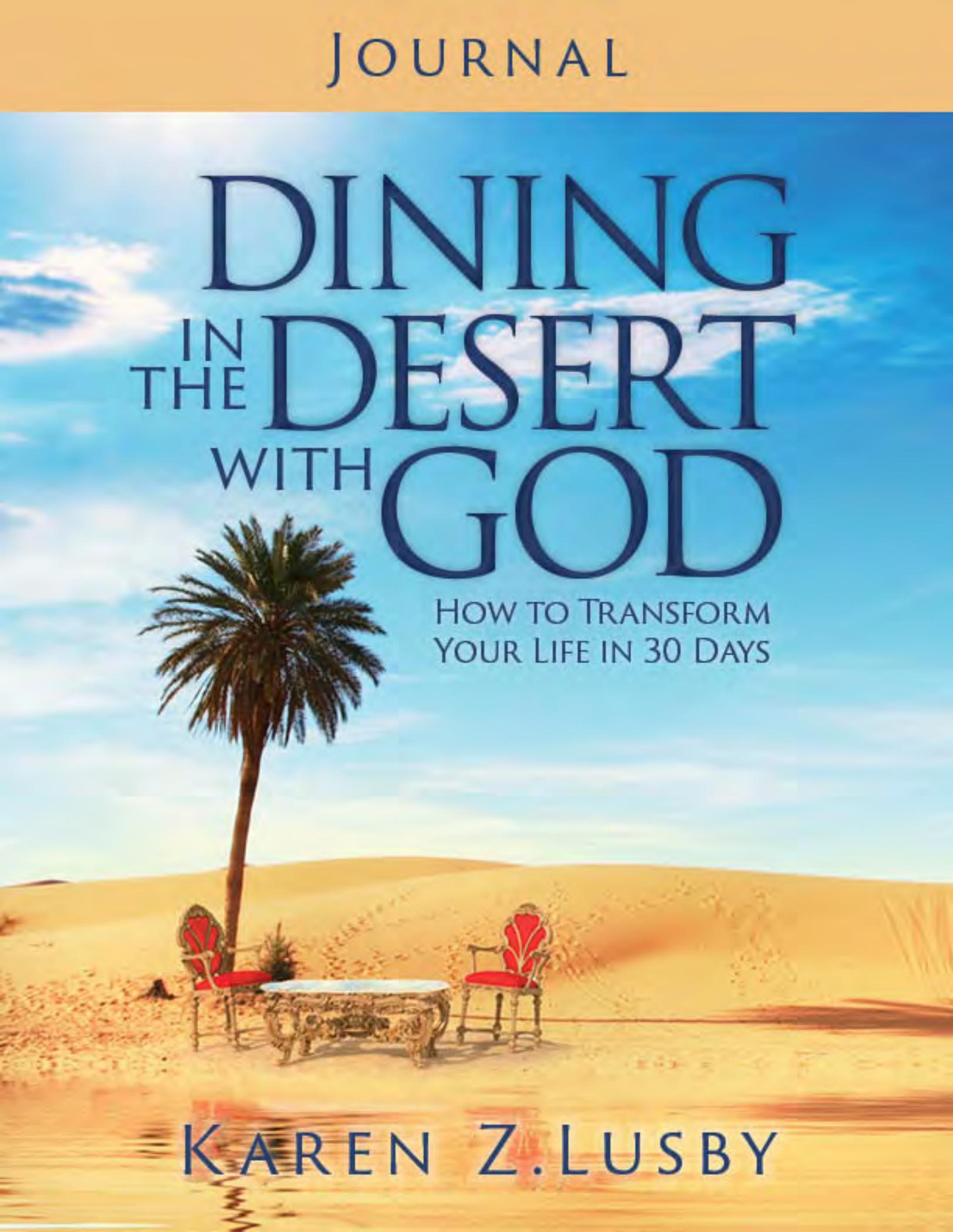


JOURNAL

DINING
IN THE DESERT
WITH GOD

HOW TO TRANSFORM
YOUR LIFE IN 30 DAYS

A desert landscape with a palm tree, a table, and two chairs. The scene is set in a vast, sandy desert under a bright blue sky with scattered white clouds. In the foreground, a single palm tree stands on the left. To its right, a small, ornate table with a white top and a red chair with a white floral pattern are positioned. The background shows rolling sand dunes. The entire scene is reflected in a pool of water at the bottom of the image.

