



*Pathway to Intimacy with God*

*A 7-day Journaling Journey*



*Bright Labs*

© 2025 Bright Lab Pty Ltd. All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means — electronic, mechanical, photocopying, recording, or otherwise — without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law.

This publication is intended for educational use only. It is sold as a single-user licence. Group distribution, institutional use, or uploading to shared platforms without authorisation is strictly prohibited.

Product Title: Pathway to Intimacy with God: A 7-day Journaling Journey

Author: Bright Lab

Publisher: Bright Lab (South Africa)

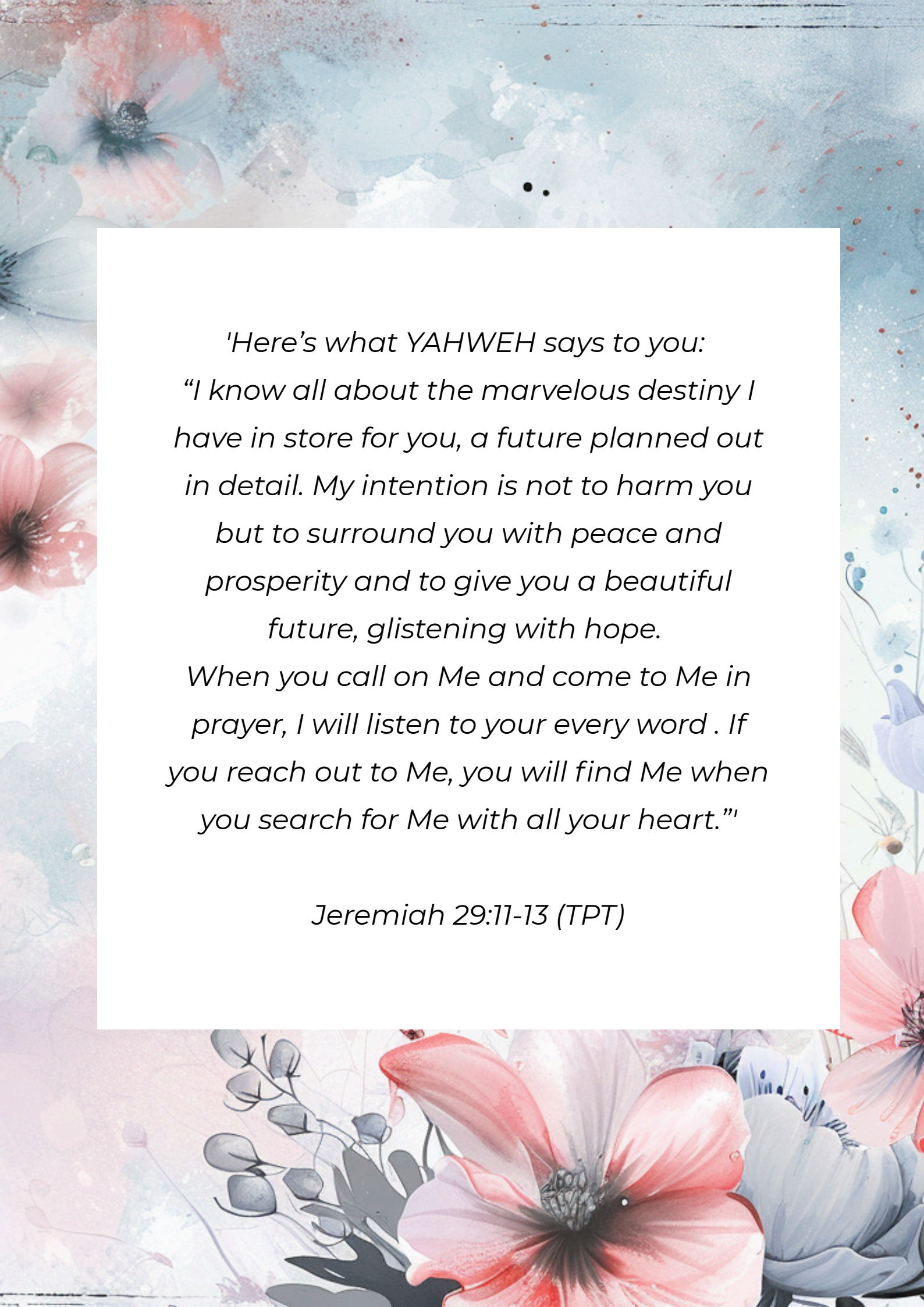
First edition: August 2025

To explore our services and other digital resources, visit:  
[www.bright-lab.co.za](http://www.bright-lab.co.za)

Contact: [info@bright-lab.co.za](mailto:info@bright-lab.co.za)

Website: [www.bright-lab.co.za](http://www.bright-lab.co.za)

Cover design, layout, and formatting by Bright Lab.



*'Here's what YAHWEH says to you:  
"I know all about the marvelous destiny I  
have in store for you, a future planned out  
in detail. My intention is not to harm you  
but to surround you with peace and  
prosperity and to give you a beautiful  
future, glistening with hope.  
When you call on Me and come to Me in  
prayer, I will listen to your every word . If  
you reach out to Me, you will find Me when  
you search for Me with all your heart."*

*Jeremiah 29:11-13 (TPT)*



*Dear friend,*

I am so grateful that you are here, about to start your walk on this Spirit-led pathway to intimacy with God!

I have prayed for you and for the journey you are embarking upon through this journal. I believe it is by God's divine purpose and will that you have found this resource.

As the scripture on the preceding page promises: *"When you call on Me and come to Me in prayer, I will listen to your every word. If you reach out to Me, you will find Me when you search for Me with all your heart."*

The intention behind this journal is that you will be supported and encouraged to reach out to God directly and hear from Him in an intimate, personal way. Commit to this 7-day process, and discover for yourself how life-changing a two-way conversation with your Creator can be!



Much love and blessings,

*Esley*

## How to use this journal



- This is the electronic version of the *Pathway to Intimacy with God* journal. There are fillable form fields in the journal where you can type your text.
- Make a commitment to yourself and to God that you will complete this 7-day journey. It's fine if you miss a day or two, just continue where you left off.
- Schedule a time to get quiet and be alone with God. I recommend you set aside a minimum of 30 minutes at the start of your day.
- Start with prayer. Just open your heart to God. Pour out thanks and praise. Ask God to reveal anything that you need to repent for and then ask His forgiveness.
- Ask the Holy Spirit to open your ears, eyes, and heart to what He wants to say to you. Ask Him to quiet all other voices and to help you hear Him clearly.
- Read the scripture for that day as well as the journal prompt that follows on the next page. The prompt is a question you are asking God and that you are trusting Him to give you an answer to.
- Begin writing with trust and expectation in your heart that the words you write are what God is saying to you in response to your question. It may feel strange at first, and you may question whether what you are writing is really what God is saying to you, but over time the process will flow more easily, and God will confirm to you in very specific and unique ways that it really is Him speaking to you through what you write!



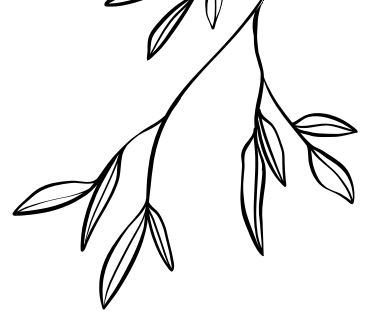
# Day 1

## **A Vision for the Journey**

*'I pray that the Father of glory, the God of our Lord Jesus Christ, would impart to you the riches of the Spirit of wisdom and the Spirit of revelation to know him through your deepening intimacy with him.*

*I pray that the light of God will illuminate the eyes of your imagination, flooding you with light, until you experience the full revelation of the hope of his calling — that is, the wealth of God's glorious inheritances that he finds in us, his holy ones!'*

