



**WRITE**

**IT DOWN**

This journal belongs to:

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Contact Info:

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*My child, never forget the things I have taught you.  
Store my commands in your heart.  
If you do this, you will live many years,  
and your life will be satisfying.  
Never let loyalty and kindness leave you!  
Tie them around your neck as a reminder.  
Write them deep within your heart.  
Then you will find favor with both God and people,  
and you will earn a good relationship.*

*Trust in the Lord with all your heart;  
do not depend on your own understanding.  
Seek his will in all you do,  
and he will show you which path to take.*

## **Proverbs 3:1-6**

# Engaging With God Through Journaling

Keeping a journal is a way to pay attention to God's voice and activity by taking simple notes about our everyday lives.

Even if you've never considered journaling, look through some of the prompts and suggestions and try taking some notes (at least weekly) for a month. We hope it's helpful to slow down and write out what you're learning, observing and experiencing in your spiritual life.

You don't have to journal every day or in a certain way. There is a lot of flexibility for you to do this in a way that fits your personality. You don't have to write out long entries; a short note or bullet list can be very effective.

Journaling not only helps you in the moment of writing, but it also allows you to look back and see things from the past with more clarity. After a month or at the end of a season, take some time to look over what you've written and talk to God about what you notice.

## Ideas for Journaling Pages:

- **Sunday Worship Notes** — What stood out to you from Sunday's service? How did you sense God encouraging and challenging you through the songs, the message and being with others as a part of the Church? A sermon discussion guide is available most weeks at [wschurch.org/watch](http://wschurch.org/watch).
- **Daily Reflection** — Take a moment to reflect on your day, asking God to show you what's most important to see. When did you notice God in your day? What was the hardest moment of the day? Is there anything you need to ask God's forgiveness for? Can you receive his mercy for that? (This practice is sometimes called *self-examination* or a prayer of *Examen*).
- **Writing out Scripture** — When you read or hear a verse or section of the Bible that moves you, write it out in your journal. Make notes about why it is meaningful to you.
- **Prayer Request List** — Write down the names of people or the situations you want to regularly pray for or about. Leave room after each one to list out ways you see God at work over time.
- **Notes from Bible Study, Small Group or Reading** — Keep track of the main things you're learning through discipleship environments. What is especially meaningful to you and how do you think God wants you to respond?
- **Inventory of Emotions** — What is one of the strongest emotions you're experiencing? Write it down and then spend time digging into why you might be feeling this way. What might God want to do with that emotion? (Read Psalms for examples of prayer through different emotions.)
- **Stream of Consciousness** — Quickly write down the things that are on your mind, without judging whether you should list each one. When you're finished, look over them and invite God to help you see what becomes clear. Close the time by being still and releasing all of your concerns to God.

***Possible Prompts  
(Choose one each day):***

- God, today I want to say thank you for...
- A question I have for God today is...
- Today, God seems to be showing me...
- A person who recently showed me God's love is...
- God, I need to be honest with you about...
- One moment in my life when I know God was with me...
- If I had to describe where I am in my spiritual journey, a word, phrase or image would be...
- One thing I am celebrating right now is...
- One thing I am very passionate about is...
- In this season of the year (or life), one thing that might help me stay close to God is...
- A worship song I love to sing is... (Write out some lyrics)
- I feel very purposeful when I...
- If I could change one thing about my childhood...
- Someone I'd like to get to know more is...
- One thing I've always dreamed about doing is...
- The biggest challenge in my life right now is...
- Something that was unsettling to me recently is...
- I see the beauty of God's creation in...
- If I'm honest, I am afraid that...
- I need help to forgive...
- Someone at church that I'm always glad to see is...
- I feel God's peace when...
- I need to release control of...
- When it comes to faith, I would like to learn more about...
- I wonder if God might want me to help serve by...

Date\_\_\_\_\_

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