KAREN Z. LUSBY

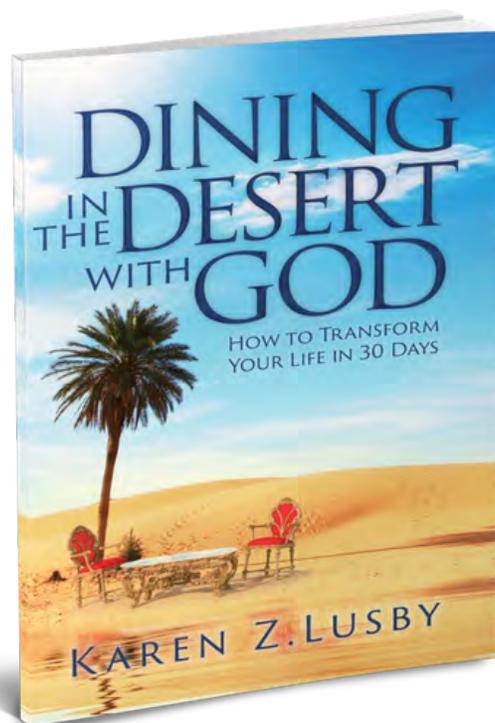
HOW TO USE THIS JOURNAL

This journal was created to accompany the 30-day devotional book *Dining in the Desert with God: How to Transform Your Life in 30 Days* by Karen Z. Lusby. If you don't have the book, it's available at: <https://karenlusby.com/dining-in-the-desert-with-god>.

The 30 devotions in *Dining in the Desert with God* provide stories, scriptures, and insights to get you thinking and writing about your journey with God during times of significant life change. Each devotion is followed up by two to three questions that are listed by day in this journal. The book and journal are easy to use together for individual or group study.

Print out the journal and put it into a 3-ring notebook. Although the pdf is in color, it is easy to print and read in black and white. The last few pages of the journal are extras that you can print multiple times and insert where you need additional room to write.

My prayer is that this 30-day journey encourages you greatly as you read each daily devotion and respond to the questions. With God as our intimate friend, we can successfully navigate our desert times and find ourselves enjoying an amazing banquet at His oasis!



SECTION I

The Sand in My Eye

* * *

Days 1 through 10

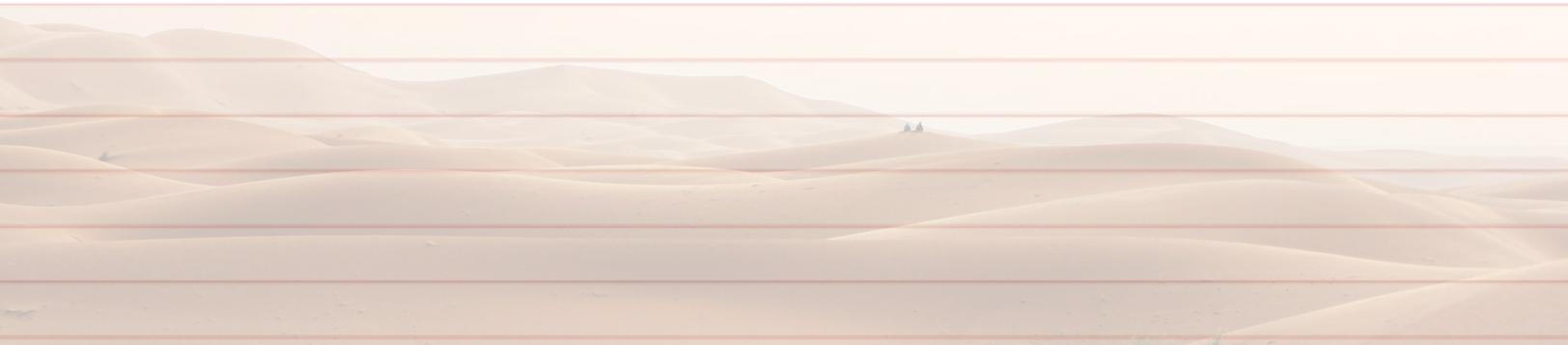
Looking at problems that blind or hinder you
during transitions

Day One

God, What Are You Doing?

