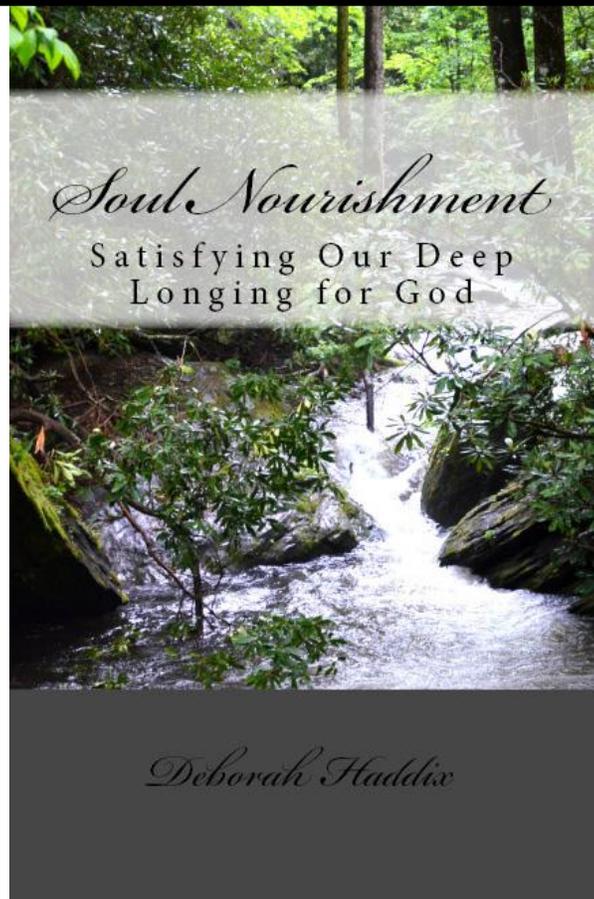


JOURNALING

From

Soul Nourishment



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JOURNALING

Journaling is an invaluable tool for caring for your soul. It can also be used in connection with any of the spiritual practices: prayer, use of Scripture, soul searching and each of the others. Journaling is the practice of being honest with God in writing about what is currently going on in your life. For years, the most common picture of journaling was someone sitting down in a quiet place with a blank page and a pen or pencil, pouring out their heart on a page. Today there are many, many nontraditional and creative ways to journal: type your thoughts out in an online diary, illustrate, color, or sketch them.

Begin to consider how you are “wired” by God. Then take a look at some of the creative journaling methods in the Resource Section and give one a try.

Why?

Because the spiritual practice of journaling helps to make your thoughts and prayers more concrete. It helps you to focus on your topic and on speaking to God. And journaling serves as a spiritual record of what has been going on in your life.

As you journal, be honest. It is not always easy, but it is so important to take time to reflect and to think about what is going on in a particular situation.

“The Lord is near to all who call on Him, to all who call on Him in truth” (Psalm 145:18).

INTRODUCTION TO RESOURCES

*“For God alone, O my soul, wait in silence,
for my hope is from him” (Psalm 62:5).*

Life is busy. Life is hard.

We so often have every good intention of spending alone time with God, but it rarely seems to happen. Sometimes it is an issue of over-crowded schedules. Sometimes it is a matter of mixed-up priorities. Sometimes it is simply that we do not have any idea how to “do” alone time or where to begin.

Perhaps this is you. You hear the longing cries of your soul – cries for intimacy with God. You want to nourish your soul. You just never seem to be able to find the time. You have no idea “how” or where to begin. You are “hungry.”

The resources in the section have been compiled for you.

Sweet sister in Christ, I have been where you are now – taking care of my home; caring for toddlers, school-aged children, teens; working outside my home; going back to college full-time as a nontraditional student; ministering at church – in other words, trying to balance a very full plate. A plate I piled high, with good things even, but one that left me little time to be alone with God much less to figure out what this time should look like.

These resources are for you. Take them...and use them to feed your soul.

