**7-Day PiVAT Journal**  hearwelldone.org

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| **The 7 Day PiVAT Journal – Includes the 3-Day-Challenge plus four days. A PiVAT Journal contains 3 pages – A PiVAT page – to get God plan for you, a PRISM Page – five things you can do in His Word, and a Conversations Page – every conversation you have with God yourself or others – write it down. (Jeremiah 30:2)**  **(See hearwelldone.org/resources/ PiVAT, PRISM, Daily Call, PiVAT Weekly, PiVAT Journal)**  **Print another when you’re done, or get any notebook to use for your PiVAT Journal for this month. A 9x7 Composition Notebook from Walmart is just .98 cents – the best $12 you will spend all year!**  **Take The 3-Day Challenge:**  **1) Print out a 3-Day Challenge Packet or just use this 7-Day PiVAT Journal.**  **2) Ask a Friend to join you for three days.**  **The 3-Day Challenge:**  **PiVAT - God’s plan for your day.**  **PRISM - 5 things you can do in God’s Word every day.**  **DAILY CALL –** a 15 minute call before work sharing PiVAT & PRISM with a Friend  **How2 complete the 3-Day-Challenge**  **Do PiVAT before dinner** - Before eating dinner tonight – fill out PiVAT for tomorrow – Ask God for His plans for you for tomorrow. He will surely tell you.  **Do PRISM throughout the day** – PRISM – 5 Things you can do in God’s Word every day.  SOAP out at least 1 verse. Let God speak to you. He will.  **Daily Call -** Ask a friend to join you in this **3-Day-Challenge** – **PiVAT, PRISM and a DAILY CALL for three days.**  Call each other every morning before your workday begins. Set a specific time. Begin tomorrow morning.  5 min – you share your PiVAT for today  5 min – they share theirs  5 min – pray for each other. (God will speak – you will see)  **\*Conversations Page** – Every conversation you have with God, yourself or others, write it down. Get a **PiVAT Journal** - A Norcom 9x7 Composition Notebook is perfect – only $.98 at Walmart. God speaks through His WORD, His Holy Spirit, and also through conversations with others. God will give you specific instruction, encouragement and direction. (See hearwelldone.org/Resources/PiVAT, PRISM, Daily Call, PiVAT Journal)  **Take this 3-Day Challenge!**  God will absolutely amaze you – He will speak, He will direct your steps, He will answer prayer, He will help you grow like crazy in just 3 days! So will your friend! You will see. |

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| **PiVAT Journal:** Every conversation you have with God, yourself or others - Write it down! God will use it to give you discernment, direction and specific instruction.  **Jeremiah 30:2** – This is what the LORD the God of Israel says: ‘Write in a book all the words I have spoken to you.’ **hearwelldone.org** | **Three Pages to use every day in your PiVAT Journal:**  **PiVAT –** God’s plan for your day, not yours  **PRISM** – 5 Things you can do in God’s Word every day  **CONV** – Every Conversation with God, yourself, or others |

**PiVAT** **WEEKLY** - Give God Your Week Planner **Week of**:

**Jeremiah 10:23 – I know, O LORD, that a man’s life is not his own; it is not for man to direct his steps.**

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| **P: Prayer:** What do you need most from God this week?  (You won’t know, Ask Him, He’ll tell you) see PRISM Topic – What God Gives)  **V: Vision:** What is the #1 thing He is telling you to do this week? (The Top 3)  **A: Accountability:** When is He telling you to do it? (the specific day, date, and time)  **T: Testimony**: (a) The Top 3 Things God did this week– as you’re learning to obey, and  (b) The Top 3 Things God Revealed this week – through His Word. (PRISM) | **Do PiVAT WEEKLY before the week begins**  Fill in the **Dates** for the week then Fill in the **hourly time slots** that God reveals. You don’t have to fill in every time slot yet,  only what God shows you so far. **PiVAT is a change of direction**: from man’s way to God’s Way. Pro 14:12, Isa 55:8-9, Jer 29:11 – for I know the plans I have for you... see hearwelldone.org |

