

*The Book Of*  
*Jeremiah*



SOAK JOURNAL

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***Join the GMG Community:***

*Share your daily SOAK on*

*Facebook.com/GoodMorningGirlsWLW*

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*Welcome to Good Morning Girls! We are so glad you are joining us.*

**G**od created us to walk with Him, to know Him, and to be loved by Him. He is our living well, and when we drink from the water He continually provides, His living water will change the entire course of our lives.

*Jesus said: "Whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life." ~ Johns 4:14(esv)*

So let's begin.

The method we use here at GMG is called the **SOAK** method.

- **S** – The S stands for ***Scripture*** – Read the chapter for the day. Then choose 1-2 verses and write them out word for word. (There is no right or wrong choice – just let the Holy Spirit guide you.)
- **O** – The O stands for ***Observation*** – Look at the verse or verses you wrote out. Write 1 or 2 observations. What stands out to you? What do you learn about the character of God from these verses? Is there a promise, command or teaching?
- **A** – The A stands for ***Application*** – Personalize the verses. What is God saying to you? How can you apply them to your life? Are there any changes you need to make or an action to take?
- **K** – The K stands for ***Kneeling in Prayer*** – Pause, kneel and pray. Confess any sin God has revealed to you today. Praise God for His word. Pray the passage over your own life or someone you love. Ask God to help you live out your applications.

SOAK God's word into your heart and squeeze every bit of nourishment you can out of each day's scripture reading. Soon you will find your life transformed by the renewing of your mind!

Walk with the King!

**Courtney,** *WomenLivingWell.org, GoodMorningGirls.org*

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# GMG BIBLE COLORING CHART

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COLORS	KEY WORDS
<b>PURPLE</b>	God, Jesus, Holy Spirit, Savior, Messiah
<b>PINK</b>	women of the Bible, family, marriage, parenting, friendship, relationships
<b>RED</b>	love, kindness, mercy, compassion, peace, grace
<b>GREEN</b>	faith, obedience, growth, fruit, salvation, fellowship, repentance
<b>YELLOW</b>	worship, prayer, praise, doctrine, angels, miracles, power of God, blessings
<b>BLUE</b>	wisdom, teaching, instruction, commands
<b>ORANGE</b>	prophecy, history, times, places, kings, genealogies, people, numbers, covenants, vows, visions, oaths, future
<b>GRAY</b>	Satan, sin, death, hell, evil, idols, false teachers, hypocrisy, temptation

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## **Introduction to the Book of Jeremiah**

I commend you for doing this study! This book is not an easy book to read and understand. The Book of Jeremiah is the longest book in the Bible in which we read God repeatedly calling the land of Judah back to repentance, offering them hope and restoration if they'd only turn to him, all the while knowing they would continue in their stubbornness and sin. Even still, he promised to restore them and punish their enemies. The deep and endless mercy and grace of God are portrayed so beautifully, even in the weeping of Jeremiah.

Friends, how often are we like them? We think we will be happier doing our own will rather than the Lords and then we wonder why we are suffering or facing problem after problem. As God's dearly loved children, may we let go of all our sin, fear God and obey him.

### **Overview of Jeremiah**

The Book of Jeremiah is a collection of prophesies and laments over the land of Judah as Judah descends into destruction. Jeremiah witnessed the final days of Judah, the Babylonian invasion and destruction of the temple and city, and the children of Israel being carried away into captivity by Nebuchadnezzar. Throughout the book of Jeremiah, we read warnings of repentance to the land of Judah, prophesies against foreign nations, and the historical account of the fall of Jerusalem and captivity of God's people.

While the actual meaning of Jeremiah's name is not certain, it is thought to mean Yahweh exalts or Yahweh throws. Jeremiah's ministry began during the reign of King Josiah and continued during the rule of Johahaz, Jehoiakim, Jehoiachin, and Zedekiah; at which time Babylon invaded and destroyed Jerusalem. Jeremiah wasn't the only prophet during that time. Zephaniah began his ministry just before Jeremiah, while Nahum, Habakkuk, Ezekiel were also prophets, and perhaps Obadiah.

### **The Purpose:**

Jeremiah is a collection of prophesies and laments by Jeremiah concerning the state of Judah and the coming judgement of God by way of Babylonian captivity and the destruction of Jerusalem.