For the Lord is good and his love endures forever; his faithfulness continues through all generations. (Psalm 100:5, NIV)

1. Describe a life event that did not go as anticipated. How were you surprised, disappointed, or hurt?



2. What does Psalm 100:5 mean to you? Does knowing God is loving and faithful help you understand or process unexpected life events and related feelings?



3. What does “God is good” mean to you?

A series of horizontal lines for writing, starting from the top of the page and extending down to the top of the desert image.



Day Two

Am I Alone?

A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better for a triple-braided chord is not easily broken.
(Ecclesiastes 4:12, NLT)

1. Are you isolating yourself from other people rather than seeking friendship or support? What is your reason?



2. What kind of people could support you in your current situation? Describe one person in detail.



Day Three: Feeling Emotionally and Physically Depleted?

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. 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 3:16-19, NIV)

1. What types of adversity in your life are difficult to face? How do you respond?



2. Do you regain a positive attitude, assess your options, and take action when adversity strikes? How could you improve your resiliency?



3. How does Ephesian 3:16-19 encourage you?



Day Four

Suffering is Real

But whatever were gains to me I now consider loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things...I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death. (Phil. 3:7-8, 10, NIV)

1. How have you suffered? Describe what you experienced.



3. Does it encourage you to know that Jesus suffered too?



Day Five

Your Perspective Changes Everything

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. (Romans 8:28, NIV)

1. Review the low points or valleys in your life. How did God use that valley, even suffering, to grow you spiritually and move you towards your life purpose like Joseph?



2. How has God worked all things in your life for good?



3. Do you believe God is using your challenges and times of transition to serve others? If so, explain how.



Day Six

Who Are You Choosing to Trust?

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

(Proverbs 3:5-6, NIV)

1. Has God revealed one or more areas of your life that are impacted by past pain? Describe what He is showing you and any connections to the past. Be specific.



2. Can you identify Scriptures that address and provide a remedy for your pain? For example, if you have anxiety because of childhood memories, Philippians 4:6 describes how to respond to anxiety. How would Jesus have you apply this principle in your life? Write freely; trust you are hearing Jesus.



Day Seven

Is It "False Evidence Appearing Real?"

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

(Philippians 4:6-7, NIV)

1. What circumstances or life challenges do you fear most?



2. Are these fears and worries often like false evidence that is appearing real? If so, how do the facts about worry give you hope?



Day Eight

Facing the Temptation of Familiar Beliefs

They willfully put God to the test by demanding the food they craved. They spoke against God; they said, "Can God really spread a table in the wilderness? True, he struck the rock, and water gushed out, streams flowed abundantly, but can he also give us bread? Can he supply meat for his people?" (Psalm 78:18-20, NIV)

1. What beliefs do you have about yourself or others that are faulty and do not reflect God's Word?



2. How could these beliefs be affecting your ability to transition into the next season of your life?



3. How can you activate your faith and believe the truth about who you are?



Day Nine

Overcoming Perfectionism Through Grace

But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. (Ephesians 2:4-8, NIV)

1. How has perfectionism impacted your life? Has it affected your ability to transition or move forward in your life?



2. How can you receive and apply God's grace in your life? Be specific.



2. How could this comparison interfere in your transition and transformation journey?



3. List some of your spiritual gifts, strengths, and other qualities that make you unique and different from other people. How do you express and celebrate these unique characteristics?



SECTION II



Finding the Well in the Desert

* * *

Days 11 through 20

Digging up life-giving resources that feed you
spiritually during your transition journey

2. Describe how God's Word helped you get back on track. Is the Word a well of refreshment for you during desert times?



3. How important to you is reading the Bible and understanding its content? Be honest; your answer is only for you to ponder.



Day Twelve

The Well of Hearing—Is That You God?

Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.

