bible verse on, or something else you create.

Draw a design for it below:



Week four *day* 5

COACH WELL SAID, “Treasures are not things that are made of silver or gold—or even diamonds. They can’t even be measured in dollars. They are those things that are most precious in your eyes.”

“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”

MATTHEW 6:19-21

Heart  treasure

Lord, Thank You that I Am Productive.

Help me treasure the things in this life that last—loving You and loving others.

In Jesus’ name, amen.

WHAT ARE SOME WAYS YOU ARE "LAYING UP TREASURES IN HEAVEN"? *Hint: Think of ways you love God and love those around you—those are the things that last and are the greatest treasures.*





Lord,
Thank You that
I Am Productive.