### **The Author:** Jeremiah

### **Time Period:** 530-586 B.C.

## **Key Verse: Jeremiah 29:11**

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

## **The Outline:**

### **Warning of Judgement**

#### **1. The Call of Jeremiah (1)**

#### **2. God’s Message About Judah (2-4)**

**God States His Case (2:1-37)**

**The People Show No Shame (3:1-5)**

**God Calls His People to Repentance (3:6-4:18)**

**Jeremiah Laments for His People (4:19-31)**

#### **3. The Reason for the Judgement on Judah (5)**

#### **4. Judgement Will Come from the North (6)**

#### **5. Judah’s Evil Ways (7)**

#### **6. Disaster is Coming and A Lament for Judah (8-10)**

#### **8. God Warns of Judgement (11-12)**

#### **9. The Symbols of a Linen Sash and Wine Bottles (13)**

#### **10. Destruction is Coming (14-15)**

#### **11. God Instructs Jeremiah and Promises Restoration (16)**

#### **13. Judah’s Sinful Ways (17)**

#### **14. The Potter (18-19)**

#### **15. Jeremiah is Persecuted (20-21)**

**16. God's Message to the King (22)**

**17. God's Message to the Shepherds and Prophets (23)**

**18. Two Baskets of Figs (24)**

**19. Seventy Years of Devastation (25)**

## **The Coming Judgement and a Future Hope**

**20. Jeremiah's Life is Spared (26)**

**21. The Bonds and Yokes (27-28)**

**22. Message of Hope and Restoration (29-33)**

**23. Warning to Zedekiah (34)**

**24. The Obedient Rechabites (35)**

**25. King Jehoiakim Destroys the Scroll (36)**

**26. Jeremiah Imprisoned Once Again (37-38)**

**27. The Fall of Jerusalem and Flight to Egypt (39-45)**

**28. Prophecies Against the Nations Surrounding Judah (46-51)**

**29. A Review of the Fall of Jerusalem (52)**

As we study the book of Jeremiah together, we will see that although God had to judge the land of Judah, his plan all along was to come and restore them. His discipline would only last for a season, and then he would restore them to himself.

God disciplines those he loves. His anger is only for a moment, but his love is eternal. God would ultimately restore all mankind to himself by sending his one and only Son Jesus Christ to die in our place, taking the penalty for our sin. There is no greater love!

So, let's get started studying His word. Be sure to set aside at least 15-20 minutes a day for your reading. I can't wait to see how God reveals himself personally to each of us, as we read the book of Jeremiah together.

Keep walking with the King,  
*Courtney*

**This journal is the free “Short” SOAK version.**

If you are looking for the FULL paperback version of the Jeremiah Journal (which includes lots of content including a daily summary, reflection question and verse of the day) – go here:

<https://amzn.to/3C5ri3Y>

To find the printable version go here:

<https://womenlivingwell.etsy.com/listing/1828664960/jeremiah-a-5-week-bible-study>



# **Jeremiah Reading Plan**

## **Week 1**

<b>Day 1</b>	<b>Jeremiah 1</b>
<b>Day 2</b>	<b>Jeremiah 2</b>
<b>Day 3</b>	<b>Jeremiah 3:6-18</b> <b>Jeremiah 4:1-18</b>
<b>Day 4</b>	<b>Jeremiah 5:21-31</b> <b>Jeremiah 6:16-26</b>
<b>Day 5</b>	<b>Jeremiah 7:8-26</b> <b>Jeremiah 8:18-22</b>

## **Week 2**

<b>Day 1</b>	<b>Jeremiah 9:23-26</b> <b>Jeremiah 10:1-16</b>
<b>Day 2</b>	<b>Jeremiah 11:1-11</b> <b>Jeremiah 12:1-6</b>
<b>Day 3</b>	<b>Jeremiah 13:1-14</b> <b>Jeremiah 14:1-12</b>
<b>Day 4</b>	<b>Jeremiah 15:15-21</b> <b>Jeremiah 16:14-21</b>
<b>Day 5</b>	<b>Jeremiah 17:7-18</b> <b>Jeremiah 18:1-12</b>

## **Week 3**

<b>Day 1</b>	<b>Jeremiah 19:1-6</b> <b>Jeremiah 20:1-18</b>
<b>Day 2</b>	<b>Jeremiah 21:1-10</b> <b>Jeremiah 22:1-10</b>
<b>Day 3</b>	<b>Jeremiah 23:1-6, 23-32</b>