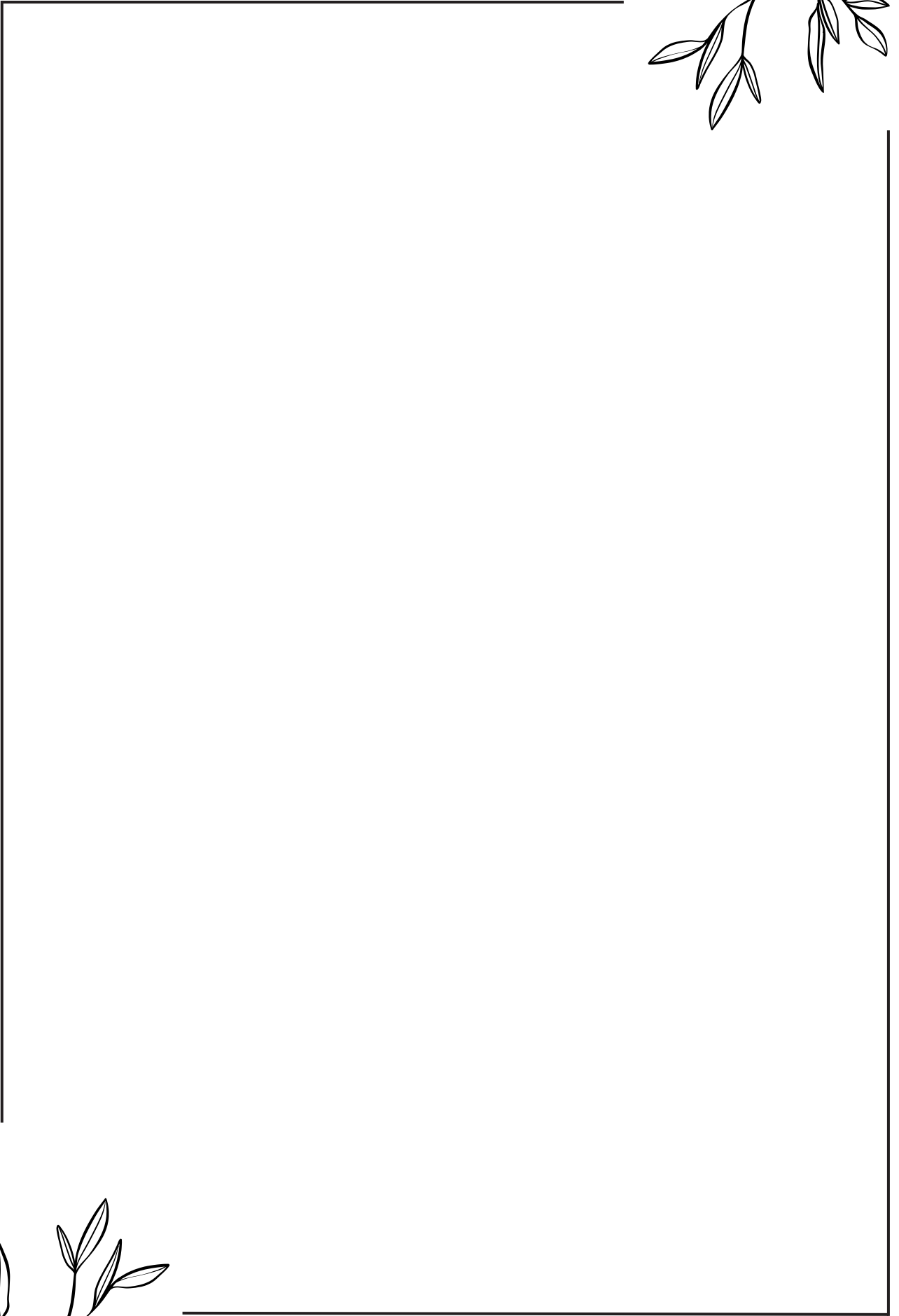
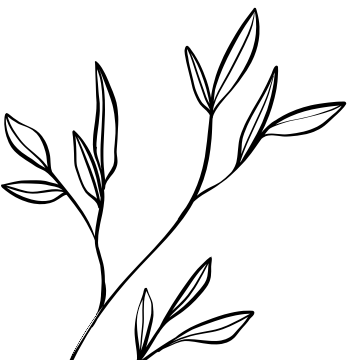
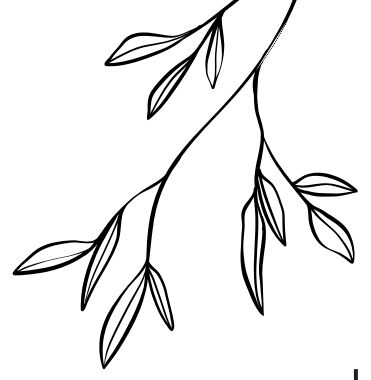
Ephesians 1:17-18 (TPT)

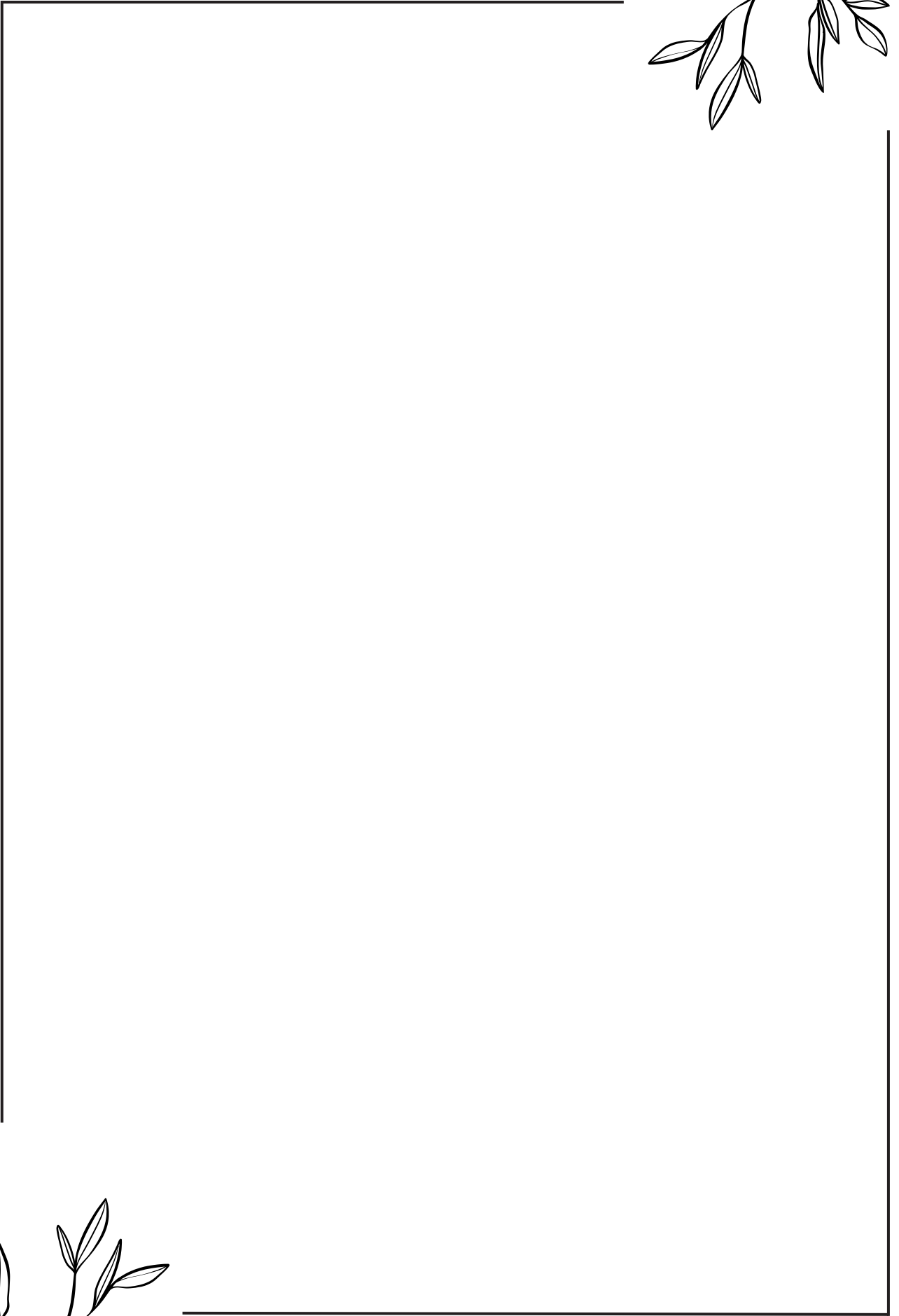
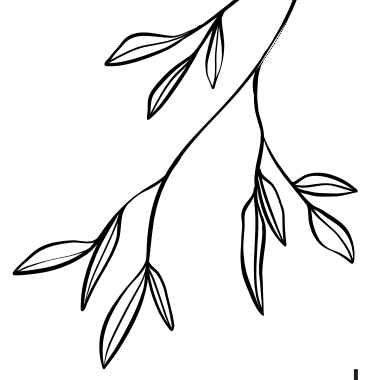



## **Day 1 question:**

*Father, what do You want me to see, understand, or hope for as I begin this 7-day journey with You? What vision are You giving me for this sacred time we will spend together?*







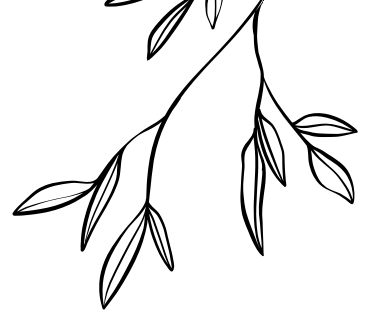


# Day 2

## **Identifying the Lies**

*'I know that You delight to set Your truth  
deep in my spirit. So come into the  
hidden places of my heart and teach me  
wisdom.'*

