



JOURNALING

Keeping a daily journal can be a helpful tool as you seek to connect with God each day. Below are a few practical suggestions to help you if you need some direction as you begin this process.



For more resources
check ethoslove.com

ONE : SCRIPTURE

I recommend picking a daily reading plan. If you aren't sure where to start, I recommend picking a Book of the Bible, or using one of our 30 Day reading plans to give you some guidance.

Read the Scripture through once. Then write out the scripture word for word in your journal.

TWO : OBSERVATION

After you have written out the scripture in your journal, write down what you have observed about the scripture. What characters catch your attention? What words or questions do you have? What do you notice about the setting that the story takes place in, etc.

Take some time to reflect and write.

THREE : APPLICATION

After you have taken time to write down your observations, take a few minutes to reflect on how this scripture applies to your life? What is God calling you to do? What are the things you need to change? Where are you feeling encouraged? Who do you need to serve? Depending on what area of scripture you find yourself reading on any given day -- the application will look different. The application of the word might not always be obvious, but it is always important.

FOUR : PRAYER

Finally, end your time of journaling in prayer. Don't just pray silently. Write out your prayer. Spend time praising God on paper. There is something powerful about seeing your thanksgiving poured out on the pages of your journal. Write down your fears, anxieties, or the things that are weighing you down. It is amazing to go back weeks

later to see the ways in which Jesus has helped you carry your burdens. Write down your requests, or people you are praying for, and then go back periodically to notice and celebrate the way God has answered your prayers.

** This entire process can be a few short minutes or it can take quite some time. It all depends on you. I hope this short exercise serves as a blessing as you seek to go deeper with God.*