

Podcast Companion Worksheet

Bible Series | Episode 1 | "Building a Foundation in God's Word"

Episode Reflection: Where have you been trying to fix symptoms instead of asking God to heal the root? What might He be inviting you to uncover?

Journal Prompt:

- Write a prayer asking God to search your heart and reveal hidden roots.
- Describe a time when God showed you a deeper issue beneath a visible struggle.

Scripture Snapshot:

Jeremiah 17:9: "The heart is deceitful above all things, and desperately wicked: who can know it?"

→ **Surface problems come from deeper heart issues.**

Matthew 23:25-26: "Cleanse first the inside of the cup and the dish, that the outside of them may be clean also."

→ **True healing starts from within, not by fixing appearances.**

Psalms 139:23-24: "Search me, O God, and know my heart..."

→ **Invite God to reveal hidden wounds and sinful patterns.**

Ezekiel 36:26: "I will give you a new heart and put a new spirit within you."

→ **God doesn't patch the old heart—He transforms it completely.**

Takeaway Challenge:

This week, spend time in prayer not just asking for behavior change, but asking God to heal the deeper wounds and patterns in your heart.

Big Ideas

- Addressing only the "fruit" (behaviors) leaves the deeper heart issues untouched.
- True healing requires letting God dig into the root causes.
- God is not interested in quick fixes—He's committed to heart transformation.
- Honest prayer opens the door for God's healing work beneath the surface.



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Bible Series | Episode 2 | Letting God's Word Transform You Before You Teach

Episode Reflection: When have you been tempted to treat the Bible like a tool for others rather than a mirror for yourself? What needs to change?

Journal Prompt:

- Describe a time when you sat at Jesus' feet and His Word changed you.
- How can you prioritize personal transformation before teaching or serving others?

Scripture Snapshot:

James 1:22-24: "Be doers of the word, and not hearers only, deceiving yourselves."

→Scripture is a mirror for personal change, not just a tool for teaching.

Matthew 7:3-5: "First remove the beam from your own eye..."

→Personal transformation must come before helping others.

Luke 10:38-42: "Mary sat at Jesus' feet and listened."

→Listening to Jesus is the "one thing" that can never be taken away.

2 Timothy 2:15: "Study to show yourself approved unto God..."

→Personal study and obedience come before teaching others.

Takeaway Challenge:

This week, spend time reading Scripture without preparing to teach it. Sit quietly at Jesus' feet, listen, and let His Word shape your heart first.

Big Ideas

- The Bible isn't a tool for content—it's a mirror for personal growth.
- Teaching must overflow from a heart transformed by God's Word.
- Neglecting personal application leads to spiritual emptiness and potential failure.
- Sitting at Jesus' feet—listening and learning—is the foundation for authentic ministry.



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Bible Series | Episode 3 | Reading the Bible Without Feeling Overwhelmed

Episode Reflection: Think of a time when you felt overwhelmed trying to read or understand the Bible. What helped you move forward?

Journal Prompt:

- How can you shift your mindset from perfection to connection in your Bible reading?
- Write about one verse that has been a "lamp" to your feet in a difficult season.

Scripture Snapshot:

John 4:13-14: "Whoever drinks the water I give them will never thirst."
Jesus offers a personal, transformative relationship, not bound by comparison.

2 Corinthians 10:12: "When they measure themselves by themselves... they are not wise."
Comparison is unwise, distracting us from God's unique work in us.

Deuteronomy 6:5-7: "Talk about God when you sit, walk, lie down, and get up."
True relationship with God is integrated into everyday life, not limited to perfect moments.

Ephesians 2:10: "We are God's handiwork, created in Christ Jesus for good works."
You are uniquely designed for a purpose, and God works in you individually.

Big Ideas:

- Comparison shifts our focus from connection with God to performance.
- Your spiritual journey is unique to you, not based on others' expectations.
- God desires authenticity in your relationship, not perfection.
- Celebrate others without comparison and stay rooted in God's truth for you.

Takeaway Challenge:

This week, invite God into everyday moments—whether during chores or your commute. Cultivate connection with Him in the small moments.



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Bible Series | Episode 4 | Embracing Your Unique Spiritual Journey

Episode Reflection: Think of a time when comparison affected your spiritual life. Reflect on how you can embrace your unique journey with God.

Journal Prompt:

- Write about a moment when God met you in the ordinary. How did it remind you of His presence?
- How can you invite God into your everyday rhythms?