Most of the included resources are ready to use. Peruse the collection. Look for ones that call out to you. Notice which of the spiritual disciplines is being targeted and how so many of them overlap. Which one will you choose to feed on first? Then take the first bite. Nourish that longing soul deep within you.

Be intentional. Carve out the time. And then persevere – continuing on, never giving up.

And as you live a life of soul nourishment, take encouragement by evaluating your progress from time to time with these two questions:

1. Do I love God more today than I did before?
2. How well do I obey His Word?

God’s blessings to you as you begin the fruitful work of nourishing your soul.

*“If we live by the Spirit, let us also keep in step with the Spirit”
(Galatians 5:25).*

**JOURNALING
SOUL NOURISHMENT
RESOURCES**

Journaling as a Spiritual Discipline: 8 Reasons to Journal

1. Because journaling is a place to be unmasked and to meet God

So we lay ourselves out on the page....

“A journal can become a sacred place,” writes Margaret Feinberg. “Mere blank pages are transformed into a site where you can record the most intimate parts of your soul. A place where you can travel with your deepest thoughts and confessions. A place where you can slip off the mask of who you are supposed to be and slip into something more comfortable: **who you really are.**” We lay who we really are before Jesus, hiding nothing ... **open books**... and He takes us to Himself.

2. Because journaling lets us see soul areas the Holy Spirit is growing

“Journaling focuses mind and heart on the issues of growth with the aim of discerning what God is doing in one’s life,” writes Richard Peace, author of *Spiritual Journaling: Recording Your Journey toward God*. “By using a journal, **we come in touch with our cutting edges of growth**, those areas where questions exist or where there is need or longing. *These are areas where the Holy Spirit seems most active.*”

3. Because journaling strengthens other disciplines

“Journaling is also an aid to other spiritual disciplines,” says Peace. “Writing down your insights is **helpful in Bible study**. Writing out **prayers** helps you to communicate with God. Creating a poem that praises God is an act of **worship.**”

*“I personally find that writing is **the only way I can concentrate on praying...**” --Sophie in Wales*

4. Because journaling is a way to visually examine our thought processes

“I begin these pages for myself, **in order to think out** my own particular pattern of living, my individual balance of life, work, and human relationships,” writes *Gift from the Sea* author Anne Morrow Lindberg. “And since **I think best with a pencil in my hand**, I started to write...”

5. Because journaling cultivates deep honesty and authenticity

“**At first it was difficult.** I felt self-conscious. I was worried that I would lose the journal or that someone might peek inside to see what I’d said,” writes Gordon MacDonald concerning his practice of journaling. “But slowly the self-consciousness began to fade, and **I found myself sharing in the journal more and more of the thoughts that flooded my inner spirit.** Into the journal went words describing my feelings, my fear and sense of weakness, my hopes, and my **discoveries about where Christ was leading me.**”

When I felt empty or defeated, I talked about that too in the journal. Slowly I began to realize that **the journal was helping me come to grips with an enormous part of my inner person** that *I had never been fully honest about.* No longer could fears and struggles remain inside without definition. They were surfaced and confronted...” (Gordon MacDonald, *Ordering Your Private World*).

6. Because journaling is a way to see God in the dark

“There have been **times when I have thought I was lost,** completely lost. Later, on the other side, looking back through my journal, what I **found was page after page of praise of God’s glory.** In the midst of the darkness, pain and confusion, He was there, ever faithful...and **I was not really lost.** *Just hidden in His tender care.*” -- Connie in B.C.

7. Because journaling is a way to leave a legacy

“**I began to *know* my grandmother.** What a gift her writing has been to me! *I love her even though I didn’t know her.* This is what writing can do.” --Denise

8. Because journaling is a way to continually remember the character of God

“**My journals are my lifeline,** among many other things. I have sticky notes and little jibbles of paper that **I carry around throughout the day** and I go back to my journals and record His awesomeness. **It brings me closer to God because I am always thinking of Him.** I also know that when I write it down, or print things off and paste them in, **I remember His words to me and claim them** and that reminds me, too, that **the one who makes the promise, keeps the promise.**” -- Debra

*My longings lie open before you, O Lord;
my sighing is not hidden from you.” --Psalm 38:9*

And finally... if you are thinking, “journaling just really is not for me.” It *really* is okay if you do *not* journal ...really.

