

Welcome to *Journaling with Jesus in our Marriage*

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

OUR IDENTITY IN CHRIST

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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Father, Son, Spirit

Jason Upton

Father, You Father me
 With Holy Love
 With grace and peace
 Your mercy, surprises me
 It heals my heart
 It helps me see
 I am overwhelmed
 The longer I'm aware
 Aware that You love me
 I am overwhelmed
 The longer I'm aware
 Aware that You're near me
 You're the voice I hear calling my name
 You're the song inside my head
 You're the whisper in the wind and the rain
 When I listen
 Jesus, Holy One
 The darkest night
 The brightest sun
 Jesus, You never fail
 You're God with us
 Emmanuel
 I am overwhelmed
 The longer I'm aware
 Aware that You love me
 I am overwhelmed
 The longer I'm aware

Aware that You're near me
 You're the voice I hear calling my name
 You're the song inside my head
 You're the whisper in the wind and the rain
 When I listen
 Spirit, Abiding One
 You are the Father
 You are the Son
 Your Presence has overcome
 The new creation
 It has begun
 I am overwhelmed
 The longer I'm aware
 Aware that You love me
 I am overwhelmed
 The longer I'm aware
 Aware that You're near me
 You're the voice I hear calling my name
 You're the song inside my head
 You're the whisper in the wind and the rain
 When I listen
 Teach me to listen
 You're the voice I hear calling my name
 You're the song inside my head
 You're the whisper in the wind and the rain
 When I listen
 Teach me to listen

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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.

Psalm 139:1-18

O Lord, Yahweh, You have examined my heart
And know everything about me. (1)

You know when I sit down or stand up. You
know my thoughts even when I am far away.
(2)

You see me when I travel
And when I rest at home.
You know everything I do. (3)

You know what I am going to say
Even before I say it, Lord. (4)

You go before me and follow me.
You place your hand of blessing on my head.
(5)

Such knowledge is too wonderful for me,
Too great for me to understand! (6)

I can never escape from Your Spirit!
I can never get away from Your presence! (7)

If I go up to heaven, you are there;
If I go down to the grave, you are there. (8)

If I ride the wings of the morning,
If I dwell by the farthest oceans, (9)

Even there Your hand will guide me
And your strength will support me. (10)

I could ask the darkness to hide me
And the light around me to become night –
(11)

But even in darkness I cannot hide from You.
To You the night shines as bright as day.
Darkness and light are the same to You. (12)

You made all the delicate, inner parts of my
body
And knit me together in my mother's womb. (13)

Thank You for making me so wonderfully
complex!
Your workmanship is marvelous – how well I
know it. (14)

You watched me as I was being formed in
utter seclusion,
As I was woven together in the dark of the
womb. (15)

You saw me before I was born.
Every day of my life was recorded in Your
book.
Every moment was laid out
Before a single day had passed. (16)

How precious are your thoughts about me, O
God.
They cannot be numbered! (17)

I can't even count them;
They outnumber the grains of sand!
And when I wake up,
You are still with me. (18)



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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.



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*

Bestowing the Blessing

Bless your spouse with each column twice. While you are being blessed, journal words phrases and images that are being emphasized by the Holy Spirit. Share with your spouse what it felt like being blessed and any message you felt God was giving you.

You Are Watching over Me

Jason Upton

When I'm scared about the future
When I'm running from the past
When I'm restless in the present
Trying to make each moment last

You're watching over me
You're watching over me
You're watching over me
You're watching over me

When the fear of having nothing
Steals all my hopes and dreams
Remind me of the promise
Lord help my heart believe

And I don't have to worry about tomorrow
I know that forever is in Your hands
You carry the burden and the sorrow
Jesus You understand
You know right where I am
Jesus You understand
You know right where I am

You're watching over me
You're watching over me
You're watching over me
You're watching over me

'Cause You're watching over me
You're watching over me
You're watching over me
You're watching over me

You're watching over me
You're watching over me
You're watching over me
You're watching over me

You're watching over me
You're watching over me
You're watching over me
You're watching over me

Jesus You know all my troubles
Jesus You feel all my pain
I hear You singing in the struggle
I hear You whispering my name

Lord help my heart believe
Yes, You're watching over me
You're watching over me
You're watching over me

God of justice and mercy
God who says I'm not alone
I will give what You have given
What I have is not my own

So, when I'm scared about the future
When I'm running from the past
When I'm restless in the present
Trying to make each moment last
When the fear of having nothing
Steals all my hopes and dreams
Remind me of the promise
Lord help my heart believe

'Cause You're watching over me
You're watching over me
You're watching over me
You're watching over me



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I AM A CHILD OF GOD

Through my Heavenly Father

I am celebrated
 I am loved
 I am chosen
 I am valued
 I am cherished
 I am accepted
 I am esteemed
 I am highly regarded
 I am distinctly crafted
 I am uniquely made
 I am significant
 I am given gifts
 I have purpose
 I have a destiny
 I have a calling
 I am established
 I am a priority
 I am never without help
 I am never alone
 I am home

Through my Savior Jesus

I have my life
 I have a friend
 I have a confidant
 I am rescued
 I am redeemed
 I am restored
 I am made whole
 I am safe
 I am set apart
 I am pure
 I am innocent
 I am holy
 I am prized
 I am lovely
 I am appreciated
 I am betrothed
 I am longed-for
 I am forgiven
 I am healed
 I am free

Through the Holy Spirit

God speaks to me
 I am guided
 I am protected
 I am comforted
 I am encouraged
 I am equipped
 I am strengthened
 I am empowered
 I am renewed
 I am transformed
 I am victorious
 I have love
 I have joy
 I have peace
 I have patience
 I have kindness
 I have faithfulness
 I have goodness
 I have gentleness
 I have self-control

MY IDENTITY AND VALUE DOES NOT COME FROM THE WORLD,
 IT COMES FROM GOD, MY FATHER,
 I AM HIS CHILD.
 THIS IS WHAT HE SAYS ABOUT ME.



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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.



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, please share precious thoughts that you are thinking about me right now?
- Jesus, in what ways can I abide in Your thoughts about me?
- Lord, You go before me, and You follow me. How can I better follow You?
- Jesus, please give me an image of you placing Your hand of blessing on my head.

Look over your journaling notes for the entire day. Collect your thoughts about what God has revealed to you throughout the day. Add any additional notes or comments you want to add to your journal before joining your small group.



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Fountains

Jon Thurlow

Cast all your cares on me,
Cause I care for you.
I care for you.
(2x)

CHORUS

Cause all your fountains are in me
And I have everything you need.
Just keep coming back to me.
Those who call upon my name,
They will not be put to shame,
Just keep coming back to me.
Come to me if you're weary
And I'll give you rest
I'll give you rest.
My yoke is so easy,
And my burden is less,
My burden is less.

CHORUS: (2x)

Music Interlude...

And all your fountains are in me
And I have everything you need.
Just keep coming back to me.
Those who call upon my name,
They will not be put to shame,
Just keep coming back to me.

(2x)

Keep coming back to me...
Just keep coming back to me...
Just keep coming back to me...
Remember that I am a rewarder of those who seek me
I am a rewarder of those who seek me.
Keep coming back to me (3x)



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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 is important to me.”)

