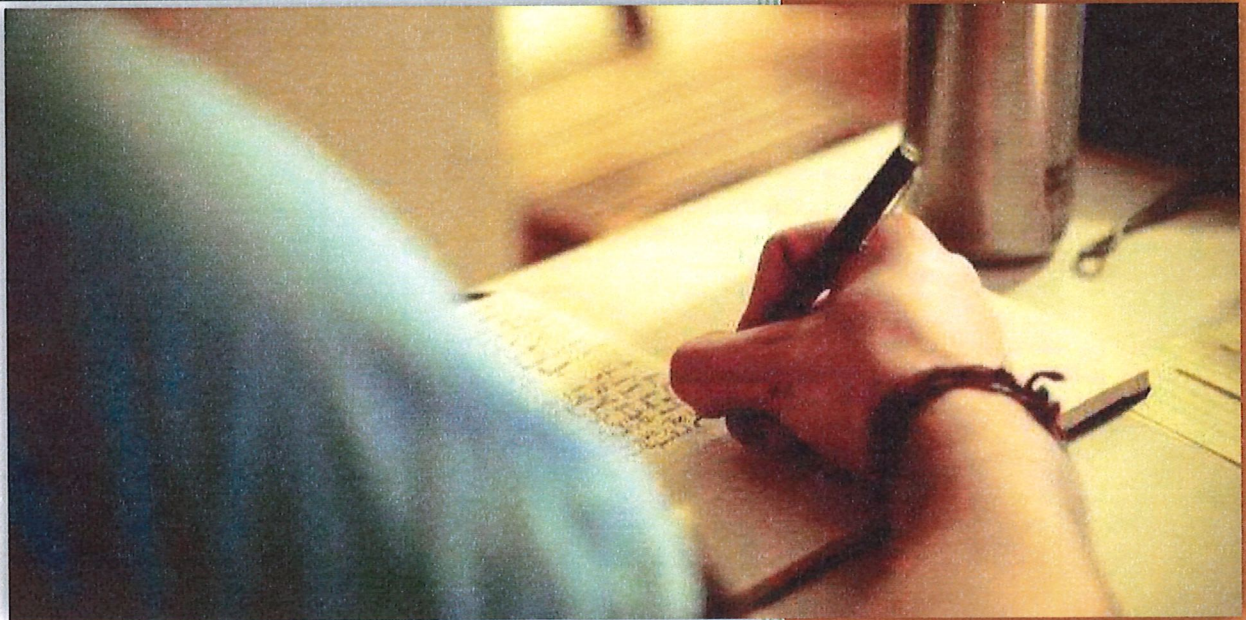


Spiritual Journaling



GETTING "WRITE" WITH GOD



Wednesday Evenings

@ Woodland

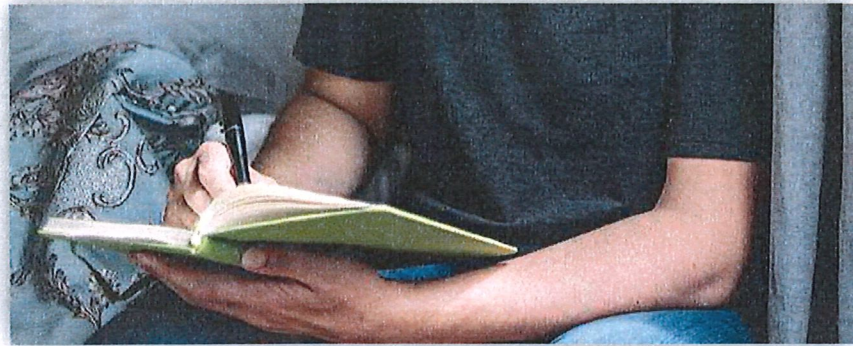



Table of Contents

Snacks

Week 1	Pages 2-5	Brian
Week 2	Pages 6-9	
Week 3	Pages 10-13	
Week 4	Pages 14-19	
Week 5	Pages 20-28	
Week 6	Pages 29-31	
Week 7	Page 32 Prayer & Compare	Brian