Taken from *Journaling as a Spiritual Discipline: 8 Reasons to Journal (and some inspiration)* by Ann Voskamp, <http://www.aholyexperience.com/2009/07/journaling-as-spiritual-discipline-why/>.

Scripture Journal

Set-Up Instructions

Step 1

Number all of the pages in your journal. Number them front and back.

Step 2

Write the total number of pages in your journal here. _____

Step 3

Write “Table of Contents” on the top of the first two pages.

Step 4

If you want to fill your topics in *before* you begin journaling, write out half of them on the first page of the “Table of Contents.” Then write the other half on the second page.

If you are going to write your topics in *as you go*, just remember to add them to your “Table of Contents.”

Step 5

Write the topic of each page on the top of its assigned page.

Step 6

If you desire, choose an inspiring quote or two to write on the inside of the front and back covers or decorate them anyway you like.

Possible Topics

Adversity	Accountability	Atonement
Baptism	The Bible	Child of God
Choice	Christmas	Commandments
Courage	Covenants	Creation
Dating	Dispensation	Divine Nature
Doctrines	Dress/appearance	Easter
Education	Entertainment/media	Example
Faith	The Fall	Family
Forgiveness	Friends	Fruit of the Spirit
The Godhead	Good Works	The Gospel
Gratitude	Heavenly Father	Holy Spirit
Home	Honesty	Humility
Individual Worth	Integrity	Israel
Jesus Christ	Knowledge	Learning
Life after Death	Marriage	Martial Life
Modesty	Motherhood	Music & Dancing
Obedience	Ordinances	Patriarchal Blessings
Physical Health	Plan of Salvation	Prayer
Premarital Life	Priesthood	Prophets
Repentance	Resurrection	Revelation
The Sabbath	Satan	Scripture Study
The Second Coming	Service	Sexual Purity
Sin/Disobedience	Spiritual Disciplines	Standards
Teaching	Temples/Temple Work	Temptation
Testimony	Truth	Virtue

Note: After you fill up a page, just start another page on that same topic elsewhere in your journal. Write “continued on page ____” at the top of the filled up page.

Adapted from *Scripture Journals: Set-Up Instructions* by Shannon Foster, <https://www.theredheadedhostess.com/scripture-study-tips-2/scripture-journals-scripture-study-tips-2/scripture-journals-2/>.

Tips for Making Your Journal Uniquely You

- ❖ Highlight, **enlarge**, underline, frame, or **bold** words that stand out to you as important.
- ❖ Draw illustrations to clarify doctrine or to add your personality to your studies.
- ❖ Add color to your journal. You can create a color coding system (such as green for promises, red for warnings, yellow for commandments) or just use color for visual appeal.
- ❖ Keep a supply of pencils, pens, highlighters, and colored pencils near your journal for easy access.
- ❖ When applicable add images, stickers, and lesson handouts to your journal.
- ❖ Include any questions or promptings you may have as you study in your journal.
- ❖ Record references (chapter, verse, author, etc.) for future reference and further study.
- ❖ Keep a copy of conference talks and sermon outlines you study next to your journal page to refer to or tape them into your journal. Do not be afraid to mark them up.
- ❖ Hear a story that perfectly illustrates a point of doctrine? Don't forget it. Record it in your journal. You will be glad you did!
- ❖ Keep plenty of paper in your journal so you will be ready for unexpected side paths in your learning.

A Toolbox of Journals

Prayer Journals

Picture Prayer Journals

This journal is set up by individual. You might use a Picture Prayer Journal as a tool when praying for your children, grandchildren, or students. Place the individual's name and birthdate in an upper corner of a page. Attach a small photo of the individual in the opposite corner. Use the remainder of the pages(s) to record prayer requests, praises, answers to prayers, prayers, and notes.