Scripture Snapshot:

Psalm 119:105: "Your word is a lamp to my feet and a light to my path."
→ **God's Word gives just enough light for the next step, not the whole journey.**

Matthew 11:28-30: "Come to me, all who labor and are heavy laden, and I will give you rest."
→ **Jesus invites us into rest, not into performance or perfection.**

1 Kings 19:11-12: "God was not in the wind, earthquake, or fire — but in a still small voice."
→ **God often speaks through quiet moments when we're overwhelmed, not grand displays.**

Big Ideas:

- Bible reading is not meant to be rushed; it's meant to nourish the soul one step at a time.
- You don't need to understand everything at once—start small and trust God to meet you.
- Feeling overwhelmed doesn't mean you're failing; it often means you need to slow down and listen.
- Trust the "headlight view" — you don't need to see the whole journey, just the next step.

Takeaway Challenge:

This week, choose one verse each day. Sit with it, reflect on it, and trust that small steps matter in your journey with God.



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Bible Series | Episode 5 | What to Do When the Bible Feels Lifeless

Episode Reflection: Have you ever felt distant from God's Word? Reflect on how God can renew your passion for Scripture, even in dry seasons.

Journal Prompt:

- Write about a time of spiritual dryness and how you overcame it.
- What promises from Scripture encourage you when you feel distant from God?

Scripture Snapshot:

Psalms 42:1 – "As the deer pants for streams of water, so my soul pants for you, my God."

Even in seasons of dryness, our soul longs for God's presence.

Isaiah 55:10-11 – "As the rain and the snow come down from heaven...so is my word that goes out from my mouth; it will not return to me empty."

God's Word is always effective and purposeful, even when we don't feel its impact.

Jeremiah 29:13 – "You will seek me and find me when you seek me with all your heart."

Persistence in seeking God will lead to a deeper connection, even in dry seasons.

Matthew 11:28 – "Come to me, all you who are weary and burdened, and I will give you rest."

Jesus offers rest and comfort in the midst of our spiritual weariness.

Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Consistently renewing our minds through God's Word transforms us, even when it feels like we're not seeing change.

Takeaway Challenge:

Commit to 10 minutes a day in Scripture this week. Try a new method (like listening or journaling) and write down one insight each day.

Big Ideas:

- Spiritual dryness is normal, but God's Word remains powerful.
- Consistency in Scripture, even without feeling, is key.
- Press on in dry seasons—God is still at work.



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Bible Series | Episode 6 | Why Scripture Isn't Just for Memorization

Episode Reflection: When was the last time you recognized God's voice through Scripture at just the right moment? Reflect on how God has used His Word in your life.

Journal Prompt:

- Write about a time when a verse came back to you at the perfect moment, even if you didn't remember the exact reference.
- How did God use that truth to comfort or challenge you?

Scripture Snapshot:

Psalms 119:11 – "I have hidden your word in my heart that I might not sin against you."

God's Word is meant to be deeply embedded in our hearts, not just memorized for recall but cherished for transformation.

John 10:27 – "My sheep hear my voice, and I know them, and they follow me."

As we immerse ourselves in Scripture, we begin to recognize God's voice speaking directly to our hearts.

Isaiah 55:10-11 – "As the rain and the snow come down from heaven, and do not return to it without watering the earth...so is my word that goes out from my mouth; it will not return to me empty."

God's Word accomplishes His purposes, even when we don't immediately see its effects.

James 1:22 – "Do not merely listen to the word, and so deceive yourselves. Do what it says."

Soaking in God's Word is not just about hearing it but applying it to our lives.

Takeaway Challenge:

This week, commit to slowing down when reading your Bible. Pick one verse that stands out to you and meditate on it throughout the day. Ask God to bring it to mind when you need it most.

Big Ideas:

- God's Word is alive and transformative, not just information to memorize.
- We don't need perfect recall; the Holy Spirit brings God's Word to mind when we need it most.
- The goal of soaking in Scripture is relationship, not perfection.
- Time spent in Scripture is about learning to recognize God's voice.



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Bible Series | Episode 7 | The One Question That Changed Everything

Episode Reflection: When Job encountered God, everything shifted.

Journal Prompt:

- Write about a time when God revealed Himself to you through Scripture. How did this encounter impact your faith or understanding of Him?
- How did this change the way you approach your Bible reading and prayer life?

Scripture Snapshot:

Job 38:4-7 – “Where were you when I laid the foundations of the earth? Tell me, if you have understanding...”

God reveals His greatness through creation, and our understanding of Him is deepened when we see Him as the Creator.

Isaiah 6:1-5 – “I saw the Lord sitting upon a throne, high and lifted up, and the train of His robe filled the temple.”

Encountering God’s holiness humbles us and transforms us, revealing our need for His grace.

Job 42:5-6 – “I had heard of you by the hearing of the ear, but now my eye sees you; therefore, I despise myself, and repent in dust and ashes.”

True transformation happens when we see God for who He really is, which changes our perspective on everything.

Big Ideas:

- The Bible isn’t about us; it’s about God.
- True Bible reading is about seeing God, not just seeking answers.
- Our understanding of God shapes our response to life’s challenges.
- Shifting from seeking answers to seeking God Himself will transform our Bible reading and our faith.

