

We see in His Word a faithful recording of one generation for another, giving the next generation a sense of their purpose and high calling to the LORD. God works through generations.

When we journal, it is important for us to ponder WHY we are keeping a journal. I love that it can be one or all of these aspects at the same time. Your journal will become one of your greatest treasures. God bless you on your journey!

### Suggestions for Journaling

**Set apart a quiet time just for you!**

#### ***DRAW NEAR TO GOD***

Keep it simple! *Just Do It!!*

USE SOME COLOR *Let the Word inspire you*

#### **TAKE YOUR JOURNAL WITH YOU**

Cultivate a seeking heart! **ALWAYS PRAY**

**SLOW DOWN** S-T-R-E-T-C-H YOURSELF

*Look closely!* Listen! *Paint it*

**Don't be afraid of art!!**

REMEMBER HOW TO PLAY **DRAW IT**

**Let God teach you!**



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*Journey: The Distance Traveled in a Day*

# [Journey]

**TO SET OUT**

**TO PULL UP STAKES**

go forward

*to go onward*

to break camp

depart or leave

*back or go away*

Used most frequently to describe the Israelites journey through the wilderness. "to journey by stages" implies the idea of starting out gradually, of going stage by stage, stopping from place to place. Likewise, this word was used to describe the shepherds who would "wander" from place to place.

**[Journal]** comes from the Latin for "daily." It originated from the idea of recording one's "journey," or "the distance that one traveled in a day."

## RECORDING THE JOURNEY: Why do I Keep a Journal?

### *REST AND REFLECTION:*

My journal is a time when I “draw apart” and spend quiet time with the LORD. The LORD wants us to have times when we cease from all our “busy-ness” to rest in Him. He wants me to truly quiet my heart and cease from my labors to just spend time with Him.

Writing, painting, cutting out pictures, drawing - all of these seem to be a means by which I can slow down and stop “working”. My journaling takes on a joyful “play” atmosphere which is often extremely therapeutic in itself. **He restores my soul.**

### *MEDITATION, DIGGING DEEPER IN THE WORD:*

One of my favorite ways to use my journal is to record my Biblical meditation notes. Meditation is where you take a short passage of Scripture and ponder what the LORD is speaking to Your heart. You do not seek to read alot but to dwell richly and deeply in a particular passage, allowing the LORD to reveal His heart. In meditation, I go deeper by looking at related verses, the meanings of the words. I record the insights that I gain in my journal and find that these meditations provide fresh manna on a daily basis. **He feeds me.**

I have found it particularly useful to meditate on the Names of God that are given through His word. Each name reveals a different aspect of His character and His ways. Sometimes these meditations form a picture which I can also record in my journal, revealing an ever deepening understanding of God’s heart. My meditations always form prayers where my heart can respond to Him.

### *PRAYER JOURNAL:*

I love to use my journal as a prayer diary. I record scriptures and prayers that are especially in my heart. I have really enjoyed setting up a page that I can use as a central place to remind me to pray for someone or something. It is great to paste in a picture of the person or place for whom I am interceding, because it makes the prayers more meaningful. I think that working on the page itself becomes prayer as I direct my mind to think about how to pray and listen to the LORD giving me His perspective and heart for this person. There are times when the LORD has given me strong visual images while I pray and these images recorded in my journal remain as a powerful reminder to the understanding that I have gotten in the place of prayer. **He teaches me how to pray.**

### *A DIARY:*

Personal life—my family, my thoughts, my struggles; but also the events happening in the world around me—current events, world situations. I don't just write the news, but write my impressions or reactions to the events of the day. **He is with me always.**

### *CREATIVITY:*

God created us in His image, and He intends His children to be creative! My journal has been a wonderful place to experiment with various forms of artistry. I have found that the very action of creating, is in itself very restorative in my life! We live in a world where we see so much tragedy, heartache and pain. We need ways to process and to allow the LORD to heal us. God’s CREATIVITY is always associated with life. He is the life-giver and as we draw near to Him, He restores our spirits. **He shows me His beauty.**

### *SCRAPBOOK:*

For years I have struggled with saving papers. Now I have a place for them! When I have things I want to keep—letters, postcards, pretty pictures, photos, I can put them right in my journal where they find greater meaning in the context of my life. Digital photography offers great opportunities to put photos into my journal as illustrations. I think it is interesting to write WHY I liked that particular item! While on vacation I faithfully collected bits and pieces to help me remember the places we visited. **He helps me keep precious memories alive.**

### *JOY OF LIVING NOTEBOOK:*

My grandmother kept a “Joy of Living Notebook” in which she pasted items that blessed her. This included poems, cartoons, and Bible verses. Most of her pieces focused upon Jesus, whom she loved very much. She used her “notebook” to keep her spirit joyful before the LORD. When depression threatened, she took out her notebook and spent time with it. She found it never failed to restore her joy. Her notebook became a form of “spiritual warfare”. She was collecting “swords” by which to remain in His peace and joy. **He is our peace.**

### *LEGACY:*

“Legacy” is what we leave behind for those who follow. We never know how our insights or description of our daily activities might impact a future generation. When Narcissa Whitman made the trek across this country in a covered wagon, she never dreamed that her journal would one day be read by countless others! Her words of faith and her life have ministered to me greatly and given me a perspective on my life that makes me want to leave behind something of value.