

Welcome to *Journaling with Jesus in our Marriage*

Drawing close to God through Worship, Meditating on Scripture,
Blessing each other, Privately Journaling, and Sharing.

The Depth of God's Marvelous Love

Though one may be overpowered, two can defend themselves.
A cord of three strands cannot be easily broken.
Ecclesiastes 4:12



Community Prayer Guidelines

- We meet to be continually transformed by The Father's Love.
- We come with humble and expectant hearts ready to receive.
- We seek to see each other and our circumstances through the eyes of Jesus. We refrain from judging, criticizing, fixing, rescuing, or giving advice.
- When someone is feeling deep emotions, we give them space to express their emotions and lovingly and tenderly guide them to Jesus.
- Hearing Jesus outweighs any other voice. We make room for His Voice and value, embrace, capture, and record what He shares with us.
- We learn best when we hear how a truth is speaking to someone personally and transparently. We share our heartfelt testimonies with a humble heart as led by the Lord and refrain from turning our personal lessons into a teaching lesson for someone else.
- We encourage others by speaking positive, forward-thinking statements.
- Sometimes we don't hear God, and that is absolutely and perfectly OK.
- Everything we discuss is kept confidential.



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Listening Prayer

Throughout the Bible, God regularly spoke to His people.

Call to me and I will answer you and tell you great and unsearchable things that you do not know. Jeremiah 33:3

In Habakkuk, He gives us a model to hear Him.

I will climb up to my watchtower and stand at my guard post. There I will wait to see what the LORD says and how he will answer my complaint. Then the LORD said to me, "Write my answer plainly on tablets, so that a runner can carry the correct message to others. This vision is for a future time. It describes the end, and it will be fulfilled. If it seems slow in coming, wait patiently, for it will surely take place. It will not be delayed.

Habakkuk 2:1-3

We will stand on our guard posts, keep watch, listen, and write.

- Jesus reveals Himself through images, emotions, ideas, Scripture, memories, and visions. He reveals Himself to us individually, uniquely, and meaningfully.
- God's voice has been described as a still small voice, a knowing, an impression in our hearts, a comforting word, or a spontaneous thought.
- We refrain from analyzing what He shares. We ask Him for clarity. We compare all that we hear or sense against Scripture.
- We dial down, **breathe**, relax, be calm, still, settle ourselves, and have open hearts, so we can freely hear Him and allow Him to speak into our lives and circumstances.

Let's start by telling Jesus why we are here and what we hope to gain.

Jesus, I hope to gain _____ from You today.

Our emotions are designed to be expressed. Unresolved and unexpressed emotions can get in the way of hearing God. Take time to share how you are feeling with Him by telling him or even drawing an image of how you are feeling.



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HOW DOES GOD SPEAK?



HIS WRITTEN WORD
2 Timothy 3:16

HIS LIVING WORD
Hebrews 1:1-2



VISIONS
Genesis 15:1

IN YOUR SPIRIT
Hebrews 1:1-2



AUDIBLE VOICE
John 12:28-30

PROPHECY
Amos 3:7



COUNSEL OF OTHERS
Proverbs 1:7

NATURE
Romans 1:20



EVERYDAY SITUATIONS
Galatians 5:16

ANGELIC VISITATIONS
Luke 1:19



MUSIC
2 Chronicles 20:21

CIRCUMSTANCES
Jonah



DREAMS
Mathew 2:12

EMOTIONS & SENSATIONS
Acts 14:9



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Meditating on Scripture

Each person reads one verse out loud three times.
As it is being read, record key words and phrases that are being emphasized by the Holy Spirit to you.

Worship Song: “Getaway” by Taya

For God so [greatly] loved *and* dearly prized the world, that He [even] gave His [One and] only begotten Son, so that whoever believes *and* trusts in Him [as Savior] shall not perish but have eternal life. John 3:16 AMP

Look with wonder at the depth of the Father's marvelous love that he has lavished on us! He has called us and made us his very own beloved children. And that is who we are.
1 John 3:1 TPT

Beloved, we are God's children right now; however, it is not yet apparent what we will become. But we do know that when it is finally made visible, we will be just like him, for we will see him as he truly is. 1 John 3:2 TPT

And all who focus their hope on him will always be purifying themselves, just as Jesus is pure. 1 John 3:3 TPT

Those who are loved by God, let his love continually pour from you to one another, because God is love. Everyone who loves is fathered by God and experiences an intimate knowledge of him. 1 John 4:7 TPT

The light of God's love shined within us when he sent his matchless Son into the world so that we might live through him. 1 John 4:9 TPT

This is love: He loved us *long before we loved him*. It was his love, not ours. He proved it by sending his Son to be the pleasing sacrificial offering to take away our sins.
1 John 4:10 TPT

Delightfully loved ones, if he loved us with such tremendous love, then “loving one another” should be our way of life! 1 John 4:11 TPT



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No one has ever gazed upon the fullness of God's splendor. But if we love one another, God makes his permanent home in us, and we make our permanent home in him, and his love is brought to its full expression in us. 1 John 4:12 TPT