(1 Kings 19:11-12, NIV)

1. How do you hear God's voice?



2. How have you doubted your ability to hear God?



3. Is it easier or more difficult to hear God during times of transition?



Day Thirteen

The Well of the Holy Spirit—Rivers of Living Water

Whoever believes in me, as Scripture has said, rivers of living water will flow from within them. (John 7:38, NIV)

1. How do you experience the Holy Spirit in your life, especially during times of transition?



2. Is John 7:38 meaningful to you? Where do you see rivers of living water flowing from you?



Day Fourteen

The Well of Intimacy—Transported in Prayer

But Jesus often withdrew to lonely places and prayed.
(Luke 5:16, NIV)

1. How is your relationship with God growing through prayer? Are you happy or frustrated with your prayer life?



2. How does communicating with God through prayer help you navigate difficult times or challenging transitions?



3. Have you committed to regular times and/or a place to pray throughout your week? Why or why not?



Day Fifteen

The Well of Purity—Wash Me Clean, Lord

Create in me a pure heart, O God, and renew a steadfast spirit within me.
(Psalm 51:10, NIV)

1. Why do you think it's important to be released from life's burdens, including sin?



2. How does God purify your heart and renew a steadfast spirit within you? Describe how you felt when you experienced God "cleaning up" a past or present burden.



3. Do you have emotional baggage that needs to be released?



2. How does your daily life distract you from your relationship with God?



3. If you are in a time of transition, are you growing closer to or further away from God? Why?



Day Seventeen

The Well of Faith—Believing in the Unseen

Now faith is confidence in what we hope for and assurance about what we do not see.
(Hebrews 11:1, NIV)

1. What does Hebrews 11:1 mean to you? How do you interpret "faith is....assurance about what we do not see?" Exploring several commentaries may be helpful.



2. Does your faith help you believe promises in God's Word, such as healing (Isaiah 53:5), when they aren't happening in your life yet?



3. How do you activate your faith when it's difficult to believe?



Day Eighteen

The Well of Waiting—God's Timing is Perfect

As I was with Moses, so I will be with you; I will never leave you nor forsake you. Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them.

(Joshua 1:5-6, NIV)

1. Who do you relate to the most—Joshua and Caleb or the 10 spies with the bad report? Why?



2. When was it difficult for you to wait on God? How are you feeling about waiting now?



3. If you want to dig a bit deeper, read Hebrews 11. Did all the individuals listed in Hebrews 11 wait patiently and experience God's promises in their lifetime? Does Hebrews 11:39-40 give you hope in your waiting?



Day Nineteen

The Well of Faithfulness—Strength in the Desert

“Because he loves me,” says the LORD, “I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life I will satisfy him and show him my salvation.” (Psalm 91:14-16, NIV)

1. How has God fulfilled the promises of Psalm 91:14-16 in your life?



2. In 1 Samuel 30:6, David was greatly distressed because his men were talking of stoning him, but he found strength. What does strengthening yourself in the Lord mean to you?



3. Describe how you have inquired of the Lord and He has answered you.



Day Twenty

The Well of Rest—Releasing Your Burdens

Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light.

(Matthew 11:28-30, NIV)

