



## JOURNALING WITH SCRIPTURE

Use the Emotions Wheel on page 2 to assist you. Use as few or as many options as you like.

### 1. Journaling with Scripture Study

1. Observation: what is this passage saying? Use who/what/when/where questions.
2. Interpretation: what is this passage saying to ME? What am I receiving from it – guidance, encouragement, examples of faithfulness, etc.
3. Application: how does this passage connect to my life? Why is it important? How can I apply it to my life in practical ways? Use how/why questions.

### 2. Journaling with a Familiar Verse or Passage (best with a shorter one!)

1. Write it out one time in your journal.
2. Read it aloud.
3. Write it out again, this time using all CAPS for words you find important or that stand out to you.
4. Read it again, this time using emphasis on those WORDS.
5. Write it out again, this time choosing different words to make all CAPS.
6. Read it again, using the different emphasis.
7. Write down your observations, thoughts, ideas, and wonderings. What did you notice differently with the different emphasis? Did you find anything new or fresh? What do you want to remember?

### 3. Journaling for Answers, Help, Encouragement, & Courage in a Dark Place

*Sometimes, when we aren't doing well, it's harder to find the energy to do much, including writing. That's OK! There's a way to still use the practice and do less writing if desired.*

1. Write down what you'd like to receive from God. Ask the Holy Spirit to bring it to you.
2. Find a passage that brings you comfort (or you'd like it to!)
3. Read it to yourself 3 times, using the different emphasis techniques from above.
4. Now, allow yourself to sit quietly for a few minutes. If your mind wanders, ask it to come back as often as you need.
5. When you're ready, write down at least 1 observation, thought, or idea that came to mind.
6. What does that idea bring up for you – emotions, memories, stories, thoughts?
7. Sit with this question for a few minutes of silence.
8. Return to your journal and note at least 1 thing that came up as a response.
9. Finish by writing down what you received in connection with #1

### Some Suggestions for Option 3:

- **Psalm 34:18** "The Lord is near to the brokenhearted and saves those who are crushed in spirit."
- **Psalm 46:5** "God is within her, she will not fall; God will help her at break of day."
- **Matthew 11:28** "Come to me, all you who are weary and burdened, and I will give you rest."
- **Romans 8:28** "And we know that in all things God works for the good of those who love Him, who have been called according to His purpose."
- **Romans 15:13** "May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit."
- **2 Corinthians 12:9** "My grace is all you need, for my power is the greatest when you are weak."

