

JOURNAL GUIDE

*You have made us for yourself, O Lord, and our hearts
are restless until they rest in you.*

SAINT AUGUSTINE

Journaling can be a really important tool as you intentionally align your desires with the heart of God. It is our prayer that this journal would help you discover the deep well of God's presence and the richness of His Word; that you would become less prone to wander away from your first love.

There are so many fantastic ways to journal. No matter how you use this journal, we hope you will use it often! Like any relationship, our relationship with God is dependent on spending time with Him, learning to hear His voice, and finding our rest in Him.



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TIPS FOR USING THIS JOURNAL

PRAYER

If you are anything like me, you find your mind wandering when you pray. One minute you're praying for healing + restoration, and the next you are debating where to eat lunch. Writing out your prayers in letter form not only helps you focus, but also allows you to go back and read past prayers to see how God has showed His faithfulness.

BIBLE STUDY

There are so many ways to study the Bible, but keep in mind...we want to read the Bible for TRANSFORMATION, not just information. That is how a journal can be very helpful in recording what God is doing in you through the power of His Word. Whatever format works for you, stick with it! However, if you are new to this whole thing, here's something that might help you. Read a short passage of the Bible, no more than a chapter. (Psalms or Proverbs would be a good starting point) Then, read it slowly and don't glaze over the parts that you think you already know.

SIP

In your journal, write down observations about the passage. Maybe write out the main point or circumstances in your own words.

SOAK

Sit in the passage for a while. What is this passage revealing about God's character? About your OWN character? What are some things God is showing you through this passage? Write out how these words might apply to your life right now.

FREEZE

Pick one verse or one concept that really spoke to you. What is one truth that you would like to "freeze" into your heart forever? Write it out and try to commit it to memory over the next few weeks.

POUR

How can you take what you just learned from this passage and pour it out this week? Decide on just ONE action step to work on and be sure to write it down, and also revisit it in your journal in the future!

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