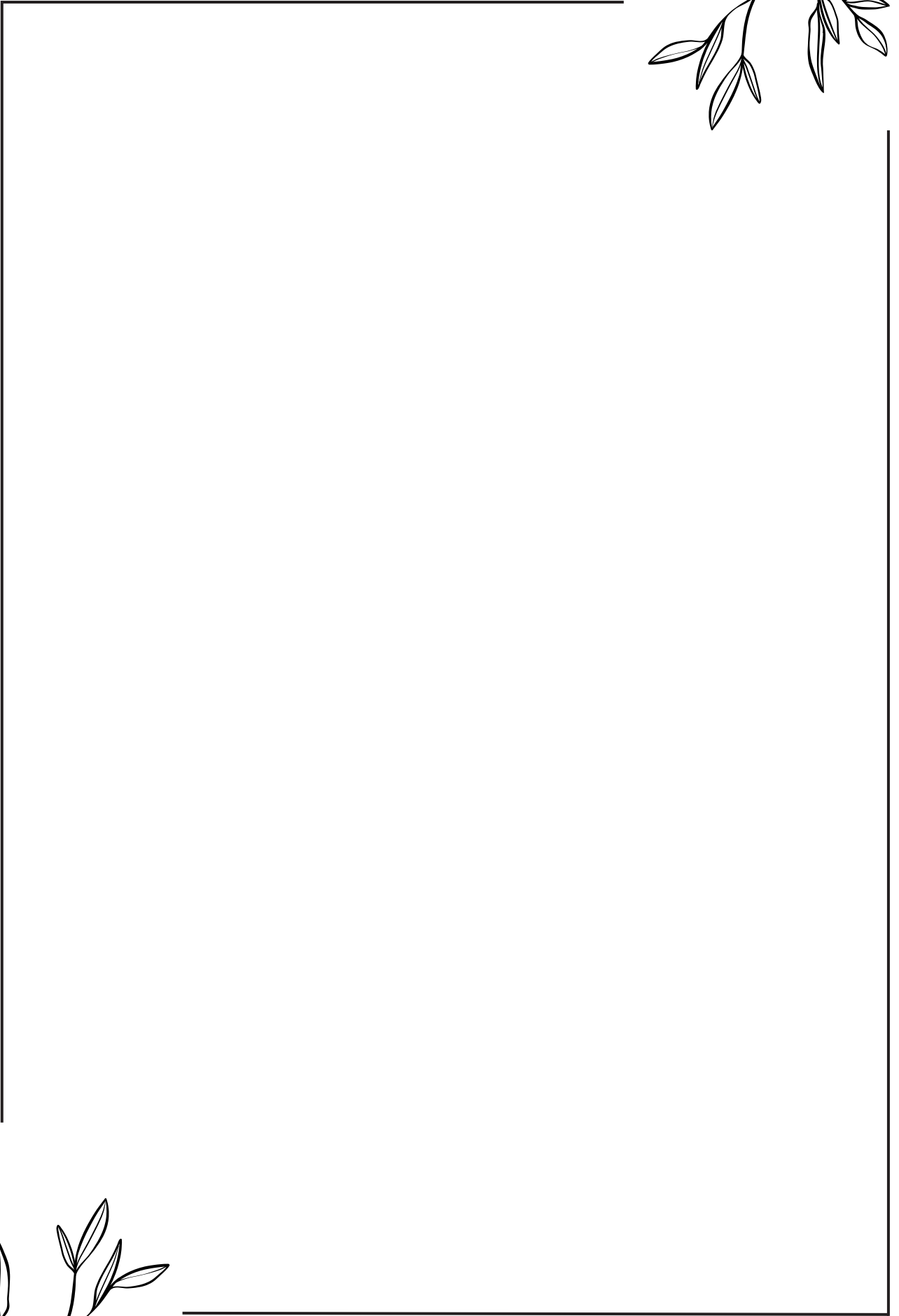
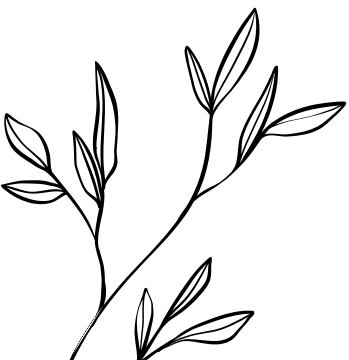
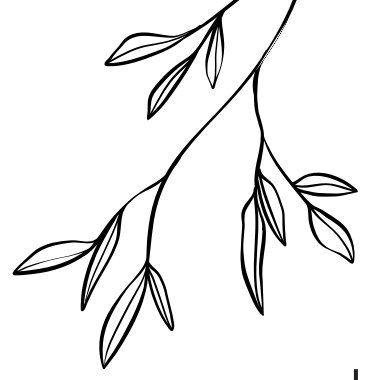
*Psalms 51:6 (TPT)*

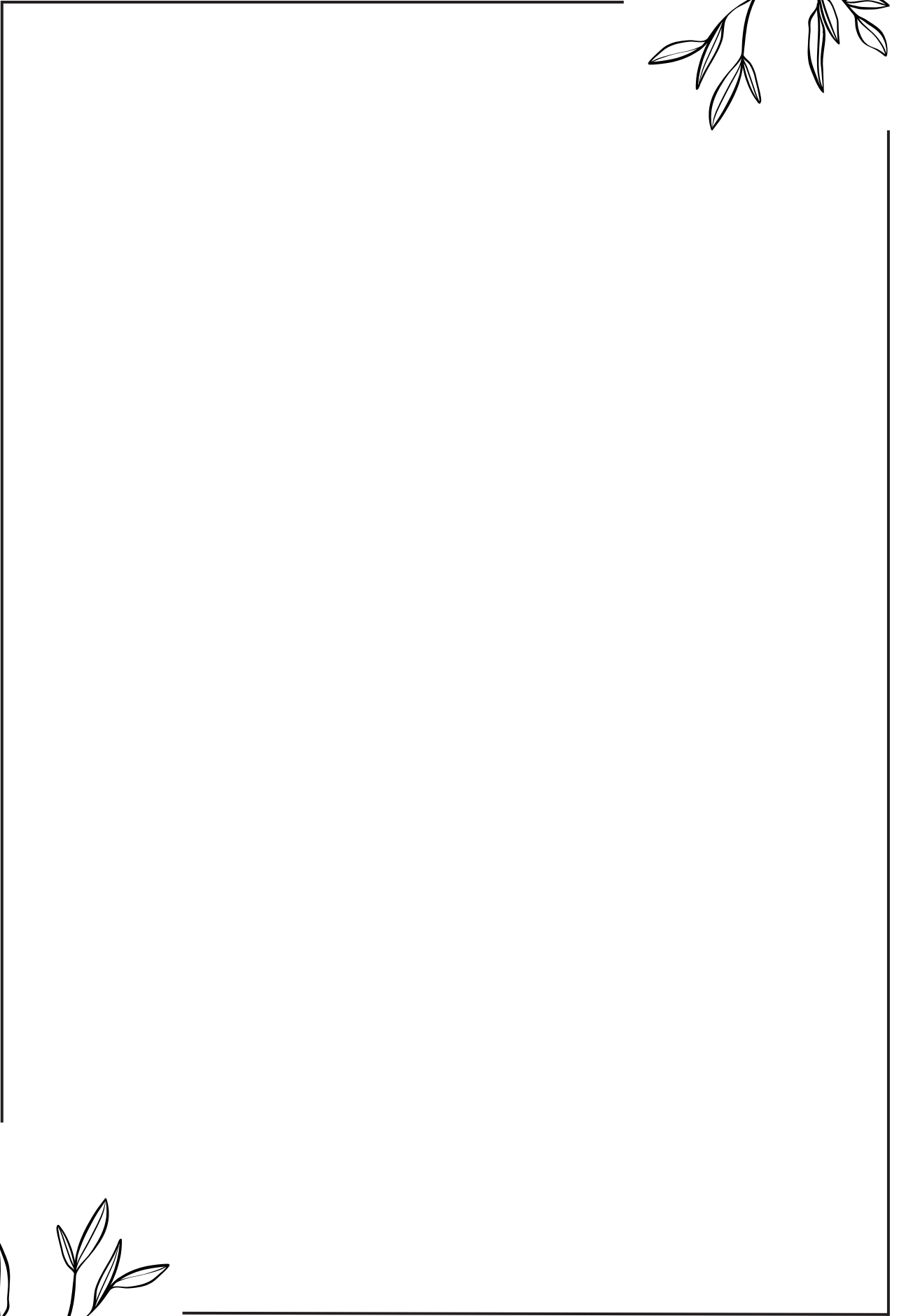
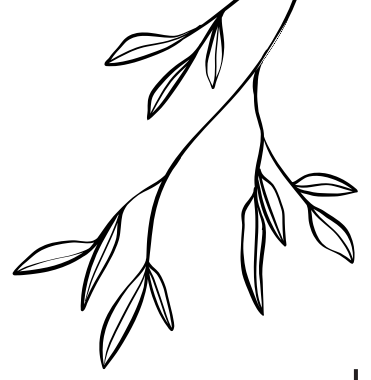


## Day 2 question:

*Lord God, would You clearly show me what I've come to believe about myself – or about You – that is not from You? Shine Your light into the hidden places of my heart and help me recognise the lies that have shaped how I think, feel, and live.*







# Day 3

## My True Identity

*'Now, this is what YAHWEH says:  
"Listen, Jacob, to the One who created  
you, Israel, to the One who shaped who  
you are. Do not fear, for I, your Kinsman-  
Redeemer, will rescue you. I have called  
you by name, and you are mine."*