Pictorial Prayer Journals

The Pictorial Prayer Journal is also set up by individual. Unlike the Picture Prayer Journal, this journal type is full of photos. When setting the journal up do leave some space around the photos as a place to write requests, praises, prayers, and such. The photos serve a prayer prompts and are wonderful for the visual personality. Just take care that the journal does not become a scrapbook instead of a prayer tool.

Prayer Log

A Prayer Log is a simple listing of requests and answers or praises. One hint for setting up a Prayer Log is to use one color of ink for writing in requests and another color for listing the answers or praises.

Praying in Color Journals

According to Sybil MacBeth in her book, *Praying in Color: Drawing a New Path to God*, "Praying in Color is an active, meditative, playful prayer practice. It is both process and product. The process involves a re-entry into the childlike world of coloring and improvising. The product is a colorful design or drawing that is a visual reminder of the time spent in prayer." A Praying in Color Journal is a bound journal or sketch book of these "prayers." (See directions for Praying in Color.)

Squish-It Journals

Think scrapbook, diary, and doodle pad all rolled into one. With no set plan! A Squish-It Journal is a place to squish in items that help you when you pray. This could include reminders of who God is, Scriptures, quotes, the prayers of others, and song lyrics. Find things that draw your heart to God and squish them in. As you turn the pages of your Squish-It Journal and your eyes fall upon the items you have collected, talk to God about what comes to mind. This is also a place where you can record your thoughts and prayers as you talk with Him. Squish-It Journals foster a love for communication with God.

Traditional Journals

A Traditional Prayer Journal is usually sectioned off by category: requests, prayers, praises, answers to prayer, favorite scriptures, quotes, thoughts, notes, photos. In this type of journal there are no photos except in the designated section, if desired.

Scripture Journals

Illustrated Bible Journaling

Writing out Scripture can help us study, remember, and reflect upon God's Word much more completely than just by reading. Illustrated Bible Journaling goes beyond the writing out of Scripture. It is a way of studying the Bible, and responding to it through your own words, sketches, stenciling, images, painting, stamping, and other art media. In essence, the journaler is adding their own thoughts and research notes artistically to the margin of their Bible or in a separate journal.

Journibles

A Scripture Journaling method based upon Rob Wynalda's *Journibles*. Mr. Wynalda's books are centered on Deuteronomy 17:18 — *And when he sits on the throne of his kingdom, he shall write for himself in a book a copy of this law, approved by the Levitical priests.* Journibles can be purchased through several websites including amazon.com and christianbook.com and are available for many books of the Bible. If you prefer to create your own Journible, simply select a blank journal or composition book and copy the Scripture you wish to study onto the right-hand side pages. Respond to the Scripture with your own thoughts, insights, reflections, and questions on the corresponding left-hand page. (Rob Wynalda's *Journibles* are published by Reformation Heritage Books.)

Topical Scripture Journals

Topical Scripture Journals represent hours of discovery and insight and lessons learned. On the pages of these journals are records of things learned, personal notes, scriptural insights, study pages, quotes, conference talks, and more. So much of what is in them would have been forgotten long ago if not recorded in a journal. What a blessing it is to just open one up, read, remember, and then build upon what is recorded.

OPTION 1 – Write topics at the top of each page as you study. Add these topics to your table of contents as you go.

OPTION 2 – When you get your journal write topics that you want to study on the top of each page. Add other topics as they come to mind. Create your table of contents from your listed topics.

OPTION 3 – Alphabetize your topics for ease in using your journal later. This is easier to do if one uses a three-ring binder. An alphabetized table of contents can be created when the journal is set up. Topic pages can be inserted into the journal alphabetically at any time.

For any of these options, leave a few pages at the front of the journal for a table of contents. As you study, write things in to your journal or tape things in.

Reflection

1,000 Gifts Journal

As a reflection upon God's goodness, count gifts. Try counting 1,000 gifts you have received from your Heavenly Father. Simply list them in your journal. If you choose, add your thoughts and insights to the list. For the creatives, try adding images cut from magazines to your listing or photographing your gifts.

