

JOURNALING

Some Purposes and Benefits of Journaling:

1. **Hear and Understand God Better**

Journaling can be used to help us meditate on the word (Psalm 119:33-34), listen to God's voice, and learn to converse freely with the Lord (Psalm 62:8). It improves our focus and concentration, helps us to clarify and articulate insights, and enables us to see the "big picture" of God's ways and dealing with us.



2. **Hear and Understand Ourselves Better**

This is not simply human introspection but cooperation with the Lord in examination (Psalm 139:23-24). It gives expression to our heart and deep emotions and records the story of our journey with the Lord.

3. **Provide Clarity and Accountability**

Journaling can help us record the Lord's blessings and answered prayers as well as His words and commands to us.

4. **Help Us to Remember**

"Remember" is a key word throughout Scripture (Psalm 77:11-12). It provides a way to track our priorities and goals and be accountable for our steps of obedience.