

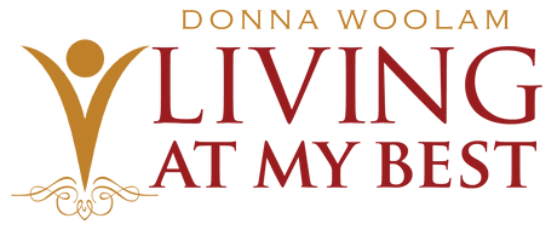


His Hostage Heart

Encountering the
Unrelenting Love of God

30-Day
Scripture Meditation Journal

Donna K Woolam



Original Content includes questions.

Content Compiled by Donna K Woolam

Graphics used by permission from Canva.

Bible verses on topics researched and include many versions.

My personal preference is to capitalize all references to God (Lord, He, Him, His, You, etc.) This may not reflect the original text from a particular Bible Version.

(C) 2025

Donna K Woolam, Living At My Best
Learn More at DonnaWoolam.com

Please don't share THIS DOCUMENT with someone else.
Encourage them to register and receive their own copy with
all of the bonuses and resources I've made available.

30-Day Scripture Meditation Journal

A guided practice to assist in the
Romans 12:1-2 command to
Be Transformed
by the Renewing of Our Minds
so we can know the perfect will of God.

(C) Donna K Woolam | Living At My Best

Intentionally left blank

Table of Contents

- Instructions
- Trust and Guidance: Days 1-7
- Strength and Courage: Days 8-14
- Love and Compassion: Days 15-21
- Peace and Contentment: Days 22-30
- Final Reflections
- Scripture Index
- More Resources

How to Get the Most From Your Journal

On the following pages, you will discover some amazing things!

Some will shock you!

Some will delight you!

And some... well, let's just say you might catch your breath a bit.

Each section covers a particular theme.

Your daily pages have individual scriptures within the theme.

At the end of the week, you'll have a weekly summary, so you can gather your thoughts about the week in one place.

At the end of the journal is a space for final reflections and insights.

My prayer for you, as you begin, is that you will encounter the God of Heaven and Earth, who is crazy about you! And that by the time you are finished, you will be more in love with Him.

Here's to your adventure!

Until the whole world knows...

Donna

Learn more at DonnaWoolam.com

Love Tells the Story

Written in the Scars Meditation: What scars do you carry from disappointment, loss, grief, or betrayal?

Personal Reflection: How does it impact you that Jesus carries scars from those same kinds of things, too?

Action Step: Pray and ask the Lord to help you release the scars to Him for healing. What does He say?

Day 1: The Lord is my shepherd, I shall not want

Psalm 23:1

Meditation Exercise: Reflect on what it means for the Lord to be your shepherd.

Personal Reflection: Write about areas in your life where you need God's guidance.

Action Step: Identify one decision today where you will actively seek God's direction.

**Day 2: Show me Your ways, O LORD,
teach me Your paths.
Psalm 25:4**

Meditation Exercise: Meditate on the differences between your ways and God's ways.

Personal Reflection: Is there a path the Lord has been encouraging to consider?

Action Step: What is one action you can take today, to stop going your own way, and begin going God's way?

**Day 3: Trust in the Lord with all your heart, and lean not
on your own understanding.**

Proverbs 3:5-6

Meditation Exercise: Meditate on the importance of trusting in the Lord.

Personal Reflection: Reflect on a time you trusted God and things changed for your benefit (or the benefit of someone else.)

Action Step: Write down one area where you will practice trusting God more fully.

**Day 4: Commit your way to the LORD, Trust also in Him,
And He shall bring it to pass.
Psalm 37:5**

Meditation Exercise: Reflect on the importance of trusting God in the outcome of your life.

Personal Reflection: Consider a time your trusted a circumstance to the Lord that didn't seem possible, but He made it happen.

Action Step: Commit one area of life it has been hard for you to trust the Lord in. Write it down.

Day 5: Casting all your care upon Him, for He cares for you.

1 Peter 5:7

Meditation Exercise: Reflect on what it means to let God carry your worries and wishes.

Personal Reflection: Note a challenge you're facing now that is hard to cast on the Lord.

Action Step: What is one way you can cast this care on the Lord?

**Day 6: And those who know Your Name put their trust in You,
for you, O Lord, have not forsaken those who seek You.
Psalm 9:10**

Meditation Exercise: What does it mean to know God's name?