Daily Dot Points

Simply record a couple of dot points about what is going on in your daily life. What is troubling you, what questions are rolling around in your mind, what is your general mood and current outlook? You may want to write more than dot points, but this tends to make it too much about you and less about the guidance waiting for you.

Milestones vs. Moments Journaling

"Life isn't a matter of milestones, but of moments." The ancient Greeks had two words for time, *chronos* and *kairos*—*chronos* being chronological or sequential time, and *kairos* referring to the time in between – the sacred moments in time, also known as "God's time." Try documenting the major milestones of your life in terms of "chronos," or chronological time. Secondly, think back on the spiritual milestones of your life—those that took place suspended in "kairos"—record them alongside the chronological ones. This should be a much more difficult task to complete—and all the more illuminating.

New Year's Journaling

The beginning of a new year – calendar or birth – is an opportune time to stop, look up, and get your bearings. Prayerfully journal your responses to "31 Questions for Reflecting on the Direction of Your Life." Be sure to invite God in as you honestly reflect.

"Topical Scripture Journals" taken from *Scripture Journals* by Shannon Foster, <https://www.theredheadedhostess.com/scripture-study-tips-2/scripture-journals-scripture-study-tips-2/scripture-journals-2/>.

"Milestones vs. Moments Journaling" taken from *Keeping a Spiritual Journal: My Favorite Writing Prompts* by Sarah Rehfeldt, <http://www.utmostchristianwriters.com/articles/article0026.php>.

7 Bible Verses Perfect for Journaling

For those who have a desire to try Illustrated Bible Journaling but might be overwhelmed by where to begin, below are some verses that particularly lend themselves to this discipline.

Psalms 147: 1-20 – I love verses that have a very clear illustrating direction. Not that you always have to follow it! In this verse it talks about “counting the stars and knowing them by name” which just screams BIG dreamy STARS to me! Make them SHINE!

Ecclesiastes 3: 9- 14 – I love this book and the visual impact it has when I read over it. After you read it just close your eyes and soak it in. You may come to a very different spot than I did, but I took away from it a beautiful blooming image.

Matthew 5: 16 – In my Bible (ESV) this chapter is titled “salt and light” which to me just brings up so many ideas about what we are reading here. I just jumped all over the “light” portion of this title and have a BRIGHT and beautiful illustration reflecting on what God is laying on my heart in this chapter of my life.

John 8: 31-38 – “the truth shall set you free” – Anything with the word free in it when it relates to the Bible just brings to my mind birds soaring freely! Something about that freedom just takes me right to that peace that God provides us.

Romans 5: 3-4 – “God’s love poured into our hearts” – Oh how I love this and the idea of LOVE being poured into our hearts. Can you see it? Love being poured into our hearts.

1 Corinthians 12: 7-11 – One of the foundations of my testimony and the discovery of my path to Him through Illustrated Faith is that of using the GIFTS that GOD has given you to glorify HIM! This verse will bring that home all day long!

Galatians 6: 1- 10 – I work a lot in the book of Galatians, something about it just speaks to my soul. I love this verse and to me it speaks to planting the seed. When I think of the word seed so many illustrating/journaling ideas come to mind. You can simply stick with the baby seed or take your illustrations all the way to full bloom!

Create

Sometimes when we pray there seem to be no words. Romans 8:26 says, “Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.” This not only happens when we pray. There can be other times when we desire to connect with God that we simply do not have words.

Creative expression can enable us to connect with God beyond words. The process of creating allows for clearing of the mind and helps to make space for God’s presence. Creative expression can be a “place” where the veil between heaven and earth seems more transparent.

A Toolbox of Creative Expression

Art Canvas

Use your favorite mixed media or art technique to design an art canvas for your wall. Choose a theme. Use Bible verses and inspirational quotes to create a “truth statement” about who you are down to the core. Or use Bible verses, names of God, and attributes of God to create a “wonderstruck” piece.

Art Journaling

Art Journaling involves using color, words, and images to express yourself and as a means of prayer. Create an art journal of praise to your Heavenly Father, a prayer art journal to record your prayers, or a Scripture art journal as you meditate and reflect upon Scripture. Try art journaling sermon notes or song lyrics.

