

Visual Journaling Activity:

Psalm 19:1 **The heavens declare the glory of God, and the sky above proclaims his handiwork.**

Colossians 1:16 **For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him.**

I found this idea on the *Day One Journal App*. It's called a **Commonplace Book**. It's a collection of things that are part of your daily life on an intimate level. It's things that are *common* to you.



Here's how it works, **using your phone:**

1. Start collecting information that you find interesting, **inspiring**, or useful in **your journal**.

Pictures of your kids, scenery, things that make you go **WOW**.

2. As you read your bible this week; when a verse jumps out at you **take a picture of it**.

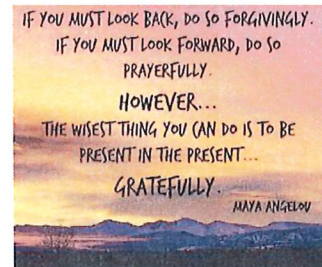
Or what did you hear in your worship music this week, in your favorite podcast, in a sermon, in an accompanying devotional book. Journal it and then take a pic of it.



3. Capture meaningful or thought-provoking quotes (or words that draw you closer in relationship to the Lord) from literature, social media, an online article, or interviews.
4. Collect something physical that connects you with God, i.e.: a flower, your father's pipe, a trophy, a teddy bear, or even a fish!

What I want you to do this week is **collect four items; a picture, a quote (screenshot it), a physical object and an inspirational word (screenshot it).**

1. Reflect on these things. Why do they resonate with you? How do they draw you to Christ? Why do they encourage you?
2. Pray about these things, let the Holy Spirit work in you regarding these items.
 - a. Acts 2:11 **we hear them telling in our own tongues the mighty works of God**
3. Finally **write your own prayer to the Lord** and *lead us in prayer* next week.
 - a. Let your prayer (be based on *your 4 objects*)
 - i. **Acclaim** He is Lord and worthy of worship
 - ii. **Confess** that we all need restoration
 - iii. **Thank** the Lord for his blessings, for restoring us, and drawing us to him
 - iv. **Supplication:** Give us our daily bread

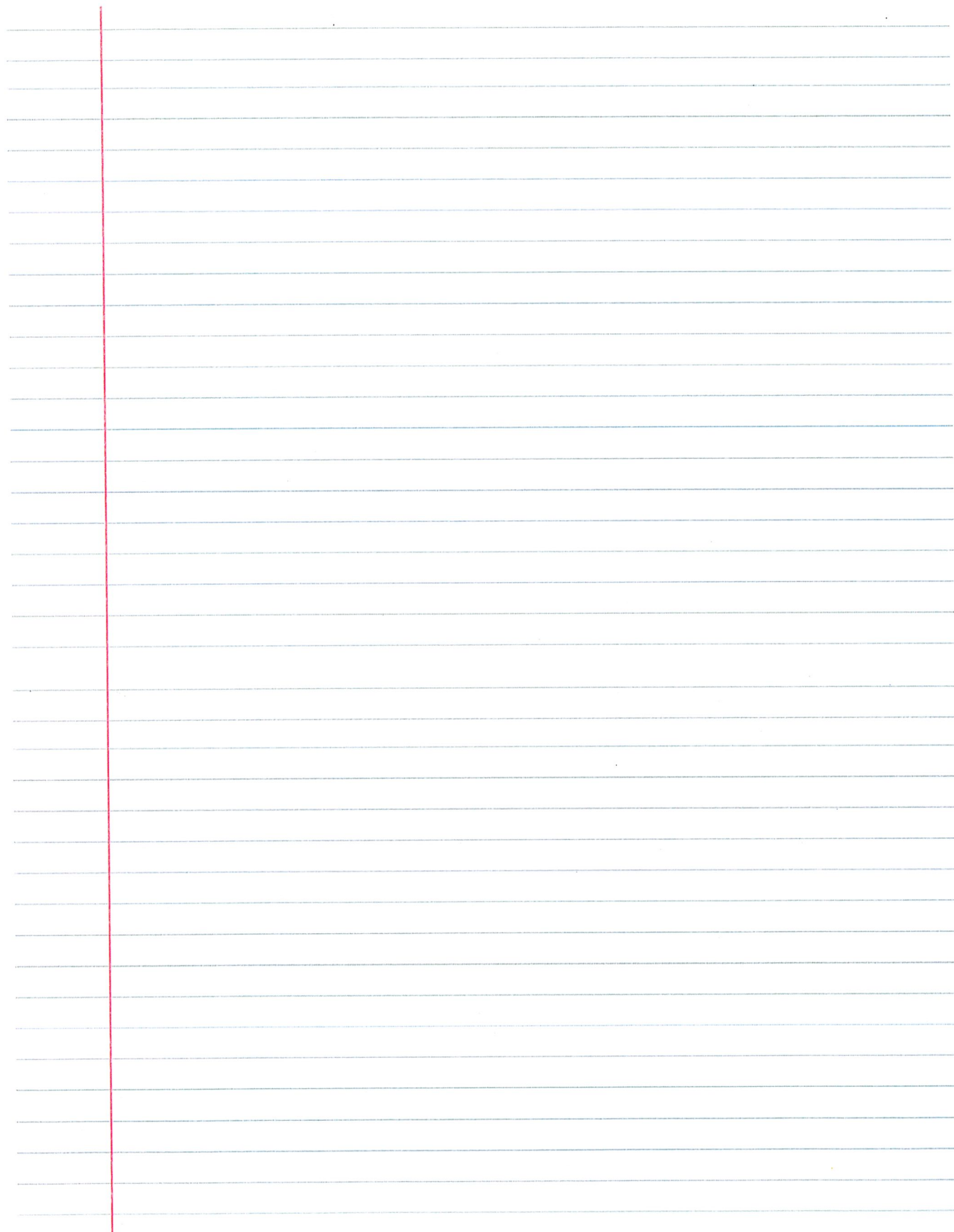


Next week you will each bring in your object, pics and prayer.

1. **Text us your pics, your inspirational quotes, your verses**
2. **Show us your object**
3. **Lead us in your prayer (this is your platform, run with it)**

I *can't wait* to see where the Lord takes you.

Joshua 1:9, **Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.**



Use this space to write down any books, authors, devotionals, apps, podcasts, music, media etc., that other class members have talked about; that you'd like to try.

Use it all, you have a lifetime to journal. Use anything that helps you connect with the Lord on a deeper level. Just WRITE! God Bless, B

Prayer Requests

Ephesians 6:18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on *praying for all the Lord's people.*

James 5:16 Therefore confess your sins to each other and *pray for each* other so that you may be healed. The prayer of a righteous person is powerful and effective.

By the way, one of the things I really liked about the *Prayer Map Series* is how it encourages you to pray for others. Feel free to use this space to write down any prayer requests that come up during this term.