



## How to Keep a Spiritual Journal

### The Why:

To remember what God has done in your life.

The Bible is rich in "remember" encouragements.

Remember the former things, those of long ago (Isaiah 46:9)

Remember the wonders He has done, His miracles, and the judgments He pronounced (I Chron. 16:12)

Remember the words I (Jesus) spoke to you (John 15:20) "This is what the LORD, the God of Israel says: 'Write a book all the words I have spoken to you'" (Jeremiah 3: 2 NIV)

### Quote:

"A journal is a book in which to keep a personal record of events in your life.

It is a tool of self-discovery, an aid to concentration, a mirror for the soul, a place to generate and capture ideas, a way to gauge our spiritual growth.

Spiritual growth concerns all of life: our goals, our time, our relationships, our work, our politics, our inner lives." (Ronald Klug, *How to keep a Spiritual Journal*)

### The How:

**Get a separate notebook that only you and God will read and get really honest with your Heavenly Father about the areas of your life which are:**

- Your weaknesses
- Your strengths
- The wisest use of your gifts and talents
- People you hold grudges against - past hurts and disappointments, which you need to forgive
- Choose to forgive them so God can unchain (loose) you from that bondage and hear your prayers. (Mark 11: 22-26)

- Pour out your heart to the Lord, listing dreams, hopes, Scriptures, anything you want to talk to God about.
- Make it very personal.
- Write down any thoughts or directions He gives you and write the date there so you can later go back and note how He answered. Please don't presume God is going to answer your prayer in your time frame or your expected way.
- Wait with faith, but not with presumption.

### **Other ideas of what to journal about:**

"At the end of the day you can write down some things that were significant.

In what days was this day unique?

Did I have any significant conversations?

What are my chief joys?

Is God trying to tell me something about any emotional high or low points in the day?

If I failed at something, what lesson did I learn?

In what area did I learn to trust God more?

One man who began a private journal wrote:

"I'm starting this journal because I want to grow spiritually.

My goal is to understand myself better and to clarify what I believe.

I think a journal will help me by providing a framework for reflection and a place to record my thoughts and experiences.

Therefore, I will write a few lines in my journal at least once a week."

Difference in writing a Prayer Journal

A prayer journal on the other hand is just a record of your prayers to

God- along with Scripture He's quickened to your heard.

You go back later and record when and how God answered.

You can record any thoughts of the day and

how you covered them in prayer.

Be honest in your journal.

Don't hide your questions or struggles.

Don't pretend.

Use your journal to attune your spirit to His voice.

*Taken from Quin's Sherrer's notes out of Booklet called, "Winning Your Spiritual Battles Through Prayer" given out at the Vineyard Christian Fellowship in Milan, TX.*