And he has given us his Spirit within us so that we can have the assurance that he lives in us and that we live in him. 1 John 4:13 TPT

Moreover, we have seen with our own eyes and can testify to the truth that Father God has sent his Son to be the Savior of the world. 1 John 4:14 TPT

Those who give thanks that Jesus is the Son of God live in God, and God lives in them. 1 John 4:15 TPT

We have come into an intimate experience with God's love, and we trust in the love he has for us. God is love! Those who are living in love are living in God, and God lives through them. 1 John 4:16 TPT

By *living in God*, love has been brought to its full expression in us so that we may fearlessly face the day of judgment, because all that Jesus now is, so are we in this world. 1 John 4:17 TPT

Love never brings fear, for fear is always related to punishment. But love's perfection drives the fear of *punishment* far from our hearts. Whoever walks constantly afraid of *punishment* has not reached love's perfection. 1 John 4:18 TPT

Our love for others is *our grateful response* to the love God first demonstrated to us. 1 John 4:19 TPT



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What is a Blessing?

WHAT ARE SPIRITUAL BLESSINGS?

Spiritual blessings are the key benefits we inherit in our relationship with the Father through Jesus Christ. These blessings are not earned. They are truths about who we are and what our purpose is.

WHAT IS SPEAKING A BLESSING?

God using a person to affirm His messages of love, identity, value, purpose, and destiny to the heart of another.

An analogy is that Blessing is like pouring “nurturing plant fertilizer” on a plant. Cursing is like pouring “destructive hydrochloric acid.”

WHAT DOES GOD SAY ABOUT BLESSING?

Today, I have given you the choice between life and death, between **blessings and curses**. Now I call on heaven and earth to witness the choice you make. Oh, that you would choose life (and blessing), so that you and your descendants might live!

Deuteronomy 30:19

Every **spiritual blessing** in the heavenly realm has already been lavished upon us as a “love gift” from our wonderful heavenly Father, the Father of our Lord Jesus—all because he sees us wrapped into Christ. *Ephesians 1:3*

Keep speaking to each other with **words of Scripture**, singing the Psalms with praises and spontaneous songs given by the Spirit. *Ephesians 5:19*

Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous; not returning evil for evil or reviling for reviling, but on the contrary **blessing**, knowing that you were called to this that you may inherit a **blessing**. *1 Peter 3:8*

Those who live to bless others will have **blessings** heaped upon them, and the one who pours out his life to pour out **blessings** will be saturated with favor. *Proverbs 11:25*

Worship Song: “Father, Son, Spirit” by Jason Upton



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Bestowing the Blessing

Read the blessing over your spouse three times. While you are being blessed, journal words and phrases that are being emphasized by the Holy Spirit. Draw any images God gives you. Share with your spouse what it felt like being blessed and any message you felt God was giving you.

(State their name.) My dear child, look with wonder at the depth of the marvelous love that I have lavished upon you. I called you and made you. You are My very own beloved child. I bless you in the fullness of My plan for your life. I bless you in your marriage.

(State their name.) I Am love and I long for an increasingly more intimate relationship with you. Let My love continually pour into your heart, and from your heart My love will pour into others.

(State their name.) I have set you apart. I loved you long before you loved Me. I have loved you from the beginning of time. It was My love that sent My Son to rescue you. And it was My love that sealed you with My Spirit. Have the assurance that I live in you, and you live in Me.

(State their name.) My love never brings fear, nor does it bring condemnation. It brings comfort in the truth that the blood of My Precious Son continually covers you, forgives you, cleanses you, heals you, and restores you.

(State their name.) My love brings confidence that you can always come to Me. I will always receive you and never turn you away. Just keep coming to Me.

(State their name.) I bless you in My Name, Yahweh, the God who is Love.



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Three-Way Journaling

Three-way journaling is each spouse personally reading scripture, reflecting on it, praying, and writing the thoughts and impressions you receive being in God's presence and then sharing with each other.



Worship Song: “Fountains” by Jon Thurlow
Followed by Instrumental Worship Music

Three-Way Journaling with Jesus

Suggested journaling questions: (Journal as the Lord leads you). As the Father reveals His heart to you, ask Him questions like, “What else do You want me to know about _____?”

- Jesus, in what ways can I better experience Your love?
- Jesus, in what ways can I follow You more closely?
- Father, in what ways can I walk in by the power of Your Spirit?
- Father, please give me an image of Your wondrous love surrounding me.



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Sharing Guidelines

Sharing what God has revealed to us is very powerful and profoundly impacts everyone. By hearing how God has touched our hearts and minds, increases our faith, and renews our hope.

- We learn best when we hear how a truth is speaking to someone personally and transparently.
- We share our heartfelt testimonies with a humble heart as led by the Lord and refrain from turning our personal lessons into a teaching lesson for someone else.
- If we feel we have received a “word” from the Lord for someone else, we refrain from sharing it and pray and ask the Lord to reveal it directly to that person.
- We share only what we feel comfortable sharing.
- When we share, we refrain from long backstory, and share what is relevant right now.

An example: “This is what I felt Jesus was revealing to me. This is why it was important to me.”



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