**HWD Tools** – Daily Call hearwelldone.org

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| **What is a Daily Call? - a 15 minute call before work sharing PiVAT and PRISM with a friend.**  5 Min:  You share your PiVAT for today 5 Min:  They share theirs 5 Min:  Pray for each other  Write your Daily Call on a new **Conversations Page**. Write their PiVAT for today, and what you prayed for each other. **A Daily Call** is actually obeying **Hebrews 3:13**: "But exhort one another daily while it is called today so that none of you may be hardened by the deceitfulness of sin."  You will be challenged, encouraged, and your relationship with God will grow like crazy in just a few days - because you'll be learning to obey what He tells you each day, you will be "Overcoming by the word of your testimony," and you will be exhorting one another daily. Few people have ever really "exhorted one another daily." Taking God at his Word is life-changing! You will see.  **Before You Begin a Daily Call** 1) **Ask** God to help you do **PiVAT before dinner (**fully surrender time, thought and money decisions) 2) **Ask** God who He wants you to walk with?  3) **Invite** them to join you for a Daily Call for a pre-determined number of days (3-Day-Challenge, 30 days etc.)  4) **Set** a Daily Call time - (Early is better, before your workday begins) - Monday-Friday, Saturday & Sunday off 5) **Read** the How2s for PiVAT, PRISM, Conversations Page, and Daily Call  6) **Expect** **Growth** – God will grow you like you’ve never grown before! (It's what happens when you obey daily)  7) **Begin** – just start today  **How to Do a Daily Call** Whoever calls first at the daily call time – begin immediately sharing your PiVAT for today. No small talk. Get right to it. Maybe a quick prayer - “God- Help us glorify you in these few minutes – Amen" Then start immediately.  1) Five Minutes - Share your PiVAT for today, 2) Five Minutes - They share theirs, 3) Five Minutes - Pray for each other. That's it!  One of the most **powerful things** you can do as a Christian - a **Daily Call.** It will change you, because it puts you daily in the place of obedience - where God can bless you!  **Helpful Hints for a Successful Daily Call**  1) Do **PiVAT before dinner** - Don’t eat before spending 5 Minutes with God getting his plan for you for tomorrow.  2) Set an early **Daily Call** time **before your workday begins** it’s the only way to be consistent with it.  3) **Do not go over** the 15 minutes!  You can talk more if you want – just call back on another phone call.  4) Share **only what you wrote** **down** on your PiVAT sheet during your 5 minutes. If calls get too long, you’ll stop.  5) Write down **their PiVAT** for today (to pray for them at the end of this call, and even later as God may lead you)  6) Write down **what God spoke** through prayer. God will speak through your prayer (Crazy!) Write what He says.  7) PiVAT Calls are **same sex only**. Honor your spouse (or future spouse) by saving intimate conversations for them.  8) **Text** your **Daily Call** partner when you finish **PiVAT before dinner** (The hardest thing you’ll ever do in your life- because the devil will do anything to stop this call. He knows Heb 3:13, Eccl 4:12 and Rev 12:11 work!) The power of two by two: learning to fully obey with time thoughts & money, overcoming by the word of your testimony. |

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| **Daily Call:** A15 minute call before work sharing PiVAT and PRISM with a friend.  **5 min you share, 5 min they share, 5 min pray for each other**). That’s it – 15 min tops. Stay within your fifteen minutes by sharing only what you wrote on your PiVAT sheet for today. To talk further, call back on a different phone call. Set a daily call time. Before your workday begins is best. (Mon-Fri only – Sat & Sun off) See hearwelldone.org | **Do PiVAT before Dinner** to get God’s plan for your day tomorrow  Text each other when you did it. The devil will do anything to stop this daily call. Eccl 4:12- Though one may be overpowered by an adversary, two can withstand him. Ask God who to walk with for 3, 7 or 30 days) Life-changing! Heb 3:13 Exhort one another daily. |