**AND WE KNOW THAT GOD WORKS
 ALL THINGS TOGETHER FOR THE
 GOOD OF THOSE WHO LOVE HIM,
 WHO ARE CALLED ACCORDING TO
 HIS PURPOSE.
 - ROMANS 8:28**



**THINK OVER WHAT I
 SAY.....
 for the Lord will
 give you
 understanding in
 everything**

**2
 TIMOTHY 2:7**

Spiritual Journaling 2023

Welcome! I want to extend my heart felt gladness that you are here. I want to partner up with you as you (we!) write these next seven weeks. Being a **car guy**, let me just say this; buckle in and stomp on the gas. Let your heart and mind fill the pages of your journal with anything. I am not an expert in this discipline, **there is no wrong or right way** to journal. There is no best format, no best pen; it's all between you and the Lord.

The internet says there are many benefits to journaling. While probably true, that is not the purpose of this path. My only hope is that **your journal deepens your connection to God**. I originally began journaling because I wanted to improve my prayer life. You may want to use it to study the bible or reflect on God's blessings, or even scream help. It's all good. Don't worry about what to write at this point; rant, rave, rage, talk about anything, **just write**. Whatever your reason, I am glad each of you decided to start this adventure.



Here's the truth: God wants us to write to him.

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.'**

These are also true:

- Journaling is one of the **simplest things** you can do to be more content.
- When you read the **bible 4 times a week**, your anxiety goes down and your cheerfulness goes up.
- We **will passionately pursue God** this session by doing both of the above.

Let's have this conversation (there really are no wrong answers):

1. What made you sign up for this group?
2. Do you enjoy writing? Do you enjoy praying?
3. Have you ever journaled before? Any experience in Spiritual Journaling?
4. Are you confident about this, or no?
5. Do you think this could become a lifelong habit for you?
6. How do you believe the Lord will speak to you in your journaling?
7. Are you a goal setter? A task-master? A prayer warrior? A day dreamer? (All can benefit)
8. Do you desire to have a better connection with a God who loves you?
9. What are your expectations for this group?
10. How can I help you?

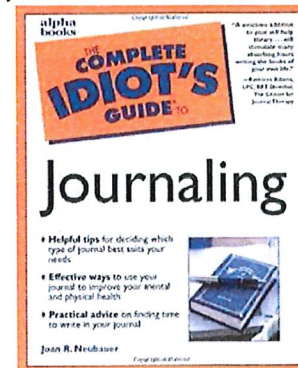
***** Anything else? *** Am I forgetting anything?**

An Introduction from Complete Idiot's Guide to Journaling: (by Joan Neubauer)

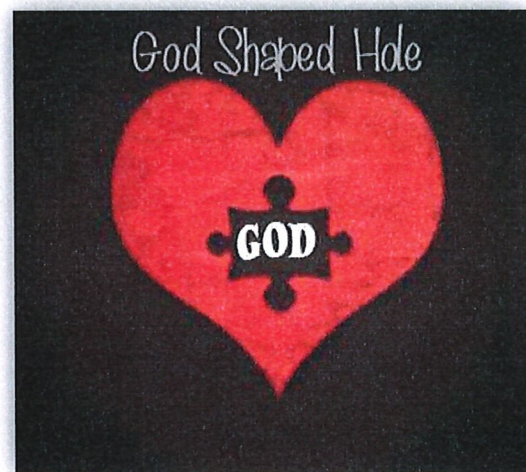
A **journal**, is written from the heart; with a purpose. It's a vehicle that inspires us into the future. History says, the wise among us look to the past, *learn from it*, and step more confidently into the future.

It's a reflective tool, **a safe haven for self-expression**. Journaling gives you the time you need to observe your own life.

