

Ideas for Journaling

The following provides some ideas as you journal. Your journal should be an instrument to aid in you growing to know God more. It should be an opportunity for you to spend time in prayer and meditating on God's Word.

1. Write about what you are learning as you study your assigned weekly scripture reading. Use the REAP format described on the previous page. Also, you can use your journal to answer the Bible Study questions as you read.

2. Daily spiritual Diary from *How to Study the Bible for Yourself* by Tim LaHaye:

Week of _____ to _____

Day: Passage _____ Date _____

God's Message to me today: _____

A Promise from God: _____

A Command to keep: _____

A Timeless Principle: _____

How this applies to my life: _____

3. Questions taken from *Spiritual Disciplines for the Christian Life* by Donald Whitley:

Does this text reveal something that I should:

- a. Believe about God?
- b. Praise, thank, or trust God for?
- c. Have a new attitude about?
- d. Make a decision about?
- e. Do for the sake of Christ?

4. Take notes from the daily devotions, discipleship meetings, Sunday sermons, or other times of teaching.

5. Write verses from your readings that really stand out to you (possibly your scripture memory). Explain how they apply to your life.

6. Write your prayers and/or prayer requests.

7. Write a "things to do for today" list allowing God to lead you through it.

8. Write praises to the Lord.