

How to Journal

As we read God's words, we begin to see how God responds to things. Doing daily devotions re-patterns the way we think and transforms the spirit of the mind. Then when we face similar situations as Jesus did, we begin to respond in the same way.

Journaling is an excellent way to both record and process what God has spoken to us. **It's also a useful tool to use at a later time, to reflect on and review some of the 'gems' that you have received. Without writing them down, you may forget those blessings and some very important lessons! And while journaling is a very personal time with the Lord, you may want to share some of your daily journaling with your small group or mentors. Through discussion, you may be able to look deeper into what God is speaking to you, gain new insight and even encourage others.**

S for Scripture

Open your Bible to the reading found under today's date of your Bible bookmark. Take time reading and allow God to speak to you. When you are done, look for a verse that particularly spoke to you that day, and write it in your journal.

O for Observation

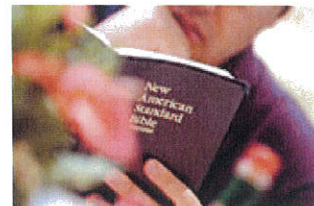
What do you think God is saying to you in this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you. Paraphrase and write this scripture down in your own words, in your journal.

A for Application

Personalize what you have read, by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or corrections for a particular area of your life. Write how this scripture can apply to you today.

P for Prayer

This can be as simple as asking God to help you use this scripture, or it may be a greater insight on what He may be revealing to you. Remember, prayer is a two way conversation, so be sure to listen to what God has to say! Now, write it out.



If this seems a little overwhelming, take it slow and keep it simple. No matter how you decide to do your devotions, the important thing is to show up for your daily appointment, because God is always waiting for you!

When Should I Journal?

It is a good idea to set aside a certain time in your schedule each day and find a quiet place where you won't be distracted.

It's not important when you do your devotions, but that you make it a very important part of your day. For morning people, it's a great way to start your day. For others, it's 20-minute lunchtime appointments with Jesus. For the night owls, it's the final act of the day, the time to quiet their hearts and hear God's voice.