

Welcome to *Journaling with Jesus in our Marriage*

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

REMOVING BLOCKS TO HEARING

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



HAMMER AND AN AWKWARD NAIL

(7:36 minutes)

Jason Upton

I've got a hammer and an
Awkward nail that won't go down
I can try real hard but still it won't go down
Tell me how to do it Jesus
Tell me how to do it Jesus
I don't know how

The shadow in the corner is a stray cat that
we found
I paid a thousand bucks once to keep that
cat around
Now it's lying on the pavement
And the kids are crying, "save it!"
But I don't know how

Did you straighten that nail with a magic
tool?
Did you ever get tired and want to change
the rules, Jesus?

What's amazing to me about a man like you
Is that you raised the dead but had to suffer
too, Jesus

I've got a mountain up ahead and a few I've
left behind
And I'm getting kind of scared of what I'm
going to find
Were you scared to do it Jesus?
Tell me how you did it Jesus
I don't know how

If the present is a place that my future will
define

I want to slow things down and take a little
time
Can you help me do it Jesus?
I want to live a little Jesus
But I don't know how

Did you straighten that nail with a magic
tool?
Did you ever get tired and want to change
the rules, Jesus?

What's amazing to me about a man like you
Is that you raised the dead but had to suffer
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What's amazing to me about a man like you
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too, Jesus

What's amazing to me about a man like you
Is that you raised the dead but had to suffer
too, Jesus

Heavenly Father
Come now
oh oh oh oh oh oh oh oh

Heavenly Father
Come
oh oh oh oh oh oh oh oh



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Removing Emotional Blocks to Hearing God

"Cast all of your cares upon Me so I can tenderly care for you."

DESCRIBE THE PROBLEM
DESCRIBE THE PAIN
EXPRESS THE PAIN TO GOD
SEEK GOD'S ANSWER TO THE PROBLEM

The internal voice of our pain and emotions can be so loud and disruptive that we cannot hear the voice of God. When we express how we feel to God, He can give us His insight, understanding and perspective about how we are feeling. He always speaks words of life, light and love to us regarding how we feel. When He helps us process our emotions, we can hear His counsel and guidance more clearly about our problem.

- Describe the problem concisely.
- Describe emotions surrounding the problem.
- Express those emotions to God.
- Ask God what He wants you to know about how you feel.
- Exalt, record, and repeat what He says seven times.
- Seek God about His solution to the problem.
- Exalt, record, and repeat what He shares.

Jesus and King David model how to cast our cares upon God:

Then Jesus went with them to the olive grove called Gethsemane, and He said, "Sit here while I go over there to pray." He took Peter and Zebedee's two sons, James and John, and He became anguished and distressed. He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with Me." He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from Me. Yet I want Your will to be done, not Mine." Matthew 26:36-39

I am poured out like water, and all my bones are out of joint. My heart has turned to wax; it has melted within me. My mouth is dried up like potsherd and my tongue sticks to the roof of my mouth; you lay me in the dust of death. Dogs surround me, a pack of villains encircle me; they pierce my hands and my feet. All my bones are on display; people stare and gloat over me. They divide my clothes among them and cast lots for my garment. But you, Lord, do not be far from me. You are my strength; come quickly to help me."
Psalm 22:14-19



Real Example:

Describe the problem: "I lost my job."

Describe the emotions: "I am afraid. I am terrified I am going to lose everything. I am embarrassed. I feel alone."

Express the emotions to Jesus: "Jesus, I am afraid. I am afraid I am going to lose everything. I feel terrified and I feel alone. I am embarrassed."

Ask: **What do You want me to know?**"

(Refrain from asking, "What do you want me to do?" Because He wants to do the "doing" first.)

Jesus shares: "I Am with you." (He will share a foundational truth that will unfold.)

Take what God said and exalt it by recording it and repeat it out loud (seven times).

"I Am with you."

"I Am with you."

"I Am with you."

"I Am with you."

"I Am with you."

"I Am with you."

"I Am with you."

What first felt like information, "I Am with you," becomes a comforting revelation.

Respond to Jesus: "Thank You, for being with me. Is there anything else You want me to know?"

Jesus: "Rest." (You may have a crisis in belief about what He shares. Exalting and repeating what He says helps us understand how He is guiding us.)

Repeat:

"Rest."

"Rest."

"Rest."

"Rest."

"Rest."

"Rest."

"Rest."



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Respond to Jesus: "Thank You for reminding me to rest. I sense you will meet me and direct me as I rest in You. I don't know how to rest. What is the best way for me to rest?"

Jesus: "Lie down and rest. Put your feet up and I will instruct you there."

"Lie down and rest. Put your feet up and I will instruct you there."

"Lie down and rest. Put your feet up and I will instruct you there."

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"Lie down and rest. Put your feet up and I will instruct you there."

"Lie down and rest. Put your feet up and I will instruct you there."

Response to Jesus: "Yes, Lord. Is there anything else You want me to know?"

Jesus: "Just rest. Let Me help you. I have a plan."

"Just rest. Let Me help you. I have a plan."

"Just rest. Let Me help you. I have a plan."

"Just rest. Let Me help you. I have a plan."

"Just rest. Let Me help you. I have a plan."

"Just rest. Let Me help you. I have a plan."

"Just rest. Let Me help you. I have a plan."

"Just rest. Let Me help you. I have a plan."

Response to Jesus: "Thank you, Jesus. I will rest and wait for you to instruct me."

Casting our cares upon Jesus and listening to His response helps us to be dependent upon Him amid the most minor or the most challenging circumstances.



