

Journaling

1 Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer “in Jesus name.”

Hab 2:2
And the LORD answered me:
"Write the vision;
make it plain upon tablets,
so he may run who reads it."
Hab 2:2

2 Read the Word: Look up and prayerfully read this scripture. Take your time and allow God's Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

3 Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

4 If you are using a color-coding system to mark your Bible, use Brown to mark this passage. *Brown = Word, God speaking* .

Principles for Hearing:

1) God is my Father	1 Jn 3:1
2) My Father has a plan for my life	Jer 29:11
3) My Father wants to make known the plan for my life.	Is 30:21

Lectio Divina

Lectio	to read
Mediatio	to meditate
Oratio	to pray/speak
Contemplatio	to contemplate

Reflection

As you read *Heb 2:2* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)? Use *Lectio Divina*.

Recommendations for Journaling -

- 1) Buy a journal that will be sacred to you.
- 2) Do not write in the first 6 pages as this will be your index. Number your pages, beginning on page 7 of your journal. This will be page #1 for your journaling. *See Indexing below.*
- 3) Set a time and place where you will not be interrupted. Consecrate this time to God. After communion and Adoration of the Blessed Sacrament is an excellent time to hear from the Lord.

When journaling use *Lectio Divina*, H.O.W.S., Letter Writing to God, or 4 Keys to Hearing God's Voice.

Indexing - Looking for the thread.

Is 28:9-10 Mark *Brown = Word, God speaking.*

9 "Whom will he teach knowledge, and to whom will he explain the message? Those who are weaned from the milk, those taken from the breast? 10 For it is precept upon precept, precept upon precept, line upon line, line upon line, here a little, there a little."

The Lord, many times, reveals in part, "Here a little, there a little – precept on precept, line upon line." Journaling helps us to build line upon line. We need to be weaned from milk and mature.

Reviewing your Journal:

Look for the thread. "Here a little, there a little. Precept on precept. Line upon line is how the Lord speaks."

Daily - review your journal before you go to sleep.

Weekly - Review your index once a week. After reviewing write any thoughts that come to you. This is a good Sabbath observance.

Monthly – Review your Index monthly. First Firday is a good time for this.

Do you see any common thread?

A good time to share your journal is with your spouse, your spiritual director and/or your prayer group.

Journal about your thoughts and feelings as you look back on this study. For what are you grateful? How would you like the Holy Spirit to help you in hearing the voice of God?