**Jeremiah 24:1-10**

**Day 4**      **Jeremiah 25:1-27**  
                 **Jeremiah 26:8-19**

**Day 5**      **Jeremiah 27:1-11**  
                 **Jeremiah 28:10-17**

**Week 4**

**Day 1**      **Jeremiah 29:4-14**  
                 **Jeremiah 30:8-24**

**Day 2**      **Jeremiah 31:1-9, 31-34**  
                 **Jeremiah 32:16-25, 36-44**

**Day 3**      **Jeremiah 33:1-9, 14-18**  
                 **Jeremiah 34:8-17**

**Day 4**      **Jeremiah 35:12-19**  
                 **Jeremiah 36:20-32**

**Day 5**      **Jeremiah 37:11-21**  
                 **Jeremiah 38:1-13**

**Week 5**

**Day 1**      **Jeremiah 39:1-18**  
                 **Jeremiah 40:1-6**

**Day 2**      **Jeremiah 41:1-8**  
                 **Jeremiah 42:1-17**

**Day 3**      **Jeremiah 43:1-13**  
                 **Jeremiah 44:15-23**

**Day 4**      **Jeremiah 45-50**

**Day 5**      **Jeremiah 51:1-19**  
                 **Jeremiah 52:12-33**

# Week 1

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## **DAY 1**

## **JEREMIAH 1**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **DAY 2**

## **JEREMIAH 2**

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**DAY 3**  
**JEREMIAH 3:6-18**  
**JEREMIAH 4:1-18**

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**DAY 4**  
**JEREMIAH 5:21-31**  
**JEREMIAH 6:16-26**

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**DAY 5**  
**JEREMIAH 7:8-26**  
**JEREMIAH 8:18-22**

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# Week 2

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## DAY 1 JEREMIAH 9:23-26 JEREMIAH 10:1-16

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**DAY 2**  
**JEREMIAH 11:1-11**  
**JEREMIAH 12:1-6**

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**DAY 3**  
**JEREMIAH 13:1-14**  
**JEREMIAH 14:1-12**

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**DAY 4**  
**JEREMIAH 15:15-21**  
**JEREMIAH 16:14-21**

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**DAY 5**  
**JEREMIAH 17:7-18**  
**JEREMIAH 18:1-12**

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# Week 3

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## **DAY 1** **JEREMIAH 19:1-6** **JEREMIAH 20:1-18**

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**DAY 2**  
**JEREMIAH 22:1-10**  
**JEREMIAH 23:1-6, 23-32**

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**DAY 3**  
**JEREMIAH 23:1-6, 23-32**  
**JEREMIAH 24:1-10**

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**DAY 4**  
**JEREMIAH 25:1-27**  
**JEREMIAH 26:8-19**

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**DAY 5**  
**JEREMIAH 27:1-11**  
**JEREMIAH 28:10-17**

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**A – The A stands for Application**

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# Week 4

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## DAY 1 JEREMIAH 29:4-14 JEREMIAH 30:8-24

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**S – The S stands for Scripture**

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**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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**DAY 2**  
**JEREMIAH 31:1-9, 31-34**  
**JEREMIAH 32:16-25, 36-44**

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**DAY 3**  
**JEREMIAH 33: 1-9, 14-18**  
**JEREMIAH 34:8-17**

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**DAY 4**  
**JEREMIAH 35:12-19**  
**JEREMIAH 36:20-32**

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**DAY 5**  
**JEREMIAH 37:11-21**  
**JEREMIAH 38:1-13**

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**A – The A stands for Application**

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# Week 5

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## **DAY 1** **JEREMIAH 39:1-18** **JEREMIAH 40:1-6**

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**DAY 2**  
**JEREMIAH 41:1-8**  
**JEREMIAH 42:1-17**

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**DAY 3**  
**JEREMIAH 43:1-13**  
**JEREMIAH 44:15-23**

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## **Day 4**

### **Jeremiah 45-50**

And do you seek great things for yourself?  
Seek them not.  
Jeremiah 45:5

Today's reading assignment in Jeremiah is a bit different. As we come to the end of this book of the Bible, I encourage you to simply skim the next 5 chapters. I will leave a brief summary here below for each chapter. Since we are reading so much scripture, we will not use the SOAK method for our study today.

#### **Chapter 45**

As we get nearer to the end of this book, we will read various prophecies given to nations surrounding the land of Israel.

In this short chapter, God speaks directly to Baruch who is discouraged and grieved at the state of Judah and all that God has warned is going to come. God begins by encouraging him not to seek great things for himself because even greater ruin is coming to Judah. Soon Nebuchadnezzar will carry off the remaining people of Judah and burn the land. There is no point in chasing after material things. But lest Baruch be completely overcome in his grief, God promises to care for him wherever he would go.