**PRISM Topic** – Write It Down www.hearwelldone.org

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| Jer 30:2 – “This is what the LORD, the God of Israel, says: ‘**Write in a book all the words I have spoken to you**.’”  **I Samuel 3:19,21** – The LORD was with Samuel as he grew up, and he **let none of his words** fall to the ground... The LORD **continued to appear** at Shiloh, and there he **revealed himself** to Samuel through his word.  Hab 2:2 – And the Lord answered me: “**Write the vision**, make it plain on tablets, so he may run that reads it.” (i.e. “so that every time you read it… you can run with it”)  I Chronicles 28:19 – “All this,” David said, “**I have in writing** from the hand of the LORD upon me, **and he gave me understanding** in all the **details** of the plan.”  Exodus 17:14– And the LORD said unto Moses, “**Write this in a book as something to be remembered**, and rehearse it in the ears of Joshua:”  Isaiah 30:8 – Now go, write it on a tablet for them, and **note it in a book** as something to be remembered that for the days to come it may be remembered as an everlasting witness.  Psalms102:18 – **Let this be written for a future generation** that a people not yet created may praise the LORD.  **Mathew 13:12** – “Whoever has will be given more, and they will have an abundance. Whoever does not have, even what they have will be taken from them.” **Matthew 11:15** – He that hath ears to hear, let him hear.   **Matthew 4:4** – But he answered and said, It is written, man shall not live by bread alone, **but by every word** that proceedeth out of the mouth of God.  **Matthew 13:4** – As he was scattering seed, some fell along the path, and the **birds came** and ate it up.  **John 16:13** - But when he, the Spirit of truth, comes, **he will guide you into all truth**.  He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.  Revelation 1:19 – **Write the things which you have seen**, and the things which are, and the things which will take place later.    Revelation 21:5 – And he that sat upon the throne said, Behold, I make all things new, and he said unto me, **write: for these words are true and faithful**.  John 20:31 – But **these things are written, that you might believe** that Jesus is the Christ, the son of God, and that believing, you might have life through his name.  Romans 15:4 – For whatever things were written before **were written for** our learning, that through patience and comfort of the scriptures we might have hope. |

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| **A PRISM Topic** is God’s Word on a single subject**. A Relationship Topic:** is a perspective from God’s Word on relationships. A **PRISM Topic Packet** is a grouping of PRISM or Relationship Topics of similar subjects… part of the **M: Meditate on the** **Word** of  **PRISM** – (5 Things You Can Do Daily in God’s Word) - to transform **the way you think**. See [hearwelldone.org](http://www.hearwelldone.org) for PRISM Topics, Relationship Topics, or Packets. Take it with you! | **Ask God what PRISM Topic or Relationship Topic He wants you to meditate on today.** Take your PRISM Topic, Relationship Topic or Packet with you! Come back to them throughout the day!  **“*It is to be with him, and he is to meditate on it day and night, so that he may learn to fear the LORD*…” - Deuteronomy 17:19** |

**PiVAT** – Give God your Day Planner **Day & Date:**

**DO PiVAT Before Dinner – to get God’s plan for you for tomorrow.**

Principles of Faithfulness The Times of God’s Choosing God’s TO DO LIST for you today, not yours.