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THREE WAY JOURNALING

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



- ♥ Meditate on Scripture by reading out loud twice.
- ♥ Bless your spouse by reading the blessing out loud twice.
- ♥ Journal privately and share what you feel comfortable sharing. Share what Jesus shared with you without adding or subtracting.
- ♥ Allow your spouse to respond to what God shared with you.



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SEEK FIRST

Jason Upton
(7:36 minutes)

Peace that passes, my understanding
Love that conquers, my fear and regret
Joy unending, eternal pleasure
In your presence, my risen king

I will seek first, your kingdom
I will seek first, your righteousness
Everything I need, you will provide for
me
My heart is to seek first, your kingdom

Oh-uh-oh, oh-oh-oh
Oh-uh-oh-oh, oh-oh-oh
Oh-uh-oh, oh-oh-oh
Oh-uh-oh-oh

I will seek first, your kingdom
I will seek first, your righteousness
Everything I need, you will provide for
me
My heart is to seek first, your kingdom

I will seek first, your kingdom
I will seek first, your righteousness
Everything I need, you will provide for
me

My heart is to seek first, your kingdom

You're all I really want
You're all I really need
Father every breath I've got
You have given it to me

You're all I really want
You're all I really need
Father every breath I've got
You have given it to me

You're all I really want
You're all I really need
Father every breath I've got
You have given it to me

I will seek first, your kingdom
I will seek first, your righteousness
'Cause you're all I really want, Jesus
Peace that passes, my understanding
Love that conquers, my fear and regret
Joy unending, eternal pleasure
In your presence, my risen king



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MEDITATING ON SCRIPTURE

Each person reads each verse out loud twice.

As it is being read, record key words, phrases and images that are emphasized by the Holy Spirit.

Guided by the Holy Spirit, share with your spouse.

Then Jesus said, "Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest. Take My yoke upon you. **Let Me teach you**, because I am humble and gentle at heart, and you will find rest for your souls. Matthew 11:28-29

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving **let your requests be made known to God**. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

You will keep him in perfect peace, Whose mind is stayed on You, **Because he trusts in You**. **Isaiah 26:3**

God is our refuge and strength, an **ever-present help** in trouble. Psalm 46:1

I prayed to the Lord, and **He answered me**. He freed me from all my fears. Psalm 34:4

Peace is what I leave with you; it is my own peace that I give you. **I do not give it as the world does**. Do not be worried and upset; do not be afraid. John 14:27

When anxiety was great within me, **Your consolation brought joy to my soul**. Psalm 94:19

An anxious heart weighs a man down, but a **kind word** cheers him up. Proverbs 12:25

Humble yourselves, then, under God's mighty hand, so that **He will lift you up** in his own good time. Leave all your worries with Him because **He cares for you**. Peter 5:6-7

Trust in Yahweh, the Lord, completely, and do not rely on your own opinions. With all your heart **rely on Him to guide you**, and **He will lead you** in every decision you make. **Become intimate with Him** in whatever you do, and **He will lead you** wherever you go. Don't think for a moment that you know it all, for wisdom comes when you adore Him with undivided devotion and avoid everything that's wrong. Then you will find the healing refreshment your body and spirit long for. Proverbs 3:5-8

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – **meditate on these things**. Philippians 4:8



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BESTOWING THE BLESSING

Read the blessing over your spouse three times.

While being blessed, journal key words, phrases and images that are being emphasized.

Share what it felt like being blessed and any images or insights God was giving you.

_____ I want you to know that you can come to Me with everything. Leave nothing behind.

_____ As you bring challenging circumstances and impossible situations, as well as the pain, fears, frustrations, and disappointments to Me, I bring you counsel that will guide you in the ways of wisdom.

_____ You know in part, and your emotions are complex. Bring your thoughts and emotions to Me so I can share My insight and perspective to counsel and comfort you. There is nothing you cannot face when we face it together.

_____ You were never meant to figure things out on your own. You were designed to experience the sufficiency of My grace as you learn to lean on Me and depend upon My faithfulness.

_____ I Am with you wherever you go. I delight in you, and I love you with a love that is beyond your understanding. Allow My love to continually enter your hearts by casting every care upon Me. As your cares are surrendered to Me, you will benefit by experiencing the power of My love and presence in your life, relationships and circumstances.

_____ I bless you in My Name, Yeshua, your Brother, Friend, Savior, Redeemer, Bridegroom, and King.



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PRIVATELY JOURNAL

Write each question in your journal and wait and record what God shares.
To gain clarity, ask God, "Is there anything else you want me to know about _____?"

📖 Then Jesus said, "Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest. Take My yoke upon you. **Let Me teach you**, because I am humble and gentle at heart, and you will find rest for your souls. Matthew 11:28-29

Jesus, the heavy burden I carry today is _____. What do You want to teach me right now?

Who are You to me amid this circumstance?

Who am I to you amid this circumstance?

📖 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving **let your requests be made known to God**. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Jesus, I am anxious about _____. What do You want me to know about how I am feeling?

📖 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – **meditate on these things**. Philippians 4:8

Jesus, what thoughts do You want me to focus and meditate on today?

What is true for me amid my circumstances?

What is noble?

What is just?

What is pure?

What is lovely?

What is of good report?

What is of virtue?

What is praiseworthy?



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Fountains

Jon Thurlow
(5:59 minutes)

Cast all your cares on me,
Cause I care for you.
I care for you.

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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SHARE WITH THE GROUP

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.
- When we share, we refrain from long backstory, and share what is relevant right now.
- We share only what we feel comfortable sharing.

Example: God revealed _____ to me today.
It's important to me because _____.