Personal Reflection: Reflect on a time when you experienced the fact that God came through for you.

Action Step: How can you learn to practice trusting God more?

Day 7: So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 41:10

Meditation Exercise: What would it look like to not be afraid knowing that God is taking care of you?

Personal Reflection: As you examine your heart, where do you recognize you are battling fear?

Action Step: Pray and ask the Lord to help you give your areas of fear over to him.

Weekly Summary

Trust and Guidance

Contemplate the scriptures you've focused on in the previous days, answer the following questions:

Which scripture meditation had the most impact on you this week?

Which Action Step was the most challenging? Why?

Going forward, how will you incorporate the things you learned and experienced into your daily life?

The Great I Am

No Air Meditation: Is there a time when you felt helpless?

Personal Reflection: When has the Lord shown His personal presence to you?

Action Step: Pray and ask the Lord to help you help you recognize His presence in your every day life. What does He say?

Day 8: But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary.

Isaiah 40:31

Meditation Exercise: Ponder the question, "What does strength from the Lord look like?".

Personal Reflection: Where is an area you need to act in strength instead of fear?

Action Step: What is one action you can take today to act in strength instead of fear?

Day 9: I can do all things through Christ who strengthens me.
Philippians 4:13

Meditation Exercise: Contemplate the strength that comes through Christ.

Personal Reflection: Note a challenge you're facing and how Christ's strength can support you

Action Step: Tackle a task you've been avoiding, trusting in Christ's strength.

Day 10: Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

Joshua 1:9

Meditation Exercise: Consider the phrase, "Be strong and courageous". What does that look like to you?

Personal Reflection: Where is an area you need courage to act?

Action Step: What is one action you can take today to be more courageous?

Day 11: There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

1 John 4:18

Meditation Exercise: Meditate on the difference between living from love or living from fear.

Personal Reflection: Where is an area you've been "afraid" to talk to the Lord about?

Action Step: Knowing the Lord loves you, and wants to restore you instead of punishing you, what sin have you been 'hiding' from God? Talk to Him about it.

**Day 12: The LORD is my light and my salvation; whom shall I fear?
The LORD is the stronghold of my life; of whom shall I be afraid?
Psalm 27:1**

Meditation Exercise: Examine the difference between living in light and strength and living in darkness and fear.

Personal Reflection: Who, or what, is a situation you've been afraid to confront?

Action Step: What is one step you can take today to overcome the fear of the person or situation, and bring light to it?

**Day 13: The Lord is my strength and my defense;
he has become my salvation.
Exodus 15:2**

Meditation Exercise: Meditate on God as your Defender.

Personal Reflection: Where is an area of your life you've needed to God to defend you? How did He show up then?

Action Step: Knowing God is your Defender, write a prayer to lay down an area of your life you've been trying to defend yourself.

**Day 14: Finally, be strong in the Lord and in
His mighty power.
Ephesian 6:10**

Meditation Exercise: Examine what it means to be strong in the Lord instead of trying to be strong in your own strength.

Personal Reflection: Write about an area in your life you need to be strong in God's mighty power.

Action Step: Confess the areas you've tried to stand in your own strength and ask the Lord to help you rely on His power instead of your own.

Weekly Summary

Strength and Courage

Contemplate the scriptures you've focused on in the previous days, answer the following questions:

Which scripture meditation had the most impact on you this week?

Which Action Step was the most challenging? Why?

Going forward, how will you incorporate the things you learned and experienced into your daily life?

Unseeing Unhearing

I Don't Need These Any More Meditation: Are there some "old ways of living and believing" you still hang on to?

Personal Reflection: Reword one of those old ways into a new way of living.

Action Step: Pray and ask the Lord to help you take off your 'old man' clothes and put on His 'new man' garments. What does He say?

Day 15: A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another.
John 13:34

Meditation Exercise: Think about the love of Jesus. How is it different than the love of people?

Personal Reflection: Is there someone you have been withholding love from? Why is that?

Action Step: What is one action you can take today to show God's love to someone near to you?

Day 16: For God so loved the world, that He gave His only Son, that whoever believes in Him should not perish but have eternal life.

John 3:16

Meditation Exercise: This scripture is one of the most well known.. How has the truth of God's giving love changed your life?

