





# **JOURNALING REALIZED**

*a spiritual practice  
that transforms  
us*



”  
The meaning of  
earthly existence is  
not, as we have  
grown used to  
thinking, in  
prosperity, but in the  
development of the  
soul.  
“

ALEKSANDER SOLZHENITSYN

# The desire of journaling

is an invitation to be alert to your life through writing and reflecting on God's nature, presence, guidance and activity in, around and through you.

Journaling can be practiced daily and/or during times of transition; enabling you to feel tethered to God's will for your life while keeping your soul grounded in your faith.

The skill of journaling helps to process our thoughts, emotions & actions through the lens of Scripture and the heart of God while building our faith.



# Scripture Motivation

## **Matthew 5:8**

"What bliss you experience when your heart is pure! For then your eyes will open to see more and more of God."

## **II Corinthians 3:16**

"...the moment [I] turn to the Lord with an open heart, the veil is lifted and [I] see."

## **Psalms 25:4**

"Show me Your ways, o Lord, teach me Your paths."

## **Luke 21:36**

"Keep a constant watch over your soul, and pray for the courage and grace to prevail over these things that are destined to occur and that you will stand... with a clear conscience."

\*be encouraged as you ponder the sacred pages of Scripture.

\*\*see them as journal writings for every generation to glean, learn and heal from.



# *methods of* JOURNALING

Journaling is keeping a written record, a dialogue between you & God, of how you feel about life going on in and around you. In short, this practice

Journals can include written dialogue, a collection of meaningful clippings, drawings, key words, articles, poems, and inspiring quotes similar to scrapbooking.

Any form of the above that enables you to express your emotions [with GOD] is appropriate and acceptable to GOD; after all HE created you to enJOY unique and various expressions! This is not a time to overthink, but simply a time to explore what's going on in your thought life, or internal landscape, and external experiences. Taking personal inventory is important so that we don't become trapped in unhealthy cycles and habits that create friction in our body, mind and soul that ultimately holds us in bondage or oppression. Together we'll find new beliefs, based upon what the truth and reality of God's word says, so that you can begin to embrace the life your purposed to live.

Journaling my "exodus" story may help me to process and share, when ready, with others.

Journaling prayers, prayer requests, and GOD's responses to my prayers and requests will help me see HIS hand in my life.

you got this  
you got this  
you got this

# **GOD-GIVEN FRUIT** *with journaling*

spiritual awakening to my thoughts and emotions become  
realized and processed

an increase in my awareness of keeping company with  
Jesus

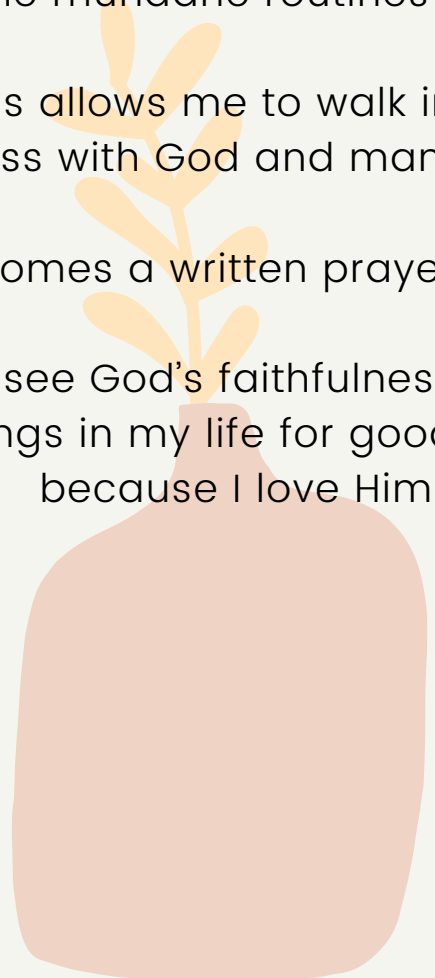
an increase in my awareness of where I am in relation to  
where God is and His truths over my life

slowing down enables me to see God in the ordinary, even  
the mundane routines

casting all my cares upon Jesus allows me to walk in  
healing, wholeness and oneness with God and man

listening to God, my life becomes a written prayer

in reflection and review I am able to see God's faithfulness  
in my life and His ability to use all things in my life for good  
because I love Him.



## AN OVERVIEW OF

# journaling

The nature of spiritual journaling is to catalogue the journey of your soul into the heart of God.

There is no one way or wrong way. Our seasons and expressions change so seek to go with where you are and be willing to learn and grow in the process and in your relationship with God. Be as honest with yourself as possible to enhance your experience, not hijack it. This is to be an unedited experience to obtain the most transformation. As you write and review your work, you'll begin to see patterns in your life; thoughts, feelings, ideas, dreams, struggles, frustrations, interactions, reactions and sin patterns. Don't be alarmed.

Simply know the process of spiritual journaling leads you towards sanctification!

Out of the overflow of your authenticity with yourself and God, ask the Holy Spirit to form a godly response in you. Write the response you hear from God. Ask for His grace, found in Jesus to receive it and to help you live it out.





# TIME FOR *reflection*

When do you reflect on your life experiences?

How do you currently reflect on your life experiences?

How does the idea of focused spiritual journaling initially sit  
with you?

What methods of journaling intrigue you as you process and  
reflect on your life experiences with God?

What obstacle(s), or thought processes, need to be dealt  
with in order for you to move forward with journaling?

# TIME FOR *journaling*

You may choose a spiral notebook, a binder, a bound book with blank or lined pages, or your laptop.

Record each date of your journaling at the top of each entry.

Record your location: the back porch, park bench, comfortable chair in cozy setting, desk, airplane, His feet, etc.

This helps get grounded and present, with Him, in the moment. Envision Him right there with you; sitting beside you, hovering over you, or see Him high and lifted up on the Throne. Maybe you're at the alter. Use your imagination and see Him with the eyes of your heart.

Begin with acknowledging God's presence. Something like: Good morning God; Dear Lord or Holy Spirit; Thank you for; I invite You into my day, into my thoughts, my heart, my circumstances, my relationship with myself or someone else, make confessions (spelling and grammar are irrelevant).

Reflect on your day by describing what stands out most to you in what you've seen, heard, and felt. You might choose to write a word that summarizes your day and then build upon its meaning. Maybe you doodle on the page and write out the impression you're receiving from Holy Spirit, or maybe you sit with it (& Him) for a while.

Be kind and compassionate to yourself. If nothing comes, maybe you write lyrics down to a favorite worship song. For some, the unfolding of journaling takes time.

You may choose to write a quote or Scripture passage and expound upon what it means to you in this moment and how you it applies to your day and meditate upon it. Record your joys, struggles, losses, what you would like to change, your dreams and goals for the day, the week, and this season. This practice allows God tangible room to speak directly into these areas with His guidance, wisdom, provision and healing.

Ask God questions about whatever or whomever comes to mind. Ask Him about His character and nature over whatever 'it' is. Ask Him where He is in it and what His heart says about it, or search it out in His word. Share with Him your thoughts and emotions to these things. Get out of your head and into His heart. Be authentic and expect transformation!