*Isaiah 43:1 (TPT)*

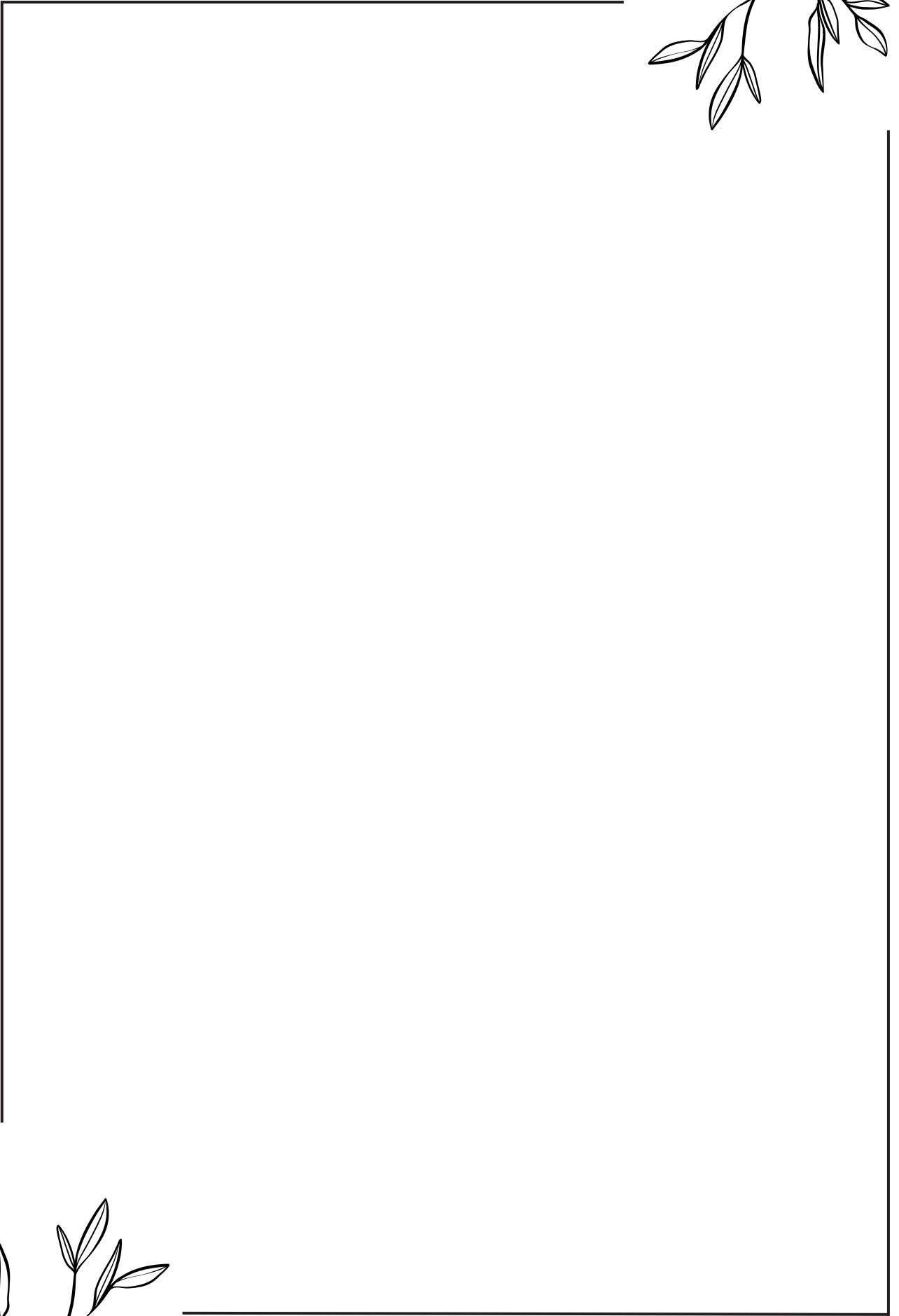
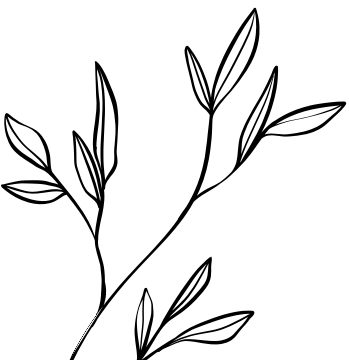
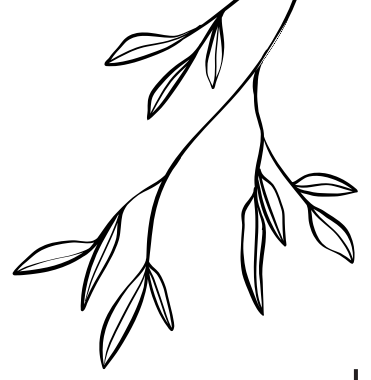


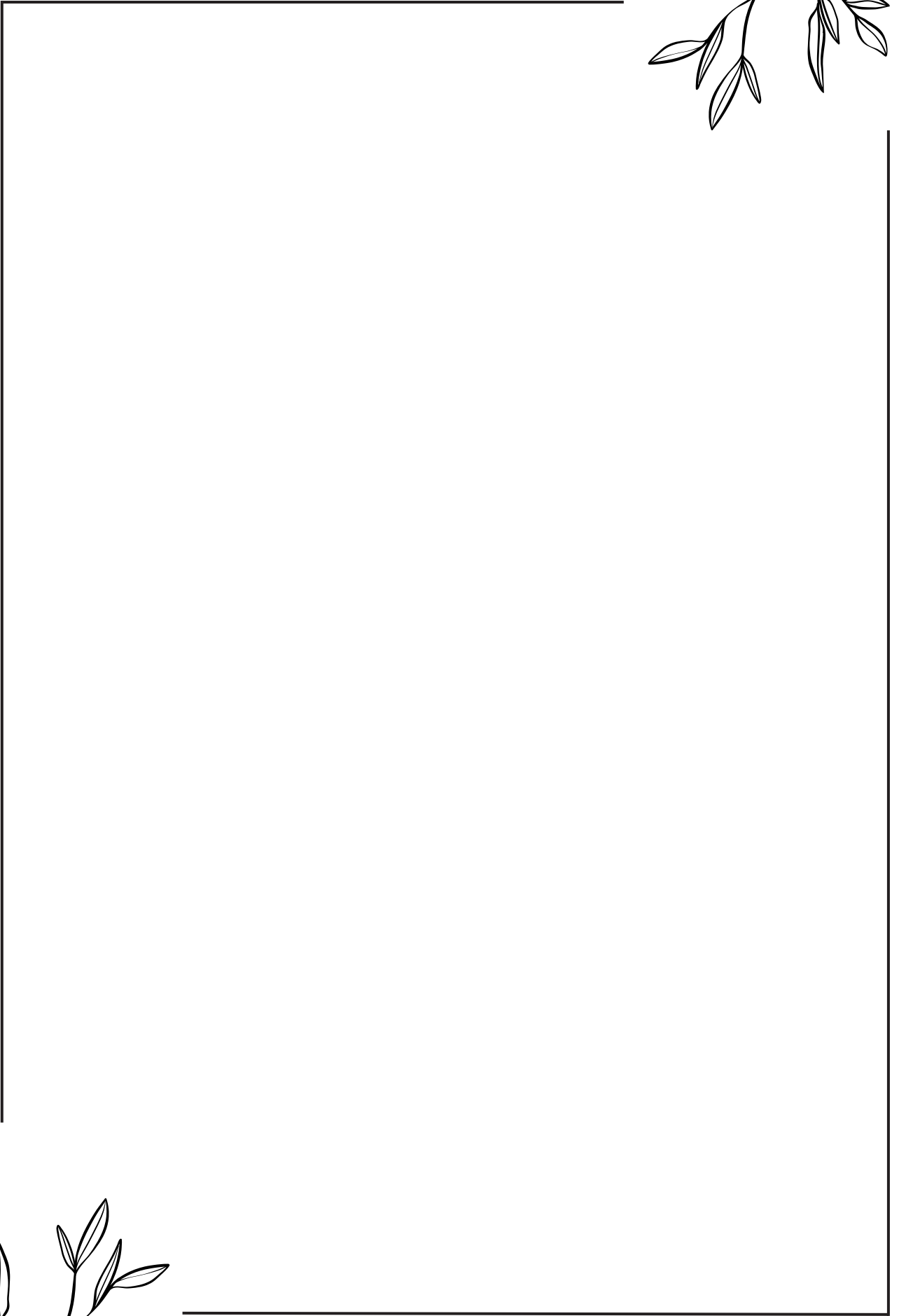
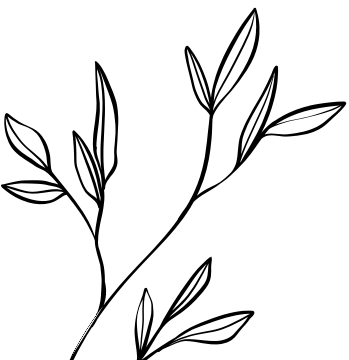
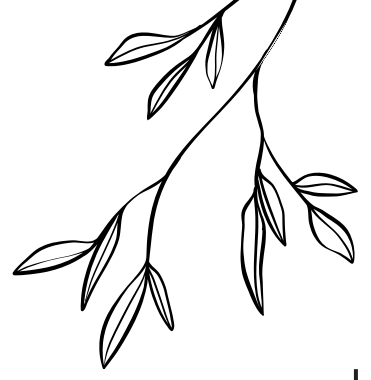
### **Day 3 question:**

*Jesus, I picture You standing in front of me – calm, kind, full of light. In my hands is the list of lies I've believed about who I am and who You are - the lies You spoke to me about on Day 2 of this journal. Some of them I've carried for years. I hand You this list now. I watch what You do with it, and I feel the weight start to lift.*

*Now I ask You: What do You call me? Who do You say I am?*







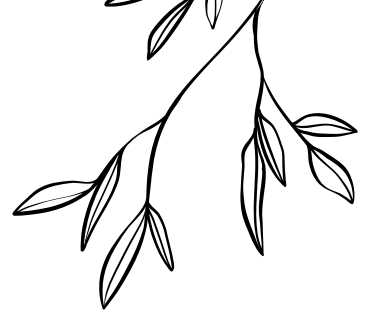


# Day 4

## **The Gifts that Flow from My Identity**

*'Every believer has received grace gifts, so use them to serve one another as faithful stewards of the many-colored tapestry of God's grace.'*