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| **PiVAT b4 dinner**-4 Questions to ask not answer. (PRISM Topic: What God gives)  **P: Prayer:** What do you need most from God today? (Ask Him, He’ll tell you!)  **V: Vision:** What is the number one thing He is telling you to do today?  **A: Accountability:** When is He telling you to do it? (the specific time)  **T: Testimony**: (a) The Top 3 Things God Did – as you’re learning to obey, and  (b) The Top 3 Things God Revealed – through His Word. (PRISM)  **3-Day-Challenge** – PiVAT, PRISM, and a DAILY CALL for 3 days with a friend **Daily Call** – 5 Min you share your PiVAT, 5 Min they share, 5 min pray | | **Right Column:** God’s To Do’s for you today, not yours.  Only write down things HE tells you to do today, then be sure to do them!  **Middle Column**: Everything God wants you to do today has a time.  Ask Him and He will tell you. Check in with Him throughout the day!  Do **PiVAT before dinner** every day to get God’s plan for you for tomorrow  **PiVAT is a Change of direction** from man’s way to God’s Way – Prov 14:12  **Advanced Daily Call** – also share **R.S.V.P.** to overcome financially  **hearwelldone**.org – Tools Topics and Relationships to fulfill your purpose! | |

**PRISM** – Five things you can do daily in God’s Word **Day & Date:**

You don’t have to do them all, or all at once. S.O.A.P. one or all five…

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| **P: Praise the Word:** Take a chapter in Psalms & “Praise God” using the Psalmist’s words  **R: Read the Word**: Read a Chapter or a passage. Use your Hear Well Done Highlighters\*  **I: Insight from the Word:** God gave a Proverbs chapter a day - for wisdom. You need it!  **S: Study the Word:** Use (S.O.A.P.) to go deeper. Ask God what verse. He will show you.  **M: Meditate on the WORD:** A verse, a passage, or a **PRISM Topic**: (Single, or Packet)  (hearwelldone.org) | **(s.) Scripture** – Write out the reference and verse  **(o.)** **Observatio**n – God, what do you want me to see that I  haven’t seen before?  **(a.)** **Application** – God, what do you want me to do now that  you have revealed this?  **(p.) Prayer** – Ask God to help you do it. |

. PiVAT Highlighters: Yellow-Good Stuff, Pink-Prayer, Blue-Holy Spirit, Green-Money, Orange-Obey, Purple-Promises

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**CONVERSATIONS** - **Revelation, Ideas, Brainstorms Day & Date:**

Every conversation you have with God, yourself or others – Write It Down

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Principles of Faithfulness The Times of God’s Choosing God’s TO DO LIST for you today, not yours.

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| **A Conversations Page:**  Every conversation you have with God, yourself or others –  1 of 3 pages to write every day in your **PiVAT Journal** (PiVAT, PRISM, Conversations)  You can use a Norcom 9x7 notebook to use for 1 month (along with 3 Conversation Log Inserts: Insert#1 PRISM Topics, Insert#2 Monthly, Insert#3 Yearly, or print out a ‘3-Day-Challenge Packet’ – Three Days of PiVAT, PRISM, Conversations Pages. hearwelldone.org | **Jeremiah 30:2 – This is what the LORD, the God of Israel says, ‘Write in a book all the words I have spoken to you.’**  Take your PiVAT Journal with you- capture every conversation you have with God, yourself, or others through which God will reveal His specific instructions to you. |

**PiVAT** – Give God your Day Planner **Day & Date:**

**DO PiVAT Before Dinner – to get God’s plan for you for tomorrow.**

Principles of Faithfulness The Times of God’s Choosing God’s TO DO LIST for you today, not yours.