Personal Reflection: Write about when you first came to know Jesus as your own Savior.

Action Step: Pray and recommit your life to God through Jesus' sacrifice on the cross.

Day 17: Rejoice with those who rejoice, weep with those who weep.
Romans 12:15

Meditation Exercise: Examine your own practices of rejoice and weeping with others. Is this hard or easy for you?

Personal Reflection: When was a time someone purposefully rejoice or wept with you? What did that mean to you at the time?

Action Step: Who is one person you can purposefully celebrate today? Reach out to them. Who is one person you know is struggling? Reach out to them.

**Day 18: Bear one another's burdens, and so fulfill
the law of Christ.
Galatians 6:2**

Meditation Exercise: Mediate on what it means to help someone else carry their burdens.

Personal Reflection: Note a time someone helped you carried burdens too heavy for you.

Action Step: Who do you know that is going through a difficult time that you could help in a small (or large way). How can you make that happen?

**Day 19: Love bears all things, believes all things,
hopes all things, endures all things.
1 Corinthians 13:7**

Meditation Exercise: Consider a time when you chose to act in love when everything in you wanted to act out of anger or hatred.

Personal Reflection: What is the difference in God's love and compassion and what you've experienced from people?

Action Step: This kind of love can only come from God. Ask the Lord to show you a person who needs this kind of love and reach out to them today with a call, text, message, or card.

**Day 20: Gracious is the Lord, and righteous;
our God is merciful.
Psalm 116:5**

Meditation Exercise: Meditate on God's mercy and times you have experienced it personally.

Personal Reflection: Do you consider yourself a gracious and merciful person? Why or why not?

Action Step: What is something you can do to be gracious today?

Day 21: Be merciful, even as your Father is merciful.

Luk3 6:36

Meditation Exercise: Think about how the Lord has shown mercy to you.

Personal Reflection: Is mercy your first response when someone has done something to hurt you or someone you love? How can you practice being merciful?

Action Step: Mercy is often said to be "receiving what you don't deserve." How can you show mercy to someone today?

Weekly Summary

Love and Compassion

Contemplate the scriptures you've focused on in the previous days, answer the following questions:

Which scripture meditation had the most impact on you this week?

Which Action Step was the most challenging? Why?

Going forward, how will you incorporate the things you learned and experienced into your daily life?

Trapped

I Don't Need These Any More Meditation: Are their past experiences you feel keep you trapped?

Personal Reflection: What or who are you allowing to stand in your way of freedom from the past?

Action Step: What courageous ASK can you bring to the Lord today? What does He say?

Day 22: But godliness with contentment is great gain

1 Timothy 6:6

Meditation Exercise: Think about what it would feel like to be completely content with things the way they are right now.

Personal Reflection: Examine your current state of contentment. Do you often feel as if you need something more before you'll be content? Why?

Action Step: Write a list of 10 things you are grateful for and say a prayer thanking God for them.

Day 23: Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."

Hebrews 13:5

Meditation Exercise: Meditate on God being more "valuable" and necessary than money.

Personal Reflection: Reflect on times when you gave up time with the Lord in the pursuit of financial gain.

Action Step: The Bible DOESN'T say money is bad. It says the LOVE of money is bad. What are some ways you can start today to detach yourself from relying on money instead of relying on God?

Day 24: But seek first His kingdom and His righteousness, and all these things will be given to you as well.

Matthew 6:33

Meditation Exercise: This scripture seems to indicate people are more likely to seek other kingdoms and ways to be righteous. What are some other kingdoms you've pursued?

Personal Reflection: Do you truly trust that if you put God first you'll have a happier, more peaceful, more prosperous life?

Action Step: Confess to the Lord that you are guilty of choosing other kingdoms and ways to be righteous. Ask Him to teach you about His kingdom and His righteousness.

Day 25: You make known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures at Your right hand.

Psalm 16:11

Meditation Exercise: As you meditate on the path your life has taken, do you feel filled with joy and pleasure?

Personal Reflection: Write about your definition of joy compared to God's definition of joy. What are the differences?

Action Step: Express joy to the Lord for the life you've been given. Do that in a way that is comfortable. Then do something that might be a bit out of your comfort zone.

**Day 26: The fear of the Lord leads to life; then one rests content,
untouched by trouble.**

Proverbs 19:23

Meditation Exercise: When you consider "the fear of the Lord", what does that look like to you, in practice.