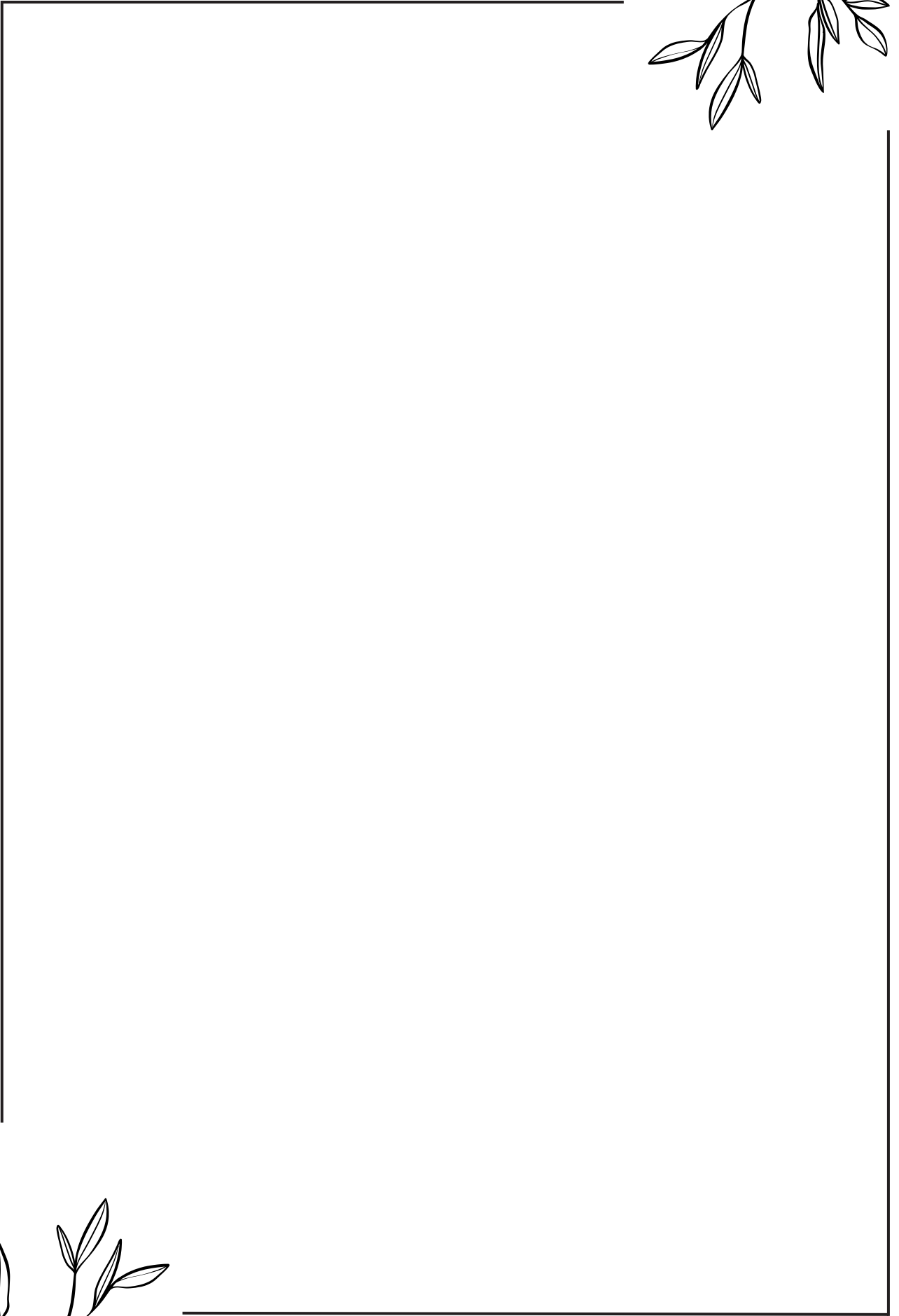
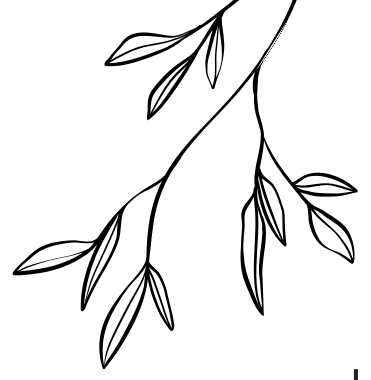
*1 Peter 4:10 (TPT)*

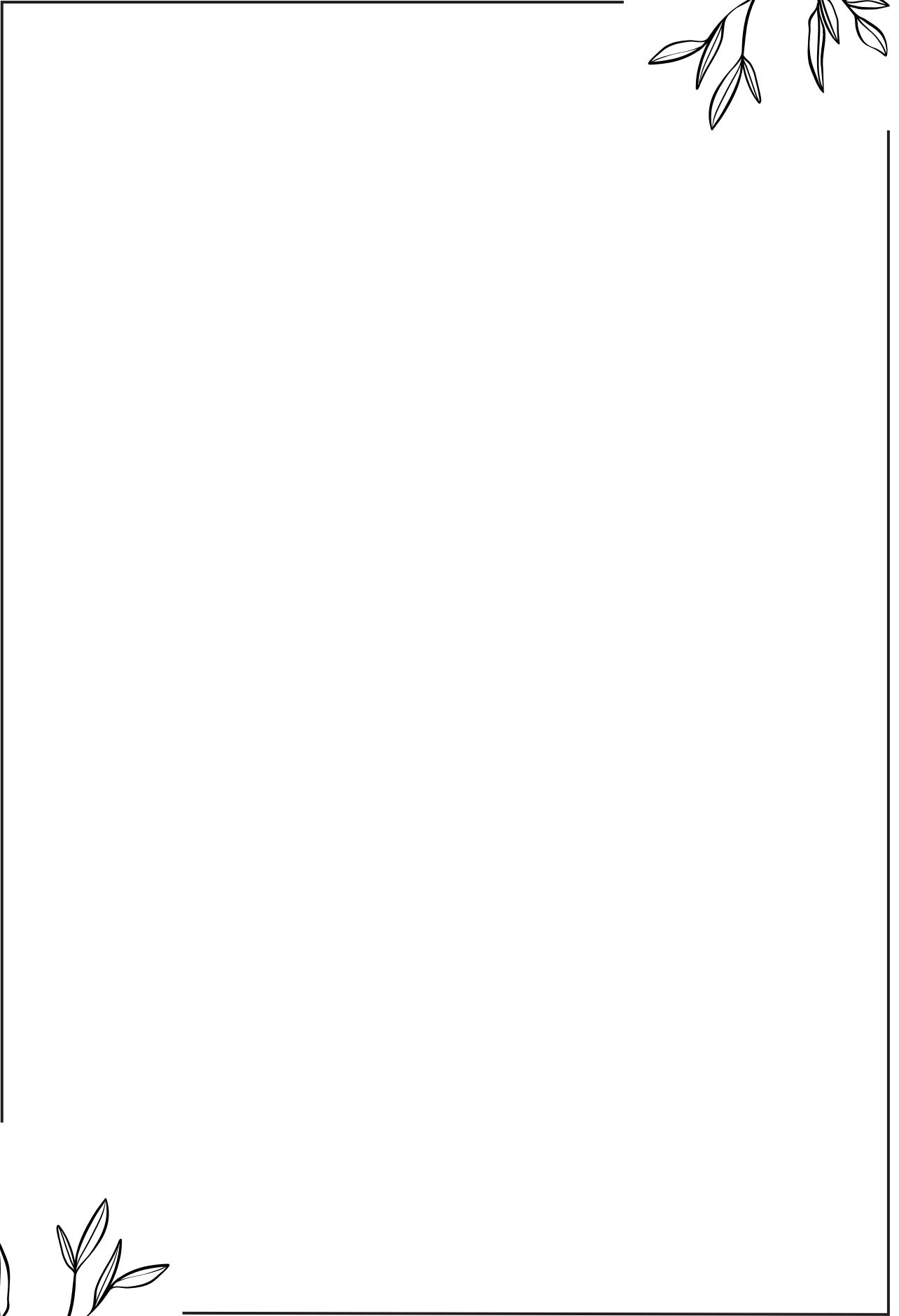
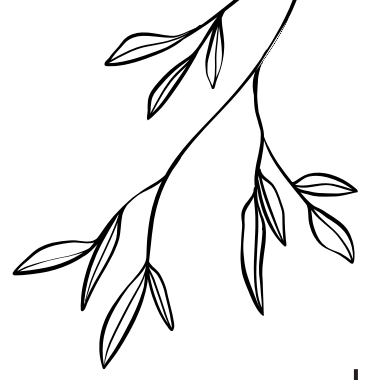



## **Day 4 question:**

*Father, what are the specific gifts, talents, and passions You've placed in me that are part of my purpose? How do these reflect my identity in You – and how do You want me to use them?*







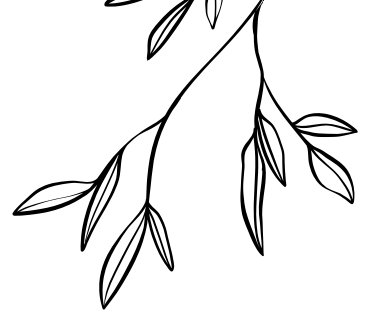


# Day 5

## **Living out my Identity, Gifts, and Purpose in my Work**

*'Put your heart and soul into every activity you do, as though you are doing it for the Lord himself and not merely for others.'*