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| **P:** | **6** | | **HOME** | |
|  | **7** | |  | |
| **V:** | **8** | |  | |
|  | **9** | | **WORK** | |
| **A:** | **10** | |  | |
|  | **11** | |  | |
| **T: (a)** | **12** | |  | |
|  | **1** | |  | |
|  | **2** | |  | |
|  | **3** | |  | |
| **(b)** | **4** | |  | |
|  | **5** | |  | |
|  | **6** | |  | |
|  | **7** | |  | |
|  | **8** | |  | |
|  | **9** | |  | |
|  | **10** | |  | |
| Notes: | | PiVAT Maybe | |
|  | | \*New ‘to do’s’ go here 1st. Ask God if He wants you to add them above to God’s To Do List for you today – or move them to your PiVAT Maybe List | |
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| **PiVAT b4 dinner**-4 Questions to ask not answer. (PRISM Topic: What God gives)  **P: Prayer:** What do you need most from God today? (Ask Him, He’ll tell you!)  **V: Vision:** What is the number one thing He is telling you to do today?  **A: Accountability:** When is He telling you to do it? (the specific time)  **T: Testimony**: (a) The Top 3 Things God Did – as you’re learning to obey, and  (b) The Top 3 Things God Revealed – through His Word. (PRISM)  **3-Day-Challenge** – PiVAT, PRISM, and a DAILY CALL for 3 days with a friend **Daily Call** – 5 Min you share your PiVAT, 5 Min they share, 5 min pray | | **Right Column:** God’s To Do’s for you today, not yours.  Only write down things HE tells you to do today, then be sure to do them!  **Middle Column**: Everything God wants you to do today has a time.  Ask Him and He will tell you. Check in with Him throughout the day!  Do **PiVAT before dinner** every day to get God’s plan for you for tomorrow  **PiVAT is a Change of direction** from man’s way to God’s Way – Prov 14:12  **Advanced Daily Call** – also share **R.S.V.P.** to overcome financially  **hearwelldone**.org – Tools Topics and Relationships to fulfill your purpose! | |

**PRISM** – Five things you can do daily in God’s Word **Day & Date:**

You don’t have to do them all, or all at once. S.O.A.P. one or all five…

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| **P: Praise the Word:** Take a chapter in Psalms & “Praise God” using the Psalmist’s words  **R: Read the Word**: Read a Chapter or a passage. Use your Hear Well Done Highlighters\*  **I: Insight from the Word:** God gave a Proverbs chapter a day - for wisdom. You need it!  **S: Study the Word:** Use (S.O.A.P.) to go deeper. Ask God what verse. He will show you.  **M: Meditate on the WORD:** A verse, a passage, or a **PRISM Topic**: (Single, or Packet)  (hearwelldone.org) | **(s.) Scripture** – Write out the reference and verse  **(o.)** **Observatio**n – God, what do you want me to see that I  haven’t seen before?  **(a.)** **Application** – God, what do you want me to do now that  you have revealed this?  **(p.) Prayer** – Ask God to help you do it. |

. PiVAT Highlighters: Yellow-Good Stuff, Pink-Prayer, Blue-Holy Spirit, Green-Money, Orange-Obey, Purple-Promises

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| **P:** (s.) |
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**CONVERSATIONS** - **Revelation, Ideas, Brainstorms Day & Date:**

Every conversation you have with God, yourself or others – Write It Down

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**CONVERSATIONS** - **Revelation, Ideas, Brainstorms Day & Date:**

Every conversation you have with God, yourself or others – Write It Down

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**HWD Tools** – Conversations hearwelldone.org

