

JOURNALING IS REWARDING!

JOURNALING IS AN EXERCISE ENJOYED BY SO MANY! BUT LET'S FACE IT MANY PEOPLE HATE JOURNALING FOR THE VERY REASON OTHERS LOVE IT. ANY DISCIPLINE CAN BECOME LABORIOUS WHEN YOU FORCE YOURSELF TO DO IT, WHETHER YOU FEEL LIKE IT OR NOT. WHEN I PICK UP MY PEN TO JOURNAL, IT IS USUALLY BECAUSE I AM EXCITED ABOUT SOME AMAZING THING GOD IS DOING IN MY LIFE, AND I WANT TO RECORD THE DETAILS I WANT TO REMEMBER. I WANT TO CAPTURE MY THOUGHTS IN REAL-TIME. MY JOURNALS ARE A CHRONICLE OF GOD'S TENDER-LOVING KINDNESS AND GOODNESS TOWARD ME.

JOURNALING HAS BEEN ENJOYABLE FOR ME FOR MANY YEARS BECAUSE IT SERVES MULTIPLE PURPOSES. JOURNALING HELPS ME PROCESS MY FEELINGS AND EMOTIONS. IT ALSO RELIEVES ME FROM REMEMBERING THE DETAILS OF SOMETHING I WANT TO RECALL, ESPECIALLY WHEN GOD DOES SOMETHING SPECIAL IN MY LIFE. MY DESIRE TO LATER REFLECT ON THE ENCOUNTER DRIVES ME TO MY JOURNAL.

JOURNALING ALSO HELPS ME TO SORT OUT MY THOUGHTS WHEN I FEEL CONFUSED OR SAD. MY JOURNALS ALSO SERVE AS A CHRONICLE OF GOD'S FAITHFULNESS DURING GOOD AND CHALLENGING TIMES. FROM TIME TO TIME, I ENJOY READING THROUGH OLD JOURNAL ENTRIES. I AM ALWAYS AMAZED TO SEE GOD'S CONSTANT HAND IN MY LIFE AND THE WISDOM AND GUIDANCE HE PROVIDES ALONG THE WAY.

SOMETIMES I JOURNAL A SPECIFIC EXPERIENCE OR EVENT; OTHER TIMES, MY ENTRY IS IN THE FORM OF A PRAYER OR LETTER TO GOD. OVER TIME, I HOPE YOU WILL DEVELOP A LOVE FOR JOURNALING. I THINK IT WILL ENRICH YOUR MARY MORNINGS IN UNEXPECTED WAYS.

BELOW I HAVE PROVIDED A FEW QUESTIONS AND PROMPTS TO ENCOURAGE YOU TO START JOURNALING. FIRST, PICK UP A JOURNAL FROM A LOCAL DISCOUNT STORE THAT FITS YOUR PERSONALITY OR RESONATES WITH YOU SOMEHOW, THEN START JOURNALING IN RESPONSE TO ONE OR MORE OF THE PROMPTS LISTED.

- WHEN WAS THE LAST TIME GOD LEFT YOU AMAZED OR IN AWE OF HIS GOODNESS?
- HOW HAVE YOU GROWN IN YOUR INTIMACY WITH THE LORD?
- WHAT DO YOU LIKE THE MOST ABOUT YOUR ALONE TIME WITH GOD?
- HOW DOES HAVING A MARY MORNING ENHANCE YOUR DAY OR LIFE?
- ARE YOU STRUGGLING WITH CONSISTENTLY HAVING YOUR QUIET TIME? WHY DO YOU THINK YOU STRUGGLE TO SPEND ALONE TIME WITH GOD REGULARLY?
- JOURNAL A PRAYER TO GOD ABOUT YOUR DESIRE TO SPEND TIME WITH HIM.
- JOURNAL A PRAYER ABOUT YOUR FAVORITE VERSE OR SCRIPTURE PASSAGE.

HAPPY JOURNALING!

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