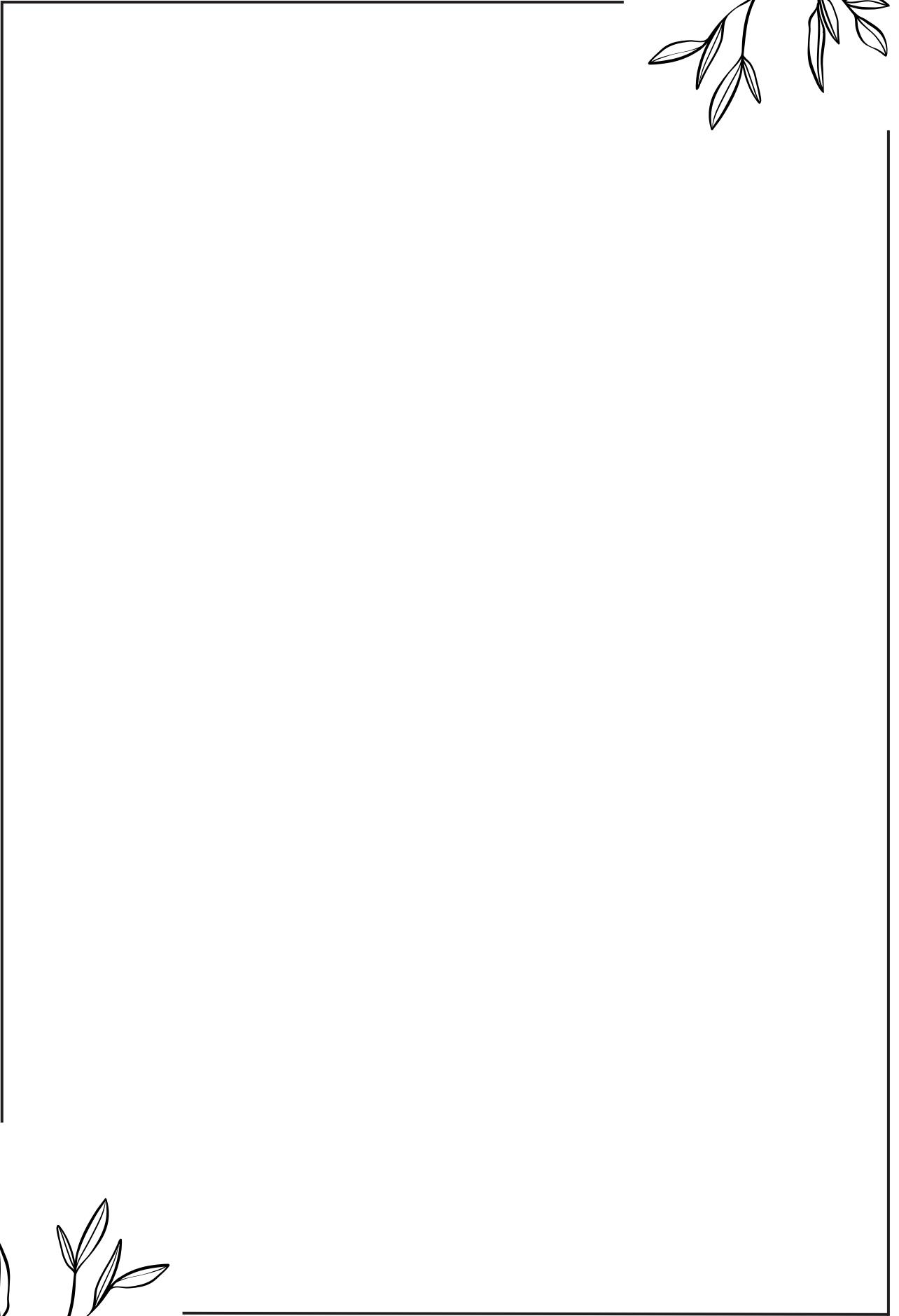
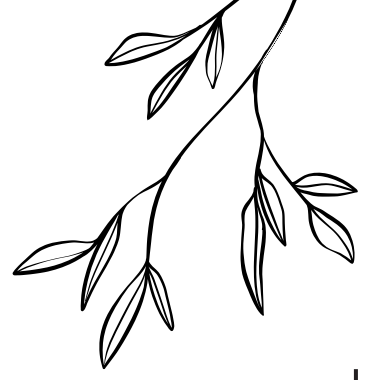
*Colossians 3:23 (TPT)*

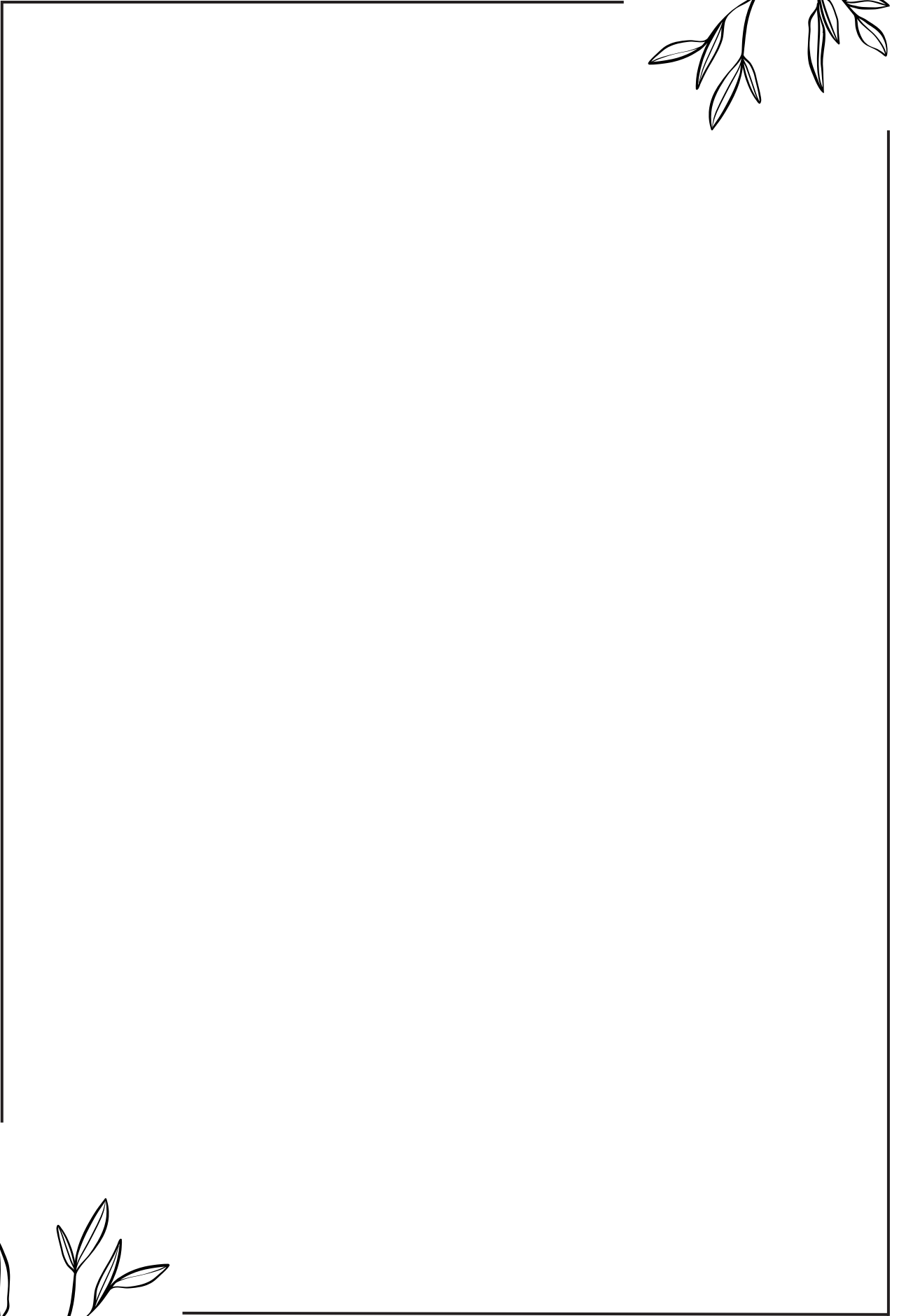
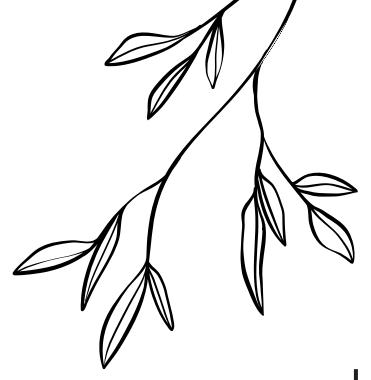


## **Day 5 question:**

*God, what is Your vision for my work as part of the purpose and calling You've placed on my life? How can I use the gifts You've given me to serve others and reveal Your heart?*







# Day 6

## **Revelation about Relationships**

*'Beloved ones, God has called us to live a life of freedom. But don't view this wonderful freedom as an excuse to set up a base of operations in the natural realm. Constantly love each other and be committed to serve one another. For all the law can be summarized in one grand statement: "Demonstrate love to your neighbor, even as you care for and love yourself." '*