Personal Reflection: The promises of this verse are bold. Why do you think God says fearing Him, will bring contentment and peace?

Action Step: What is an area you feel "touched" by trouble. Talk to the Lord about that now.

Day 27: Now may the Lord of peace Himself give you peace at all times and in every way. The Lord be with all of you.
2 Thessalonians 3:16

Meditation Exercise: How does the peace of the Lord show up in your life?

Personal Reflection: Write about a time when the peace of the Lord was tangible to you. How did it affect your frame of mind?

Action Step: Is there a place in your life you are more worried than peaceful? Ask the Lord to replace the worry with His peace.

Day 28: You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!
Isaiah 26:3

Meditation Exercise: Consider what it means to have a steadfast trust in the Lord. What does that look like?

Personal Reflection: Note the last time your mind was overwhelmed with worry. How do you think turning your mind to think on Jesus would help next time?

Action Step: What area is causing you the most worry right now? Do a Google search on "scriptures verses about.....". Write some of them down and read them daily.

Day 29: Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.
Colossians 3:15

Meditation Exercise: Jesus is the Prince of Peace, and we are His Body. Sense His peace flowing from Him to you.

Personal Reflection: How does the command to walk in peace change the way you think about living a peaceful life?

Action Step: Peace is a state of mind. Write out a promise to yourself to choose peace over chaos and practice that commitment daily.

Day 30: May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

Meditation Exercise: God's peace and hope are supernatural. You can't make them happen. You can only receive them by the power of the Holy Spirit. Where are you resisting the Holy Spirit?

Personal Reflection: Think about your daily life. Do you overflow with hope, joy, peace? How can you apply this scripture so you do?

Action Step: Pray and ask the Holy Spirit to once again empower you to walk in hope, joy and peace.

Weekly Summary

Peace and Contentment

Contemplate the scriptures you've focused on in the previous days, answer the following questions:

Which scripture meditation had the most impact on you this week?

Which Action Step was the most challenging? Why?

Going forward, how will you incorporate the things you learned and experienced into your daily life?

Final Reflections



CONGRATULATIONS!

YOU'VE JUST DONE AN AMAZING THING!

30 days of meditating on the Word of God and asking Him to teach you more about Himself!

As you move forward from this journal, how will you continue to practice meditation on the Word of God?

What has been the greatest impact on you?

How do you feel you have changed in this process?

One Final Action Step...if you dare! Teach this process to a friend in a 1-1 Discipleship Journey!

Scripture Index



Day 1: Psalm 23:1

Day 2: Psalm 25:4

Day 3: Proverbs 3:5-6

Day 4: Psalm 37:5

Day 5: 1 Peter 5:7

Day 6: Psalm 9:10

Day 7: Isaiah 41:10

Day 8: Isaiah 40:31

Day 9: Philippians 4:13

Day 10: Joshua 1:9

Day 11: 1 John 4:8

Day 12: Psalm 27:1

Day 13: Exodus 15:2

Day 14: Hebrews 6:10

Day 15: John 13:34

Day 16: John 3:16

Day 17: Romans 12:15

Day 18: Galatians 6:2

Day 19: 1 Corinthians 13:7

Day 20: Psalm 116:5

Day 21: Luke 6:36

Day 22: 1 Timothy 6:6

Day 23: Hebrews 13:5

Day 24: Matthew 6:33

Day 25: Psalm 16:11

Day 26: Proverbs 19:23

Day 27: 2 Thessalonians 3:16

Day 28: Isaiah 26:3

Day 29: Colossians 3:15

Day 30: Romans 15:13

More Resources

I'd love to connect with you more!

You can find me at all of these places:

The Start Again Podcast (most all streaming platforms)

My Website: DonnaWoolam.com

Facebook: [FB.com/DonnaWoolamAuthor](https://www.facebook.com/DonnaWoolamAuthor)

My Free Facebook Group:

[Facebook.com/Groups/ChristianJourneytoWholeness](https://www.facebook.com/Groups/ChristianJourneytoWholeness)

Instagram: [@DonnaWoolam](https://www.instagram.com/DonnaWoolam)

YouTube: [@DonnawoolamTheLifeInspired](https://www.youtube.com/channel/UCDonnawoolamTheLifeInspired)

EM: Donna@DonnaWoolam.com

And on Amazon!

