

Welcome to *Journaling with Jesus in our Marriage*

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

THREE-WAY JOURNALING

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



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



Love Triumphs!

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.

Each person reads each verse out loud.
Pray each prayer together.
Journal privately and then share.

God made them male and female. For this reason, a man will leave his father and mother and be united to his wife and the two will become one flesh. So, they are no longer two, but one. Therefore, what God has joined together, let no man separate. Mark 10:6-9

📖 Lord, we pray that we would always know our marriage is a holy covenant and with Your help live accordingly. What do You want us to know about our marriage being a holy covenant?

Be sure to fear the Yahweh and serve him faithfully with all your heart, considering what great things He has done for you. 1 Samuel 13:24

📖 Lord, we pray that we continue to grow in our faith and in our relationship with You. In what ways can we grow in our faith and in our relationship with You?

Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light. Matthew 11:28-30

📖 Lord, rather than seeking them from each other, we pray that we turn to You to get our greatest needs met. In what areas of my life do you want me to have more rest? What burdens do you desire me to give to You today?

I long to see you that I may impart some kind of spiritual gift to strengthen you, that you and I may be mutually encouraged by each other's faith. Romans 1:11-12

📖 Lord, I pray that we would be a spiritual encouragement to each other. In what ways can I encourage my spouse?

Get rid of all bitterness, rage, and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as Christ forgave you. Ephesians 4:31-32

📖 Lord, help me to let go of any anger or any bitterness toward my spouse. In what ways do You desire me to be forgiving, kind, and compassionate today?



Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.
Ephesians 6:11-12

📖 Lord, I pray that we would remember (especially during conflict!) we are not enemies, but that we are on the same team. In what areas do you desire us to be more unified? And in what ways do you desire us to take a stand against the devil's schemes?

I will give them singleness of heart and of action, so that they will always reverently fear Me for their own good and the good of their children after them. Jeremiah 32:39

📖 Lord, I pray that You would further unite our hearts and give us eyes to see and hearts that are open so that we would fervently fear You. In what ways do You desire us to have more unity? In what ways are You shaping us to reverently fear You as we should?

May He grant you out of the riches of His glory, to be strengthened *and* spiritually energized with power through His Spirit in your inner self, [indwelling your innermost being and personality], so that Christ may dwell in your hearts through your faith. And may you, having been [deeply] rooted and [securely] grounded in love, be fully capable of comprehending with all the saints (God's people) the width and length and height and depth of His love [fully experiencing that amazing, endless love]; and [that you may come] to know [practically, through personal experience] the love of Christ which far surpasses [mere] knowledge [without experience], that you may be filled up [throughout your being] to all the fullness of God [so that you may have the richest experience of God's presence in your lives, completely filled and flooded with God Himself].
Ephesians 3:16-29 AMP

📖 Lord, may we know the riches of Your glory and the power of Your love in our marriage. In what ways can we experience Your love in greater measure?

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.)**



Love Triumphs!

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)