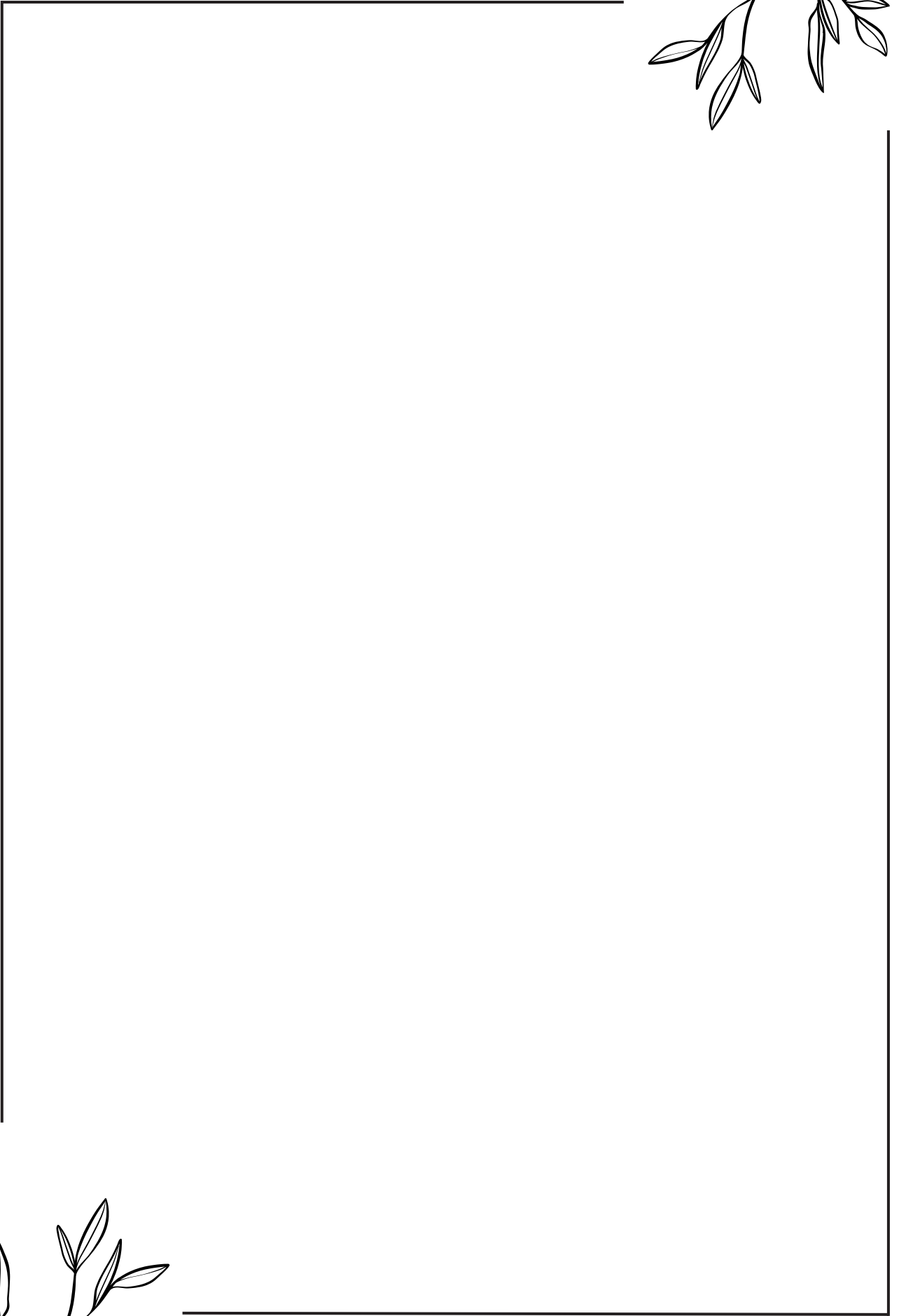
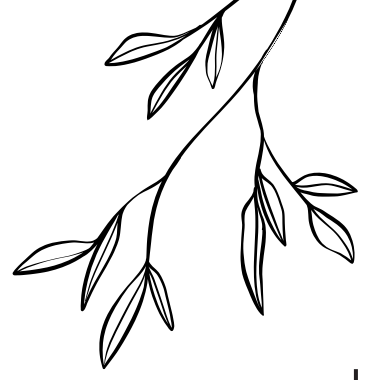
*Galatians 5:13-14 (TPT)*

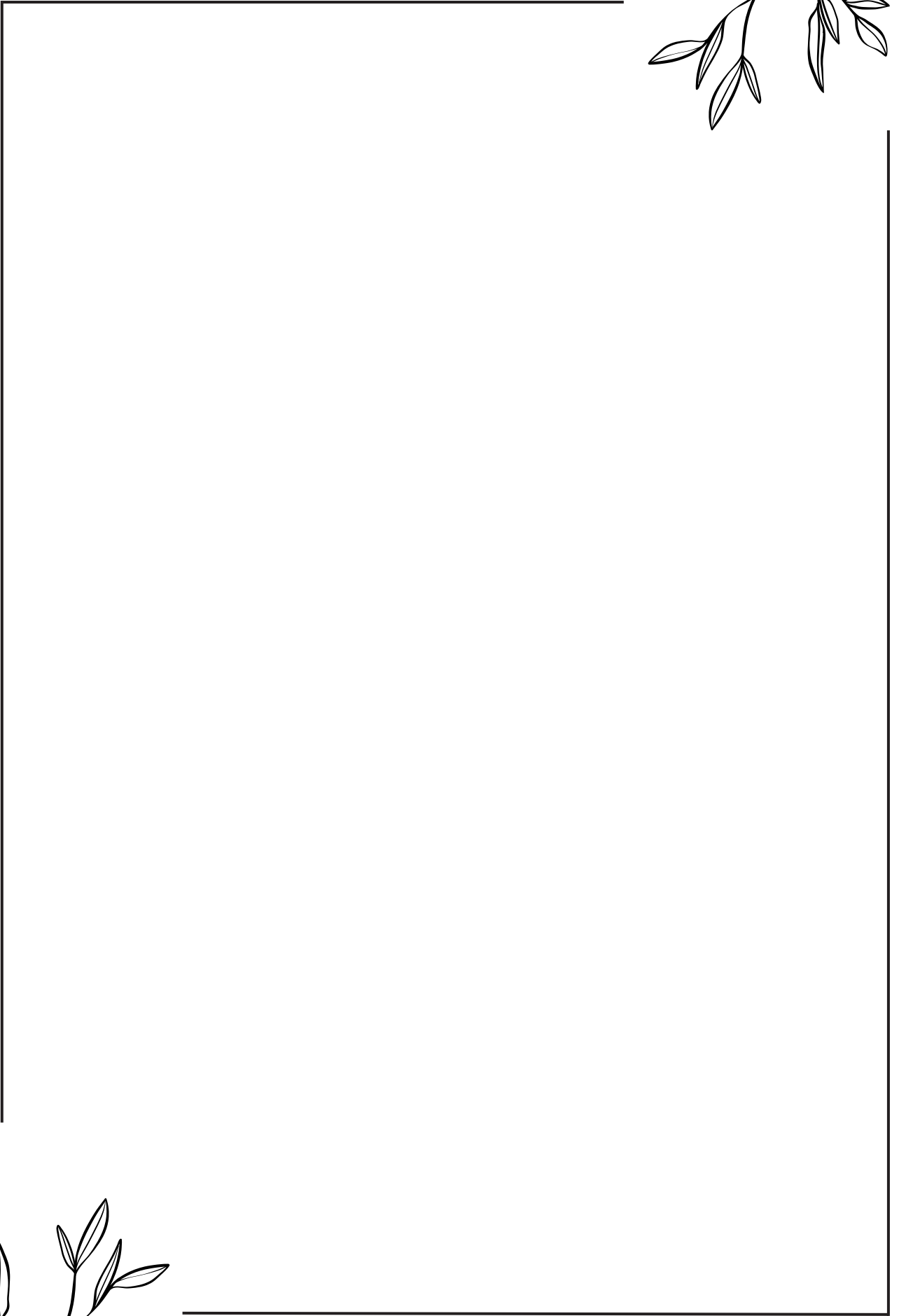
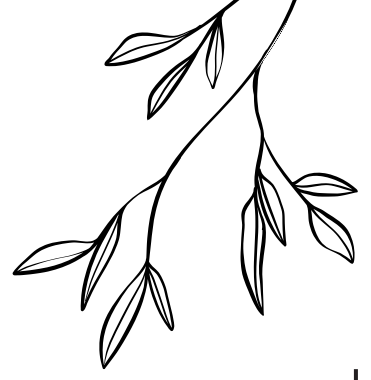


## **Day 6 question:**

*Heavenly Father, what do You want to show me about the relationships in my life right now? Is there a relationship that needs healing, forgiveness, boundaries, or change?*







# Day 7

## **A Lifestyle of Intimacy**

*'Who are they that live in the holy fear of YAHWEH? You will show them the right path to take.*

*Then prosperity and favor will be their portion, and their descendants will inherit the earth.*

*There's a private place reserved for the devoted lovers of YAHWEH, where they sit near Him and receive the revelation-secrets of His promises. '*