Baruch had been a faithful servant to Jeremiah, and God would reward his faithfulness.

#### **Chapter 46**

In this chapter of Jeremiah, we read a series of prophecies given to the nations surrounding Israel. God begins these prophecies by addressing Egypt and will end with Babylon. In this stunning prophecy, we learn about the upcoming Babylonian attack on Egypt and that the Egyptian army would flee before the Babylonian army. Her end would be in humiliation and defeat.

God ends this prophecy with yet another word of comfort to his people. While he would utterly humble the land of Egypt, he assures the Israelites that he will restore them once again and bring them back to their homeland. He is correcting them for a time. Because of their rebellion toward him, he cannot leave them unpunished, but after a season they will return and rebuild.

#### **Chapter 47**

Jeremiah continues his prophecies against the enemies of God's people, and now turns to the Philistines. He warns them that Pharaoh will come and attack them, but a flood of armies would come from the north – Babylonians armies - and bring such terror

that the courage of the fathers would cause them to forget their own children as they fled from the attack.

The difference between these prophecies against the enemies of God and the earlier prophecy against the Israelites is that while God warned the Israelites of destruction and captivity, he always ended by promising their deliverance and restoration. We don't see that promise in these prophecies against his enemies.

## **Chapter 48**

God turns to Moab with a solemn warning of judgment for their pride and arrogance. Moab was a more isolated people, not on the usual trade routes, so they had largely been left alone in relative peace and ease. God used the illustration of wine that had never been purified to describe Moab.

God was about to use the Babylonian army to tip over the proverbial vessels of wine in Moab. His purpose, though, would not be to cleanse and purify Moab but to destroy. He said he would crush the vessels and bring shame to them for their pride and arrogance. While in the final verse, God promises to bring back a remnant of Moab in the latter days, he promises in verse 42 that they will be destroyed as a people. Their life of isolation, ease, and comfort is coming to an end.

## **Chapter 49**

God now proclaims judgement on six more Gentile nations surrounding Judah: Ammon, Edom, Damascus, Kedar, Hazor, and Elam. These nations had trusted in their own wit and gods to save them, but God proved himself to be almighty and brought judgement and destruction on each of them. While God promised Edom, Ammon, and Elam that he would bring back their captives, there isn't the same love and assurance that we see in his words to the children of Israel.

## **Chapter 50**

God now turns to the final nation for judgement – Babylon. Over these next two chapters, he will declare harsh judgement on the nation he had used to discipline his chosen people. Babylon, in her arrogance, had supposed she was greater than God because she had defeated God's chosen people. She had rejoiced in the destruction of Judah. Yet now God will defeat the greatest nation on earth at that time.

Surely it must have seemed inconceivable that such a powerful nation would be destroyed in such a dramatic way. Jeremiah prophesied Babylon's destruction 65 years before Cyrus and the army of the Medes and Persians defeated Babylon. It is out of the Persian empire that first Ezra, will return to Jerusalem to rebuild the temple and then Nehemiah, will return to rebuild the walls of Jerusalem.

A remnant will remain in Persia and be threatened with utter destruction, but God will raise up a young woman who will become queen and risk her life to save her

people – Esther. God’s promise to protect and restore his people will play out just as he said. His promises are sure.

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**DAY 5**  
**JEREMIAH 51:1-19**  
**JEREMIAH 52:12-33**

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My hope is that you see that God's plan is always for repentance, restoration and renewal. Never forget, God loves you so much! Keep walking with the King.

## For Further Reading



### **STILL STANDING: HOWTO LIVE IN GOD'S LIGHT WHILE WRESTLING WITH THE DARK**

by Courtney Joseph Fallick

How do you stand up after life knocks you down?

That's the question Courtney Joseph Fallick asked herself when she entered the darkest season of her life. She found herself drowning in fear, shame, and grief, while God seemed silent.

Opening up about her husband's betrayal, Courtney shows you how to rise up after your own heart-crushing struggles, cling to God's promises, and move forward stronger than before.

Sharing the hard-fought lessons she learned, she helps you:

- hold on to your faith when life wounds you
- stand back up--and keep standing--after being knocked down
- overcome discouragement and disillusionment
- heal your hurts and let go
- recover from loss and grief
- find enough strength, joy, rest, and peace for each day

This dark valley will end. Here is the infusion of hope you need to rise, live well, and walk with the King.