

# Journaling

You can use some or all of these stages to help you in your journaling. Your journal is your private conversation with God – you should not feel under pressure to show it to anyone else unless you want to. This means you can write exactly what you feel without fearing anyone else's judgement.



You may want to read through what you have written again, and reflect on what God is saying to you. Or you could come back to it on another day, when you may find fresh insights.

## Recognising God's Presence

God is all around you, in everything He has made. He is here with you now. He knows what is on your mind. Take a moment to welcome Him.

## Freedom from Worry

God created you to be free. Write down all the things that are worrying you at the moment. When you have done this, offer your list to God silently. Ask Him to help you to put your trust in Him in everything, large or small.

## Reviewing the Day

Write about your day. Who have you seen? What have you done? If there are things to be thankful for, thank God now. If there are things you need to say sorry for, do it now. God is listening.

## God's Word

Open your bible and read Matthew 7:7-12. When you have read it once, read it through again a few times, slowly. What is God saying to you? Write down your thoughts.

## Conversation

What thoughts or feelings have been brought on by reading God's word? Imagine you are writing a letter to Jesus. Tell him how you are feeling.

## The Lord...hears the prayer of the righteous

(Proverbs 15:29)

When you close your journal, remember this promise.

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