Create a Words to Live By art journal. Love words? Fashion beautiful pages using your favorite art media. Fill the pages with much-loved words of wisdom such as beloved Scriptures or inspiring quotes.

Collages

As a response to Scripture, or as you enter your time of prayer, tear paper and then use the glue to create a visual representation. As you tear the paper, be aware of your brokenness and the parts of life that need healing, wholeness, and restoration. Surrender the brokenness. Then begin to make a new creation out of the broken pieces. Your collage can be an abstract work. Allow the colors to reflect your mood and where you are spiritually.

Faithbooking

Go beyond scrapbooking. Incorporate your faith into your scrapbooks as a way to share your testimony with your family, friends, and future generations. As an added bonus the process of creating your scrapbook will itself provide opportunity for deep reflection and meaningful time with God.

Home Décor

Bring your faith into your home décor. Craft wall crosses, Scripture plaques, art canvases, posters and more to display in your home. This is an artistic way to display your faith as a reminder and encouragement to you and your family and as a way to share your faith with visitors to your home.

Hope Notes

Create reminders of hope. Use cardstock, paint, paper stitching, rubber stamping, and encouraging words to create little cards to give to others as a means of encouragement. Keep a few to place around your home or in your car.

Illustrated Bible Journaling

Respond to Scripture creatively using art and color – draw, stamp, use stickers. Use a journaling Bible or a separate art journal for your reflection.

Praying in Color

Grab your pens and colored pencils. Draw as you pray using the Praying in Color method. (Details located under “Praying in Color.”)

Squish-It Journaling

Collect your favorite bits of inspiration – Scripture, quotes, prayers, images – and SQUISH them into a journal. Use the journal as a tool, allowing the items on the pages to prompt you, when you commune with God.

Vision Boards/Dream Boards/Vision Maps

Using Scripture, inspiring quotes, words, and images create a vision board. Items can simply be drawn onto a poster board, cut from magazines and other sources, or produced using word processing and/or photo editing software. Spend some time alone with God as you plan out your board and then again during the process. This is another wonderful creative activity for self-reflection and for communication with God.

Art Canvas taken from Liz Hicks, <http://bloggerisms.blogspot.com/>.

Faithbooking taken from Erin Bassett, <http://www.erinbassett.com/creativite/faithbooking/>.

Hope Notes taken from Stephanie Ackerman, <http://homegrownhospitality.typepad.com/>.

Illustrated Bible Journaling taken from Shanna Noel, <http://shannanoel.blogspot.com/>.

Praying in Color taken from *Praying in Color* by Sybil MacBeth, <http://prayingincolor.com/>.

Squish-It Journals inspired by *Smash-It Books* by K&C Company.

Wall Crosses taken from Donna Salazar, <http://donnasalazardesigns.blogspot.com/>.

Words to Live By taken from Andrea Chebeleu, <https://aworkofheart.wordpress.com/>.

Additional Available Resources:

Prayer (from Soul Nourishment) – PDF Download

Use of Scripture (from Soul Nourishment) – PDF Download

Solitude and Silence (from Soul Nourishment) – PDF Download

Soul Searching (from Soul Nourishment) – PDF Download

Soul Friendship (from Soul Nourishment) – PDF Download

Simplicity (from Soul Nourishment) – PDF Download

Praying for Your Grandchildren and Children Prayer Resources – PDF Download

Praying for Your Husband Prayer Resources – PDF Download

Praying for Your Marriage Prayer Resources – PDF Download

Praise and Worship Prayer Resources – PDF Download

“Mom” Encouragement Resource Booklet – PDF Download

Soul Nourishment – paperback and ebook format

Praying with Purpose – paperback and ebook format

Questions for Conversation and Reflection – paperback and ebook format

For PDF downloads visit the Products Page at deborahhaddix.com.

Soul Nourishment is available for purchase at www.createspace.com and www.amazon.com.

Praying with Purpose and *Questions for Conversation and Reflection* are available at www.lulu.com and www.amazon.com.