

Welcome to *Journaling with Jesus in our Marriage*

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

GOD OF HOPE & UNDERSTANDING

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



Sunday, September 25, 2022

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. If God gives you an image, be sure to draw it.

Worship Song: “Set My Love” by Andrew Ehrenzeller

May the God of hope fill you with all joy and peace as you trust in Him,
so that you may overflow with hope by the power of the Holy Spirit
ROMANS 15:13 NIV

Don't be afraid, for I am with you.
Don't be discouraged, for I am your God.
I will strengthen you and help you.
I will hold you up with my victorious right hand.
Isaiah 41:10 NLT

I am the Lord, the God of all the peoples of the world. Is anything too hard for me?
Jeremiah 32:27 NLT

Jesus looked at them intently and said, “Humanly speaking, it is impossible. But with God everything is possible.”
Matthew 19:26

Are you weary, carrying a heavy burden? Come to me. I will refresh your life, for I am your oasis. Simply join your life with mine. Learn my ways and you'll discover that I'm gentle, humble, easy to please. You will find refreshment and rest in me. For all that I require of you will be pleasant and easy to bear.
Matthew 11:28-30 TPT

Don't be pulled in different directions or worried about a thing. Be saturated in prayer throughout each day, offering your faith-filled requests before Jesus with overflowing gratitude. Tell him every detail of your life, then God's wonderful peace that transcends human understanding, will guard your heart and mind through Jesus Christ.
Philippians 4:6-7

Here's what I've learned through it all:
Don't give up; don't be impatient.



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Be entwined as one with the Lord.
 Be brave and courageous, and never lose hope.
 Yes, keep on waiting—*for he will never disappoint you!*
 Psalm 27:14 TPT

And so, Lord, where do I put my hope?
 My only hope is in you.
 Psalm 39:7 NLT

I waited and waited and waited some more,
 patiently, knowing God would come through for me.
 Then, at last, he bent down and listened to my cry.
 He stooped down to lift me out of danger
 from the desolate pit I was in,
 out of the muddy mess I had fallen into.
 Now he's lifted me up into a firm, secure place
 and steadied me while I walk along his ascending path.
 Psalm 40:1-2 TPT

As for me, I look to the Lord for help.
 I wait confidently for God to save me,
 and my God will certainly hear me.
 Micah 7:7 NLT

I am standing in absolute stillness, silent before the one I love,
 waiting as long as it takes for him to rescue me.
 Only God is my Savior, and he will not fail me.
 For he alone is my safe place.
 His wraparound presence always protects me
 as my champion defender.
 There's no risk of failure with God!
 So why would I let worry paralyze me,
 even when troubles multiply around me?
 Psalm 62:5-7 TPT

The Lord is good to those who wait for Him
 To the person who seeks Him.
 Lamentations 3:25



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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.

_____, My dear child, I am the God of Hope and Understanding. Is anything too hard for Me? Rest in Me and My promises and watch what I will do.

_____, Rather than focus on obtaining joy and peace, watch Me fill you with all joy and peace as you trust in Me. By trusting in Me, the power of My Spirit that lives within you will place within you hope that overflows for your life, relationships, and circumstances.

_____, I am the God of hope. Simply join your life with mine. Learn my ways and you'll discover that I'm kind, gentle, humble, and easy to please. My promise is that in Me, you will find rest.

_____, I am the God of understanding. I understand the challenges and battles you are facing with great insight. You need My perspective to overcome the plans the enemy has to destroy your life. Look to me for your help, guidance, and direction for I will help you and we will defeat evil together.

_____, I am faithful. Call out to Me. Wait confidently for Me. I will save you. You are My child, and I will not only save you, but set your feet on a solid foundation of joy, peace and righteousness.

_____, My Child, trust in my heart for you. Remember what length I was willing to travel to bring you to this place right now. I am all in and now I ask you to be all in with Me.

_____, My Child, I bless you in My Name, Yeshua, your God of Hope and Understanding.



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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: "There in The Middle" by Harvest
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 do You want me to trust You more?
- Jesus, in what ways can I more closely join my life to yours?
- Jesus, in what areas of my marriage do You want me to look to You for help, guidance, and direction.
- Lord, please reveal to me an image of how You are moving in my marriage.



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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 insights=] 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. (Example: “This is what God revealed to me. This is why it was important.” _



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