

Journaling for Jesus

Journaling = _____

Some People Who Journalled in the Bible

_____ journalled, Jeremiah 30:2

_____ journalled, Habakkuk 2:2

_____ journalled, Deuteronomy 31:19

_____ journalled, Revelations 1:11

_____ journalled, 1 Samuel 10:25

_____ journalled, Job 19:23-25

_____ journalled, Psalm 102:18

Six Benefits of Journaling

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Seven Practical Ways to Journal

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Journaling for Jesus

Journaling = with phones and texting, personal journaling has taken a back seat to other forms of communication. Journaling in many ways is a way to personally communicate with yourself. It is like texting and emailing yourself. It is a way for us to record experiences, ideas, lessons, thoughts or reflections to help remember for future use. You are like the writer of your own personal newspaper. Journaling is a biblical principal that helps us to grow in our relationship with Christ.

Some People Who Journalled in the Bible

Jeremiah journalled, Jeremiah 30:2

Habakkuk journalled, Habakkuk 2:2

Moses journalled, Deuteronomy 31:19

John journalled, Revelations 1:11

Samuel journalled, 1 Samuel 10:25

Job journalled, Job 19:23-25

David journalled, Psalm 102:18

Six Benefits of Journaling

1. It reduces stress and releases creativity
2. It helps your memory so you do not forget important facts and details
3. It stimulates your brain and helps you comprehend things
4. It's a great way to unload your emotions on paper instead of people
5. It helps you to slow down and reflect upon the important things
6. It helps to remember your ideas, visions, and memories

Seven Practical Ways to Journal

1. Keep track of all prayer requests
2. Record God's specific Words to you
3. Document verses that came to your mind
4. Write a letter to God
5. Make a log of important events on prophetic days
6. Note all blessings, healings, and positive manifestations from God
7. Draft a list of things you need to improve on or sins you want to overcome