

Welcome to *Journaling with Jesus in our Marriage*

HOW PRECIOUS ARE YOUR THOUGHTS

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



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

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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Breathing in God's Name

Breathing is intimate. No one can go where our breath goes, except God. Breathing in God's Name can help us calm down and focus on the One who gave us the breath of life and can calm our storms. It can help us be reminded that Christ does live within us.

Breathing can also be an intimate prayer. Breathe in, "Yahweh," or "Yeshua," and hold it for up to five seconds. Visualize Him on the inside. Exhale a worry you are carrying for five seconds. Visualize the worry leaving you and being caught by Jesus. Breathe in His Name and visualize His love filling the space where the worry resided. Visualize Him filling the person or the circumstances you are concerned about with His love. It is His love that will triumphs over our life's obstacles.

- *Genesis 2:7 God formed man of dust from the ground, and breathed into his nostrils the breath of life, and man became a living being.*
- *Job 27:3 shared, "that as long as life is in me, and the breath of God is in my nostrils, I vow to say no wicked thing or utter lies.*
- *Job 32:8 states that the breath of the Almighty gives man understanding.*
- *In John 20:22 shares that before Jesus sent His disciples out, He breathed on them and said, "Receive the Holy Spirit."*
- *Ephesians 3:17 shares "That Christ may make His home in your hearts through faith, that you being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God."*

Gratitude Fosters Trust

Gratitude fosters trust. As we express our gratitude toward our Heavenly Father, we become more connected to His true nature to bless us. Using the same breathing process above, Breathe in "Thank you," and exhale, "Father." Do this seven times, and then ask Him, "Father, what would You like me to be thankful for today?" It's amazing what He shares with us to give us His perspective on the blessings He has given us.

- *Psalms 103:1-4 Praise Yahweh, my soul; all my inmost being praise His holy name. Praise Yahweh, my soul, and forget not all His benefits – who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion.*
- *Isaiah 12:4 And on that day you will say, "Give thanks to Yahweh, call on His name."*
- *Hebrews 12:28 Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, for our "God is a consuming fire."*



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What do you hope to gain from Jesus today?

Jesus tells us that, "You have not, because you ask not". Let's start by sharing with Jesus why we are here and what we hope to gain. Let's journal,

"Jesus, I hope to gain _____ from You today."

What feelings are you carrying today?

1 Peter 5:7 tells us to cast our cares upon Jesus so He can tenderly care for us. Our emotions are designed to be expressed and given to God. Carrying unresolved and unexpressed emotions can cause stress and anxiety and get in the way of hearing God. Sharing them with God allows Him to give us His insight and perspective on our life and circumstances. Take time to share how you are feeling by telling Jesus what emotions you are carrying today.

Jesus, I am feeling _____.

Draw an image of how you are feeling.

(It's very helpful to also draw an image of what you are feeling.)

Whether you are feeling crushed today or feel like you are on a mountain top, drawing an image that expresses how we feel, helps us allow Jesus to carry the heavy load or share the joy with Him. Draw an image of how you are feeling right now.

How God Speaks to Us

Read the chart below and reflect on your day. How has God spoken to you today? Circle the ways he has spoken to you and draw an arrow next to the ways you would like to experience Him.



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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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In the Silence

Jason Upton

[Verse 1]

I'm tired of telling you
you have me
When I know you really don't
I'm tired of telling you I'll follow
When I know I really won't

'Cause I'd rather stand here
speechless
With no great words to say
If my silence is more truthful
And my ears can hear how to walk
in your way

[Chorus]

In the silence
You are speaking
In the quiet I can feel the fire
And it's burning, burning deeply
Burning all that it is
That you desire to be silent, in me

[Verse 2]

Oh Jesus, can you hear me?
My soul is screaming out
And my broken will cries teach me
What your Kingdom's all about

Unite my heart to fear you
To fear your holy name
And create a life of worship
In the spirit and truth of your
loving ways

[Interlude]

[Chorus]

In the silence
You are speaking
In the quiet I can feel the fire
And it's burning, burning deeply
Burning all that it is
That you desire to be silent, in me

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Meditating on Scripture

Read this passage twice.

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.

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*

You go before me and follow me.

You place your hand of blessing on my head. *Psalm 139:5*



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Rest On Us

Harvest with Jon Thurlow

Verse 1

Like the Spirit was moving
Over the waters
Spirit come move over us
Come rest on us
Come rest on us

Chorus

Come down
Spirit when You move
You make my heart pound
When You fill the room
Come rest on us
Come rest on us

Verse 2

And fire and wind
Would You do it again
Open up the gates
Let Heaven on in
Would You rest on us
Come rest on us

Verse 2

And fire and wind
Would You do it again
Open up the gates
Let Heaven on in
Would You rest on us
Rest on us

Chorus

Come down
Spirit when You move
You make my heart pound
When You fill the room
Come rest on us
Come rest on us

Refrain

Come rest on us
Come rest on us
Come rest on us
Come rest on us

Bridge

It's what we love about You
It's that's there's always more
It's what we love about You
It's that's there's always more

Chorus

Come down
Spirit when You move
You make my heart pound
When You fill the room
Come rest on us
Come rest on us

I know there's more for me
I know there's more for me

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Bestowing the Blessing

Bless your spouse with each column twice. While you are blessing your spouse circle words that are being emphasized to you about their identity.

While you are being blessed, circle words that are being emphasized to you.

Share with your spouse what it felt like to have your identity blessed by them as well as any messages or images you felt God was giving you.



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YOU ARE A CHILD OF GOD

YOUR IDENTITY AND VALUE DO NOT COME FROM THE WORLD,
THEY COME FROM GOD, YOUR FATHER,
YOU ARE HIS CHILD.
THIS IS WHAT HE SAYS ABOUT YOU.

In your Heavenly Father

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

In your Savior Jesus

You have your life
You have a friend
You have a confidant
You are rescued
You are redeemed
You are restored
You are made whole
You are safe
You are set apart
You are pure
You are innocent
You are holy
You are prized
You are treasured
You are appreciated
You are betrothed
You are longed-for
You are forgiven
You are healed
You are free

In the Holy Spirit

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



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Three-Way Journaling with Jesus

Three-way journaling is personally reflecting on Jesus through, Worship, Scripture or praying, and writing the thoughts and impressions you receive from being in God's presence and then sharing with each other.



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, who am I to You? What do you want me to know about me as your son/daughter?
- Jesus, who is my spouse to You? What do you want me to know about him/her as your son/daughter?
- Lord, as you look at our marriage, in what ways can my spouse and I be closer to you?
- Jesus, please give me an image of Your presence in our marriage.

Share what you feel comfortable sharing with your spouse. Share only what Jesus has shared with you. Allow your spouse to respond to what God shared with you.

**Refrain from adding or subtracting anything God says,
so that your spouse can clearly hear how God is speaking.**

(Refrain from giving advice – the purpose of this is to hear what God is saying.)



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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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Group 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.

- 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.
- 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.