1. How have you been caught in the trap of *doing* something to *have* something?

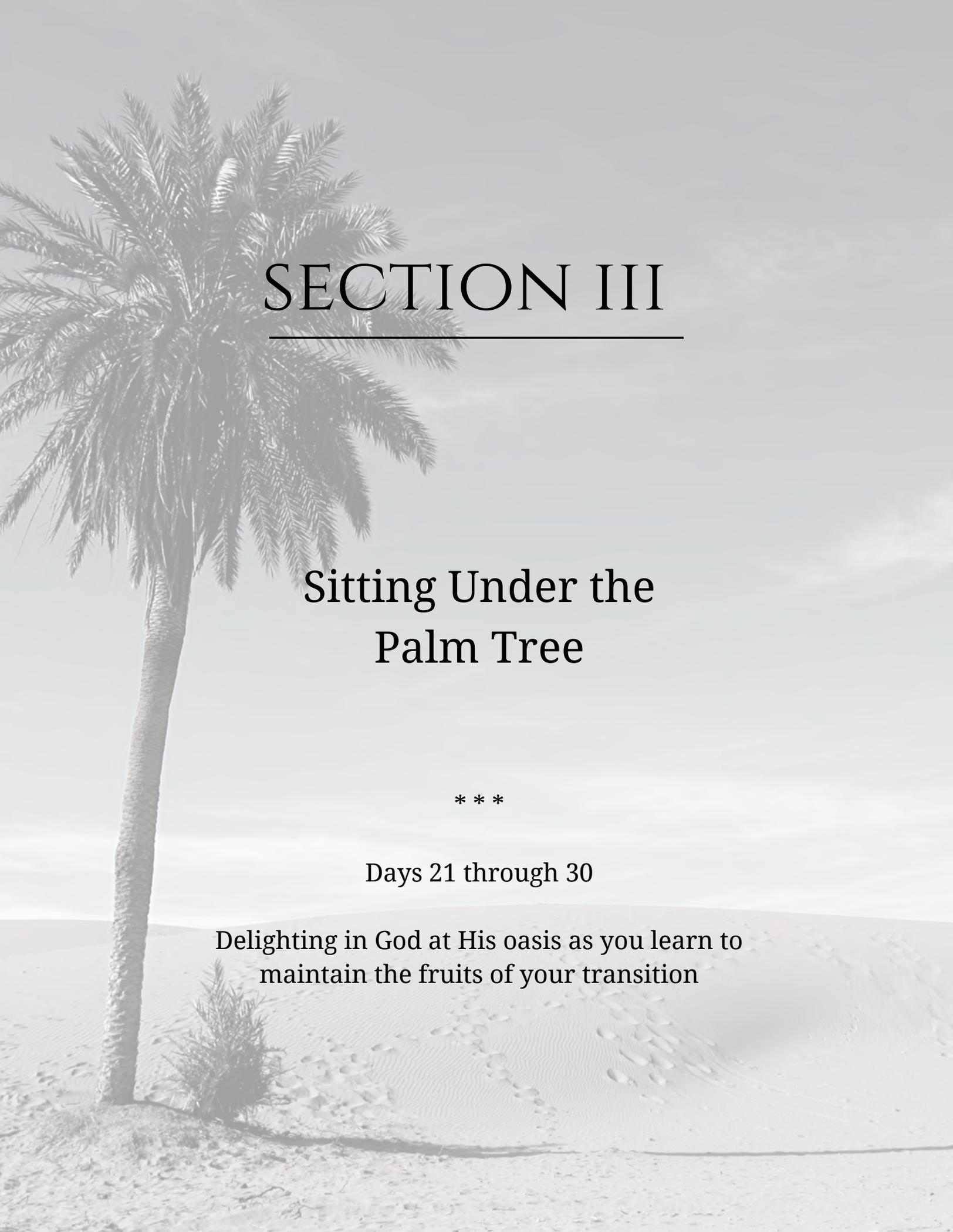


2. How do you find rest in the Lord?



3. When do you feel Jesus bearing your burdens? How do you give them to Him?





SECTION III

Sitting Under the Palm Tree

* * *

Days 21 through 30

Delighting in God at His oasis as you learn to
maintain the fruits of your transition

Day Twenty-One

Grow in God's Love

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. (Ephesians 3:17-18, NIV)

1. Write about a meaningful experience where you felt God's love for you.
What made it so impactful to you?



2. How can you dig into the "Well of the Word" and the "Well of the Holy Spirit" to help remind you and fill you with the love of God?



Day Twenty-Two

Fix Your Eyes on the Eternal

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed...Therefore we do not lose heart.... Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. (2 Corinthians 4:8-9, 16-18, NIV)

1. How do you respond when you feel hard pressed, crushed, or facing despair?



2. How to do experience hope knowing that through Jesus Christ you live on into eternity?



3. Based on Hebrews 11:1, what does God provide that connects you to what you can't yet see?



Day Twenty-Three

Build a Firm Foundation

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 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.

(Romans 8:38-39, NIV)

1. Have you been spiritually encouraged through friends, a retreat, church, or other gathering only to find yourself discouraged again in a few short days? Describe why you get discouraged.



2. What types of relationships do you have in your life? Do you have people surrounding you that remind you of your God-given identity?



Day Twenty-Four

Fulfill the Desires of Your Heart Through Jesus

Take delight in the LORD, and he will give you the desires of your heart.
(Psalm 37:4, NIV)

1. Do you have unfulfilled desires in your life? Identify and describe those desires.



2. How might Jesus fulfill your desires today? Trusting that you can hear Jesus, ask Him how He sees you and how He has fulfilled your desires today. Ask Him for Scripture.