The father of modern journaling is **Dr. Ira Progoff**. He encouraged his patients to keep "psychological workbooks" as a way to achieve personal growth and work through problems. He encouraged them to put their thoughts down on paper.



Blaise Pascal (French Mathematician 1623-1662 AND ONE OF MY FAVORITE PEOPLE), prudently said that, **"All people" are born with a God-Shaped Hole in their heart that only things of the Father can fill**. Not fame, riches, or earthly knowledge. Blaise was a journal-er. His most famous journal is called "Mind on Fire"



You may be new to recording your faith walk. Know this, that everything is worth writing down. Also, it's never too late to start. You can jump in at any time. Don't worry about when to write, or what to write. **Make the commitment** to journal and **do it!**

Everyone has a story to tell. Your perspective will be unique and important to God. Journaling allows you to keep an original, one-of-a-kind, record of your relationship with God. Journaling also allows you to **explore, reflect upon, and even improve** your connection with our creator. God desperately wants to love and talk with you.

Revelation 3:20 **Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me.**

2Timothy 2:7 **Reflect on what I am saying, for the Lord will give you insight into all this.**

How do you eat an elephant? "One bite at a time." Starting this adventure is going to be the hardest part. Athletes often describe being "**in the zone**" when they practice/compete so much that their sport becomes natural. Once you become accustomed to writing every day, you will also experience the zone. Your feelings of accomplishment will stay with you until the next day when you write again. It becomes a circle of success.



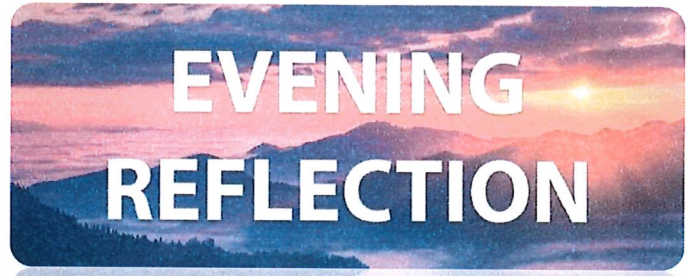
Activity 1

Evening Reflection Journal Activity

Psalm 19:14 May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.

Mark 11:24 Therefore, I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.

- At the end of **one day this week**, write in your journal about the events of the day, including what happened, how you felt, and what you learned.
- Reflect on your thoughts, emotions, and behaviors, and how they have impacted your day.
- Write about the highlights and lowlights of your day and what you learned from them. Include any details that stood out.
- Ask yourself questions like *“What went well today?”* or *“What did I learn today?”*
- Finish with **writing a prayer**.



You can ask yourself these questions as well

1. What was God’s word to me today?
2. How can I grow from my experiences today to grow in my love for God and others?
3. What challenges did I face today? How did I overcome them? What can I learn from these experiences?
4. What did I do today that brought me joy or fulfillment? How can I incorporate more of these activities into my daily routine?
5. What was a moment of joy, delight, or contentment today?
6. What was a small detail I noticed today?
7. What was the weather like today?
8. What am I thankful for today?
9. What could I have done differently today?
10. How can I make tomorrow even better?
11. How did God uniquely bless me today?



Dear God,

30 BIBLE VERSES *about* REFLECTION

Jeremiah 29:11	Deuteronomy 31:6	John 8:32
1 Corinthians 13:12	Proverbs 27:19	John 14:6
James 1:23	John 13:35	John 3:16
2 Corinthians 3:18	Hebrews 13:5	1 John 4:18
2 Corinthians 5:17	Acts 17:10-11	1 Thessalonians 5:16-18
James 1:22-25	1 John 1:9	Titus 2:1
Matthew 28:20	John 1:9	John 10:11
Luke 12:24-26	Luke 23:34	Isaiah 49:16
Ephesians 5:26	Deuteronomy 4:39	1 John 3:23
1 John 4:16	Romans 12:1-2	Revelation 1:1-3

BIBLE PORTAL

