

## SPIRITUAL DISCIPLINES – SUMMER 2024

### 8. Journaling

Journaling can be defined as recording the works and ways of the Lord in our life. How is God working in our lives? What prayers have been answered? What new biblical truth has become clearer to us? The answer to these questions can be captured when we journal. The biblical purpose for journaling is to reflect on God's Word and God's working in our lives. As Paul instructed Timothy, *Reflect on what I am saying, for the Lord will give you insight into all this* (2 Timothy 2:7).

While journaling may seem like a chore to us, there are at least two tangible benefits. The first is that it will lead us to a greater understanding of the deeper truths of God's Word. For example, organizing our observations on paper helps us to think more critically about a particular doctrine. Also, when we write down memory verses, we can usually memorize them faster. Finally, we record specific prayer requests from others and use our journal as a way to remember to pray for them.

The second tangible benefit of journaling comes later in our journey when we look back on how God has worked in our lives. When we reflect on what God has done in our past, we can forge ahead through a current crisis with greater confidence and boldness. This is true when we think about the Christian life as a race to be run. After we have been running for some time, we may feel like we have not progressed very far, but when we look back over the path we have taken, we can celebrate how far we have really come. This kind of reflection increases our faith and propels us forward in our journey.

Here are some questions for further reflection:

1. On a scale from 1-10, how would you rate yourself on this Spiritual Discipline?
2. What specific actions will you take to develop this Spiritual Discipline further?
3. Read the passages surrounding the verses referenced above and meditate on the Scriptural truths present in those passages.
4. Choose a verse to memorize this week.