Day Twenty-Five

Restore and Rebuild Your Past

You'll use the old rubble of past lives to build anew, rebuild the foundations from out of your past. You'll be known as those who can fix anything, restore old ruins, rebuild and renovate, make the community livable again. (Isaiah 58:12, The Message)

1. Do you feel guilt or shame over past choices or experiences? Talk to Jesus, the One who understands and loves you with an everlasting love. Repent and ask for forgiveness, if needed, and ask Him to restore and heal your heart. Remember, there is no shame or condemnation for those who are in Christ Jesus (Romans 8:1-2)!



2. How can you help other people be restored and redeemed?



Day Twenty-Six

Refresh Your Beliefs

Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?" (Matthew 14: 29-31, NIV)

1. Do certain situations cause you to react in a manner that you don't always understand? Describe your reaction in those moments?



2. Can you identify what triggers you, particularly what you are feeling and believing about yourself?



3. Are your beliefs based on the truths identified in Scripture? Why or why not?



Day Twenty-Seven

Overcome Stinkin' Thinkin'

We can demolish every deceptive fantasy that opposes God and break through every arrogant attitude that is raised up in defiance of the true knowledge of God. We capture, like prisoners of war, every thought and insist that it bow in obedience to the Anointed One. (2 Corinthians 10:5, TPT)

1. What negative thoughts and feelings flit through your mind, particularly in challenging circumstances? How do these thoughts and feelings impact your day?



2. Is your reoccurring thought or emotion the result of an unmet desire in your heart? Revisit the devotion on *Fulfill the Desires of Your Heart*, and let Jesus speak to you about your desire.



3. Do you believe that you and your life can be transformed by the renewing of your mind? Why or why not?



Day Twenty-Eight

Activate Powerful Affirmations

The tongue has the power of life and death, and those who love it will eat its fruit.
(Proverbs 18:21, NIV)

1. How have you been affected by the negative words of friends, family, and colleagues? In contrast, describe how you feel when someone speaks life-giving words to you.



2. What type of person is more likely to affirm you?



3. Do you seek out relationships with this type of person? Why or why not?



Day Twenty-Nine

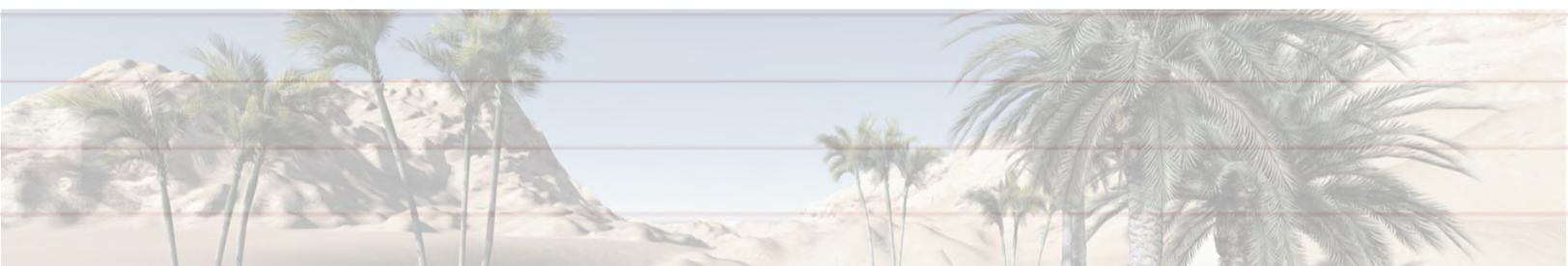
Know Your Unique Design

Before I formed you in the womb I knew you. Before you were born I set you apart.
(Jeremiah 1:5, NIV)

1. Have you taken a personality style test like the DISC Profile or Myers Briggs? Did you find the results helpful?



2. How does understanding yourself help you communicate and reach other people more effectively?



3. Do you observe yourself at work or home? Do you have insights about successes and failures that might be related to your personality style or dominant strengths?



Day Thirty

Believe in God's Faithfulness to Transform You

Your word, LORD, is eternal; it stands firm in the heavens. Your faithfulness continues through all generations; you established the earth, and it endures.

(Psalm 119:89-90, NIV)

1. How is God transforming your life?



2. What has God revealed to you in the past 30 days that encourages you and is causing you to change?



3. What next steps do you believe God wants you to take in your transformation journey?