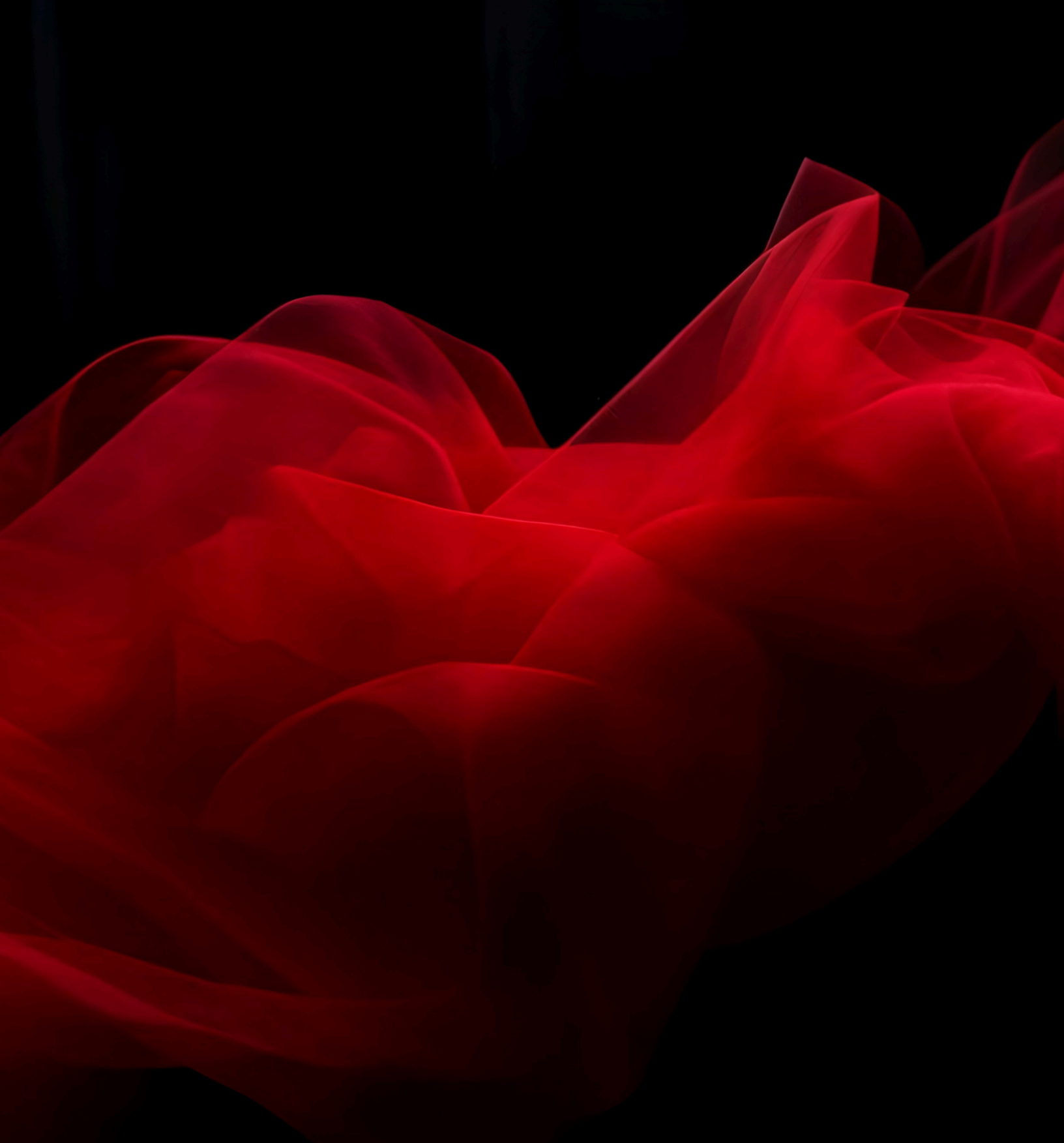
You can find these books...

Breathtaking! Discover and Release Your Greatness

Design Your Culture - Empower Your Team (Book and Workbook)

The Well-Managed Mind Workbook and Journal

I am available for podcasts, teaching and speaking/preaching.



Donna Woolam
DonnaWoolam.com