Takeaway Challenge:

This week, as you read your Bible, focus on seeking to know God more deeply rather than seeking answers. Start by reading with the intention of seeing who God is in the passage. Journal your thoughts and track your ICU moments.



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Bible Series | Episode 8 | Hearing God in Everyday Life

Episode Reflection: I am learning that hearing God's voice begins not with striving, but with stillness.

Journal Prompt:

- Write about how your understanding of God's voice has grown.
- Where have you seen Him speak clearly, and how can you nurture that sensitivity going forward?

Scripture Snapshot:

1 Samuel 3:1–10 – “Speak, Lord, for your servant is listening.”
God speaks personally—our role is to listen and respond with a willing heart.

John 10:27 – “My sheep listen to my voice; I know them, and they follow me.”
Relationship with Jesus makes us familiar with His voice.

1 John 4:1 – “Test the spirits to see whether they are from God.”
We are called to practice discernment with what we hear.

Acts 17:11 – “They received the message with great eagerness and examined the Scriptures every day.”
Wise believers measure everything against Scripture.

Hebrews 5:14 – “But solid food is for the mature... who have trained themselves to distinguish good from evil.”
Spiritual maturity comes from being trained by God's Word.

Jeremiah 9:24 – “Let the one who boasts boast about this: that they have the understanding to know me.”
Our highest aim is to know God personally, not just gain knowledge.

Takeaway Challenge:

Spend 10 minutes a day in the Bible this week. Instead of seeking answers, focus on presence—ask, “God, what do You want me to know about You today?” and write it down.

Big Ideas:

- Hearing God's voice is about relationship, not performance.
- Scripture is the foundation of learning to recognize His voice.
- Discernment is developed through regular time in the Word.
- God speaks—and He wants to be known.



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Bible Series | Episode 9 | Fresh Manna – Living on Today's Word

Episode Reflection: I am learning that spiritual nourishment isn't stored—it's gathered. I can't survive today on what God gave me yesterday.

Journal Prompt:

- Reflect on how your time with God has been lately.
- Are you relying on past experiences, or coming to Him daily for fresh truth and direction?

Scripture Snapshot:

Exodus 16:4–5 – “I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day.”

God provides daily sustenance—our role is to trust Him each day for what we need.

Lamentations 3:22–23 – “His mercies are new every morning; great is your faithfulness.”

God offers fresh mercy and grace every single day, not just once.

Matthew 6:11 – “Give us today our daily bread.”

Jesus teaches us to rely on God for today's needs, not tomorrow's.

Deuteronomy 8:3 – “Man does not live on bread alone but on every word that comes from the mouth of the Lord.”

Our lives depend on God's Word just as much as physical food.

John 6:35 – “I am the bread of life. Whoever comes to me will never go hungry.”

Jesus Himself is our true sustenance—He satisfies the deepest hunger.

Takeaway Challenge:

For the next 7 days, begin your morning with Scripture before anything else. Don't aim for quantity—aim for freshness. Write down the “manna” God gives you each day, even if it's just one verse or one word.

Big Ideas:

- Yesterday's Word isn't enough for today—we need fresh encounters with God.
- God invites us into daily dependence, not spiritual autopilot.
- Gathering “manna” each morning builds trust, obedience, and intimacy.
- Spiritual hunger is meant to lead us back to the Source—not to shame us.



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Bible Series | Episode 10 | Is Your Faith Settled?

Episode Reflection: The questions in this episode are not theoretical—they're personal and urgent. They draw a line between casual belief and committed discipleship. If everything was stripped away—comfort, access to Scripture, freedom—would your faith still stand? Would Jesus still be enough?

Journal Prompt:

- Are you willing to die to yourself—your desires, your temptations, your opinions—daily?
- Would you still be faithful if following Jesus cost you everything?
- Will you set aside time every day to be with God?

Scripture Snapshot:

Matthew 7:24–25 – “Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.”

Faith built on God's Word can withstand any storm.

Isaiah 40:8 – “The grass withers and the flowers fall, but the word of our God endures forever.”

God's Word is eternal, unshakable, and trustworthy.

Psalms 119:11 – “I have hidden your word in my heart that I might not sin against you.”

Internalizing Scripture strengthens us for both temptation and testing.

Romans 12:1–2 – “Be transformed by the renewing of your mind.”

True surrender means daily transformation through God's truth.

Takeaway Challenge:

Set aside 10–15 minutes each day this week to sit with God's Word. No distractions, no agenda. Just you and Scripture. As you read, meditate on these questions:
Is my faith settled? Is it rooted in God's Word—or in something shakable?

Big Ideas:

- A faith built on emotion or convenience will collapse under pressure.
- The Word of God must be more than accessible—it must be internalized and lived.
- Suffering and sacrifice reveal whether our faith is truly anchored in truth.
- Daily dying to self is the quiet battleground where true faith is forged.

