

Weekly Notes and Challenges

Week 1 Challenges

1) Sharpie Accent Highlighters pack of 10 – the dark blue and purple both can blot out the ink in your journal. I use these to mark the end of a line or underline. These are chisel highlighters which make that sharp edge easy to use for underlining.

2) Use a blue or black pen for more permanency. They both tend to last longer than coloured pens like pinks, reds, and such.

3) Part one and two Videos – Ideas to record in videos.

- Daily happenings: detail these as much as you desire. I don't tend to do much in this area. I tend to journal important events and spiritual things. I do try to make note of important world, national, or local events. Giving a time marker of what was going on when I wrote the entry.

- Challenges in life are written in my journals as are life's blessings!

- Financial challenges are in there, too. We have had many times when Yahweh has blessed us with ways He has brought us out of those challenges. I mentioned my scholarship and our Sukkot feasts. Another less dramatic were the MANY MANY times Yahweh gave us great deals and sales on food items and we were either blessed with immense food amounts OR extra money in our pockets! All from the money we saved. Often we used the money during tough times to buy ourselves something extra – a little special treat we learned to do without.

- Sad events. Loss of a loved one or pet. Major move to another home can be sad, and happy at the same time.

- HAPPY events! Marriages, engagements, new babies, retirements, graduations, etc. Even a new car can be exciting and mark time in your life!

- Messages that come to you through the Bible or studying are great things to record. Reading one day, you may see a word, verse or chapter that applies to your life. In the past you merely read it as part of the chapter. Yet on that day, it may ring a bell and be fully applicable to something you are going through.

Think about one or two items un each of the categories mentioned above and write briefly about them in your journal this week. You can easily split these up into one topic or idea portion per day. If you haven't anything new to write that has happened recently, think back to a time in your life when you did have something that fits. It will be nice one day in the future to look back and read about these times. And maybe even apply them to your life!

Week 2 Challenges this week

1) Take a few minutes this week to use your highlighter colours to mark past journal entries, if you have been keeping records for a while. Please remember the colours I mention here are the colours I used in my colour key. If you used different colours, it might be helpful to create a notecard as I did and keep it in your journal.

Going forward, when you record messages, it is helpful to mark it right away rather than to go back later.

2) This weeks challenge:

- Word of Witness for others (Words of knowledge, wisdom, or discernment Yahweh wants me to share with others). These also come to me while serving Yahweh as a prayer warrior. Do you serve in a ministry or prayer ministry or group where you get these same types of messages as mentioned in the video? Record these as well.

- Record moments when you have been prompted by the Holy Spirit to do or say things in particular. Or are led to go a certain way in life. These are important moments, and when they come to pass or something new happens to augment the message you got, write these down as well.

- I record Lessons Yahweh gives me to teach through TFW. Do you receive messages like this as well for a ministry you serve in? If not, how about biblical lessons that Yahweh gave you for your own family?

- Unfinished Messages. It IS important to mark these if you have been keeping your journal for a while. It helps you to see things you need to get caught up on, things that maybe were forgotten, yet you know in heart should not be forgotten. I make these BRIGHT orange so they grab my attention easily and quickly.

- Directions and Instructions Yahweh gives me which I need to obey.

Now is a good time for me to mention again, please remember this is not a graded assignment, so take time to relax. You also don't need to write down EVERYTHING that has ever happened to you in the past. Often that can get overwhelming and discouraging. Take it a little at a time – and if necessary, start from TODAY going forward. And as things pop into your head, write them down quickly into your journal. No pressure. This is a learning experience, and even I am still learning as I go along.

Week 3 Challenges

This video covers some of my favorite parts to record AND to go back and re-read at times. Warnings, dreams and visions, and prophetic words.

- **Warnings.** These I mark in red because I want them to stand out as much as I wanted the unfinished projects to stand out. Warnings come sometimes as dreams, visions or prophetic words. They also can come as impressions for simple things. I have had a warning come as I am driving, turn left HERE.” Or have been impressed upon to take an exit off a freeway. Sometimes I never discover a “why” for these warnings. Other times I may learn down the line there was an accident or a major delay of some kind. Other times, and I like these warnings a lot, it may have been Abba directing me not necessarily to AVOID that direction, but to GO another one because he wanted to place a divine appointment in my pathway.

Remember too, that it is important to write down the times when you DIDN'T listen to those warnings. Often times He reveals what the consequences were had you not done as you were led. These are important lessons later in life. For us or someone we love.

- **Dreams and Visions.** These are a favorite of mine because a dream has led us here, a dream revealed to me a special blessing was coming for one of our children and I have had some VERY unique ones with amazing messages!

The difference between a dream and a vision: Dreams – you are generally asleep or at least dozing. Visions you tend to be WIDE awake. These are very important to write down when you have them. Dreams are important to write down as soon as you are awake! There have been some very important ones that I did not write down right away thinking I would recall all the details in the morning. Not true! Once you fall asleep again, often your thoughts of that dream are erased. So, please remember to write them down when you first awaken – it does take some time and may feel uncomfortable to do it “now.” Yet it will pay off in the future when you need to refer back to the details of that dream.

Remembering my termite dreams from the video: those two dreams are fresh in my mind because Yahweh reveals people to me often who were termites and I never knew it at the time. But actually going back again for these lessons for you, I saw details that I have forgotten over time that showed me how I should be handling things with the termites! Things that I believe I have become complacent about, or had simply forgotten. It was a great reminder of a change I need to make!

- **Prophetic words.** These are important to write down and mark as well. Even if you record them as warnings, dreams, visions, or such, and just put a little mark or underline in your colour code for prophetic words. This will help you see things as you go through in the future to be able to see your own gifts working in your life and the lives of others.

Week 4 Challenges

And finally, this week take the time to write down moments where Yahweh has given you **words of wisdom and knowledge for YOU, personally**. Not for others, just for you. I LOVE these personal messages because they help me to improve my relationships with others – sometimes they are wisdom or knowledge of encouragement other times, they might be rebuke. They help me to correct myself, and even help me to avoid situations that Yahweh does not want me to be involved in. Remember to record these in your journal, even if they are painful or embarrassing, it is important to see from where you have come and arrived!

The final thing to do is to take time to go back through, either now or in a few weeks and check up on yourself. Has anything come to fruition? What things can you mark as “finished!”? What dreams have revealed their presence in your life? Are there any warnings that you see have come to be fulfilled?

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Scripture References:

Matthew 17:20 WEB He said to them, "Because of your unbelief. For most certainly I tell you, if you have faith as a grain of mustard seed, you will tell this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you.

James 1:6 WEB But let him ask in faith, without any doubting, for he who doubts is like a wave of the sea, driven by the wind and tossed.

Matthew 21:21 WEB Jesus answered them, "Most certainly I tell you, if you have faith, and don't doubt, you will not only do what was done to the fig tree, but even if you told this mountain, 'Be taken up and cast into the sea,' it would be done.

Mark 11:23 WEB For most certainly I tell you, whoever may tell this mountain, 'Be taken up and cast into the sea,' and doesn't doubt in his heart, but believes that what he says is happening; he shall have whatever he says.

NOTE: Any questions? Comments? Please pop over to www.TorahForWomen.com and use our contact form to drop me a note with your thoughts. Would also LOVE to hear ways that these new lessons have blessed you and helped you! Kindness and love, Judith