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| Download the **3-Day-Challenge Packet** or **7-Day PiVAT Journal** and you will have a “3 Day PiVAT Journal” for PiVAT, PRISM, and Conversations.    After that you can use any sized notebook and just draw three columns for PiVAT. PRISM and Conversations are just text.  **What is Conversations**?  **A Conversations Page – is one of three pages in your PiVAT Journal. (PiVAT, PRISM, Conversations)**  Learn to be like Samuel! He did not let one Word that God spoke to him – fall to the ground. (I Sam 3:19)  **PiVAT** captures God’s Plan for you for today – He has good for you! (Do **PiVAT before dinner** for tomorrow)  **PRISM** captures what God speaks to you each day through His Word (Come back to it throughout the day)  **CONVERSATIONS** – captures what God speaks to you each day through His Holy Spirit, or through others.  Once you get your own PiVAT Journal Notebook for the month. Start with a PiVAT Page first, because you will do **PiVAT before dinner** for tomorrow - to get God’s plan for you.  A PRISM Page is often next - five things you can do in God’s Word throughout the day. If you need more than one page, just use the first Conversations page that follows.  Add additional Conversations Pages as needed. God will frequently give you counsel in the night season for you to write down when He speaks. Just add pages for the conversations you have throughout the day.  **How to use your Conversations Page**  **Every Conversation you have with God, yourself, or others, write it down!**  **You will probably use at least one conversation page each day (often more than one) to capture the conversations you have.**  **A Norcom 9x7 Composition Notebook ($1 at Walmart) as a PiVAT Journal will last you a month for PiVAT, PRISM, and Conversations. You can draw three columns for PiVAT. PRISM and Conversations are just text.**  **What you write down, you will remember; God will teach you things through each one. Print Out a 7-Day-PiVAT Journal – It cover you for this week. Long-term, any size notebook will work, but a 9x7 Notebook is a unique size for a Conversation Log. Every Hear Well Done Tool if printed out, and the margins trimmed – easily fits in the front or back cover of a 9x7 Notebook.** |

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| **A PRISM Topic** is God’s Word on a single subject**. A Relationship Topic:** is a perspective from God’s Word on relationships. A **PRISM Topic Packet** is a grouping of PRISM or Relationship Topics of similar subjects… part of the **M: Meditate on the** **Word** of  **PRISM** – (5 Things You Can Do Daily in God’s Word) - to transform **the way you think**. See [hearwelldone.org](http://www.hearwelldone.org) for PRISM Topics, Relationship Topics, or Packets. Take it with you! | **Ask God what PRISM Topic or Relationship Topic He wants you to meditate on today.** Take your PRISM Topic, Relationship Topic or Packet with you! Come back to them throughout the day!  **“*It is to be with him, and he is to meditate on it day and night, so that he may learn to fear the LORD*…” - Deuteronomy 17:19** |

**HWD Tools** – Conversations (2) hearwelldone.org

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| **What could your Conversations Page Contain?**  **Conversation Records**:  Every conversation you have with any person today; write down things discussed, things important to them, things you learned, prayer needs – so you can pray for them.  They are precious to God!  **Revelation**:  God will speak to you in the night season, He will wake you up with a spiritual truth on your heart, new ideas, or something He wants you to do.  Write them on a Conversations Page, so you don’t forget what He says. He may have you put them directly on your **PiVAT** for today (His To Do List for you today), or He may have you move them to this month’s ongoing **PiVAT Maybe To Do** List - for God to confirm, delay or delete.  **Ideas Page:**  Sometimes you will get on a brain storm – not necessarily the Holy Spirit revealing things, but things cluttering your mind. Write them down, so you can ask God - to see what is from Him, and what is not.  **Quotes Page:**  If you hear someone say something on the radio, podcast or television, write it down.  People being interviewed are usually successful; and they cannot help but give away some of their secrets.   If nothing else, their words reveal how they think. Whether worldly wisdom, or God’s truth, writing down the important things they say gives you an opportunity to learn from them, and ask God to reveal truth versus deception.  **Pastor's Sermons:**  Every time you go to church or hear someone speak, bring your Conversation Log with you, take notes.  God often confirms through others, things He told you to do in your PiVAT & PRISM times with Him.  **Project Plans:**  You might have something you need to do, or plan out.  Take a CONVERSATIONS page to begin the planning process.  Your Conversation Log Index helps you easily come back and finish it at a later time, so you don’t think of things during the day, but then forget them because you didn’t write them down at the time.  **Daily Call** - A 15 min call before work sharing PiVAT with a friend and praying for each other.  5 min you share, 5 min they share, 5 min pray for each other.  Use the Conversations Page to write their PiVAT for today, and what the Holy Spirit spoke through your prayer for each other.  Take the **3-Day-Challenge** – make a habit of walking daily with someone. It will absolutely change your life! |

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