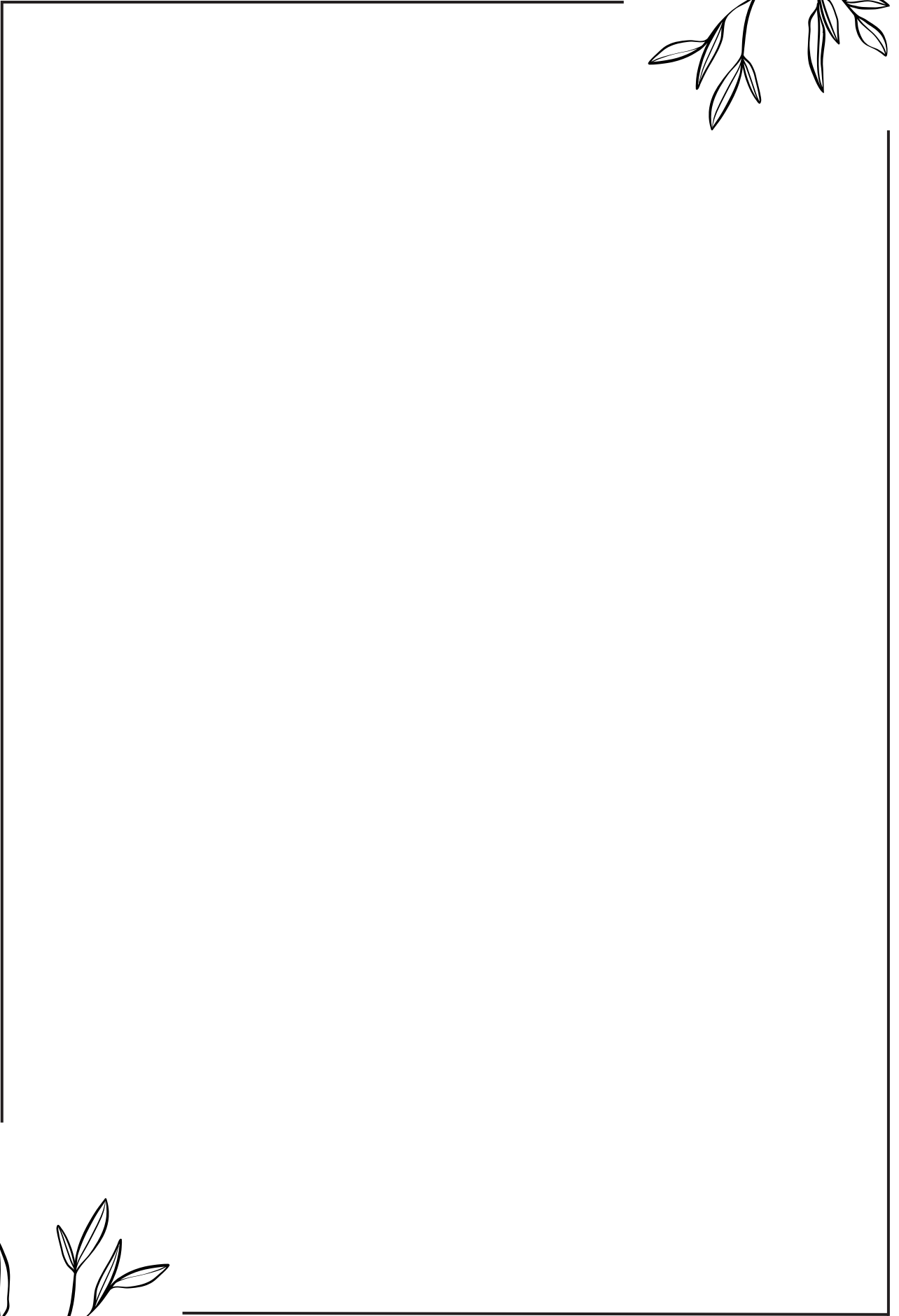
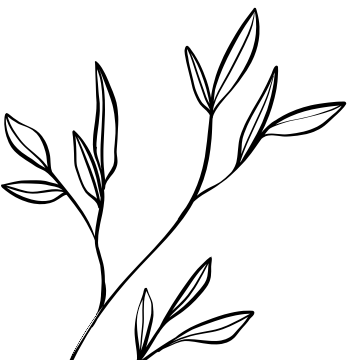
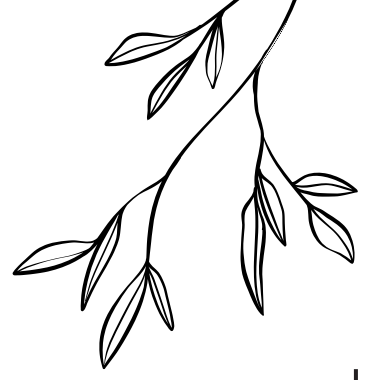
*Psalms 25:12-14 (TPT)*

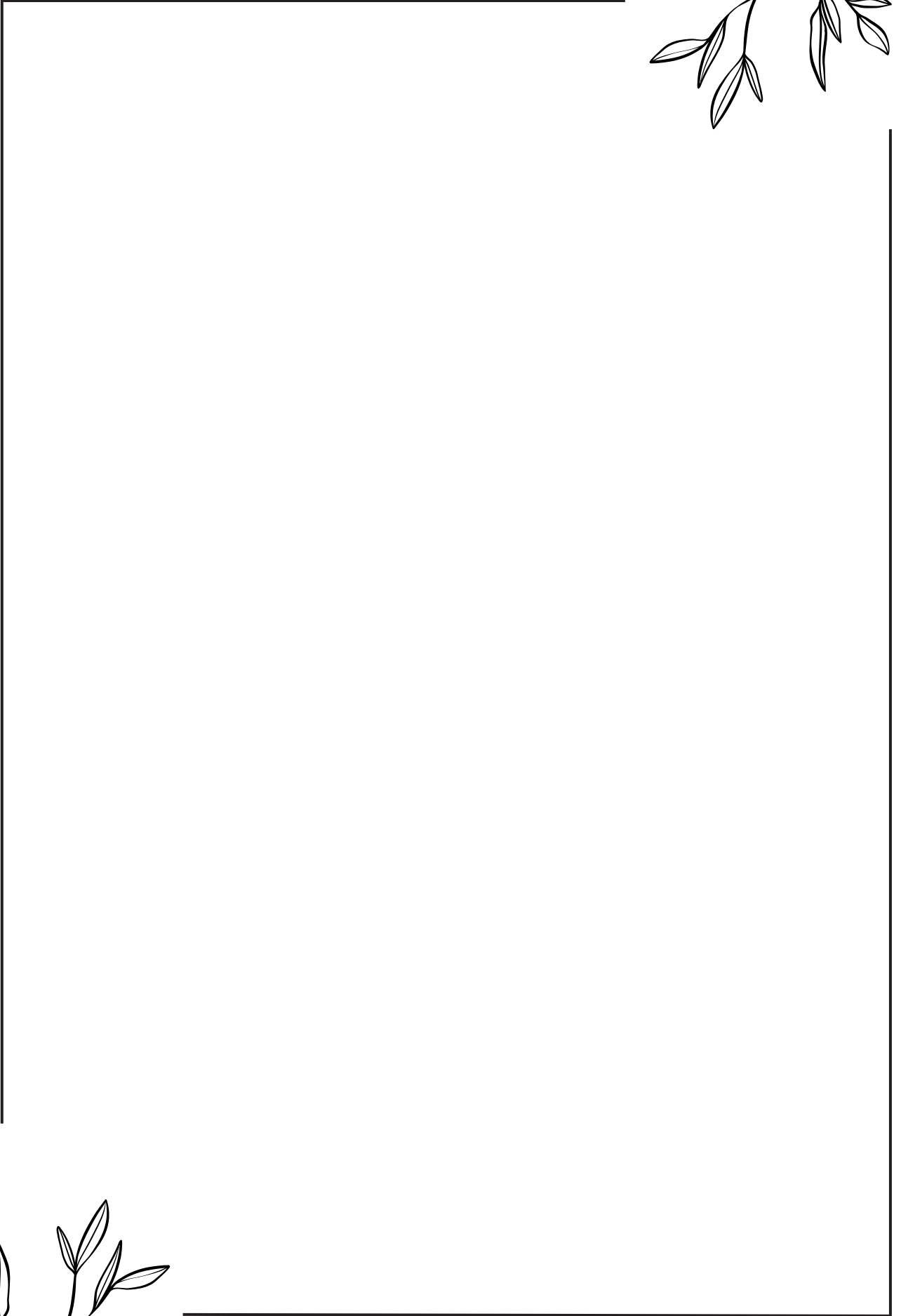
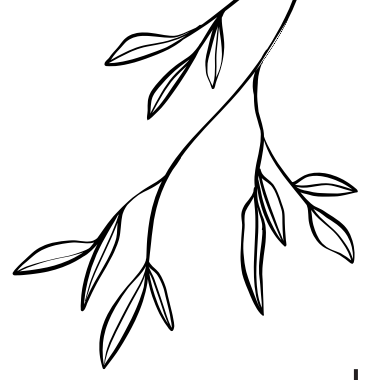


## **Day 7 question:**

*Holy Spirit, how can I stay close to You so that this 7-day journaling journey becomes a lifestyle of intimacy? How can I live a life of ongoing conversation with You?*









# A Personal Note as We End This Journey

Dear friend,


What a sacred journey we've walked together over the past seven days. I pray this hasn't simply been a journaling exercise — I pray it has been a holy invitation into deeper intimacy with God, a softening of your heart to His voice, and a revelation of His love and purpose for your life.

Together, you've walked through powerful truths:

- On Day 1, you caught a vision for the journey, opening your heart to the hope of His calling and the light of His truth.
- On Day 2, you bravely identified the lies — painful words, beliefs, and distortions that were never His voice.
- On Day 3, you listened as He named you — not by your wounds or roles, but by who He created you to be.
- On Day 4, you began to see how your identity connects to your gifts, and how God wants to use those gifts to impact others.
- On Day 5, you invited Him to speak vision and purpose into your daily work — that your efforts might glorify Him and bless those around you.
- On Day 6, you asked Him to shine light on your relationships — to bring healing, forgiveness, or needed transformation.
- And on Day 7, you were drawn into a lifestyle of intimacy — not a one-time experience, but a daily rhythm of sitting with Him, listening, and obeying. You were reminded of this beautiful truth:

“There's a private place reserved for the devoted lovers of YAHWEH, where they sit near Him and receive the revelation-secrets of His promises.”

(Psalm 25:12–14, TPT)





This is the invitation — and the reward — of a life lived in holy fear and deep devotion: He will show you the right path. He will lead you in truth. He will share His heart with you as you draw near.

So let me encourage you: don't stop here. This lifestyle of intimacy is not a sprint — it's a daily returning. Set aside time each day to be with Him — not as an afterthought, but as the foundation for your life. Let journaling become a sacred space where you pour out your heart, listen for His voice, and write what He speaks. Whether in the quiet or the chaos, He is always ready to meet you. And when you seek Him — even in small, simple ways — He promises to respond.

He is a rewarder of those who diligently seek Him (Hebrews 11:6). He delights in you. He walks with you. He will lead you. And you, my friend, are never alone.

With love and expectation, your sister in Christ,

*Esley*

P.S. I am deeply indebted to the work of two of my spiritual heroes, Jamie and Donna Winship, for serving as guides and mentors on the journey of hearing God's voice. I strongly encourage you to explore their teachings for yourself:

<https://www.identityexchange.com/>



[www.bright-lab.co.za](http://www.bright-lab.co.za)

[info@bright-lab.co.za](mailto:info@bright-lab.co.za)



Bright Lab