



Journaling Basics // ashley chase

Journaling is a great way to keep track of what God is doing in our lives, both in the good and difficult times. If we can look back and see what He's brought us through, we can thank and praise Him. If we are working through a difficult situation, it can be helpful to express our feelings to Him through writing. While it's not necessary to organize your journaling, it can be rewarding to have a system that allows you to see growth over time. I don't know about you, but I can be pretty quick to forget who I said I'd pray for or how God spoke to me through a certain verse. Or even worse, forget about my convictions and the things God has commanded me to do. I like to keep three separate journals for the categories below, but you can definitely combine them or just focus on one at a time.

Prayer journaling

- Write down prayer requests for yourself and others, leaving space for updates.
- When prayers are answered, write down how they were answered and when, then make a mark by them to show that they've been answered.
- This can be especially helpful to stay diligent and hopeful in prayers that seem to go unanswered. You may find that God answers in unexpected ways!

Praise journaling

- Write down things you're thankful for or ways you see God moving in your life or the lives of others.
- I try to write one small thing every day and make time to pray to God to thank Him for it.
- This can be especially helpful when you're feeling anxious, depressed, or discontent.

Devotional journaling

- Write down the verse/chapter you're studying for the day.
- Write down what your takeaway is or what the verse means to you: commands, promises, encouragement, important truths, etc.
- Write down a practical step of how you want to apply the verse to your life that day. This can be as simple as **reflecting** on it or praying it over your life. You could also write it out and stick it on your mirror or in your car, or even send it to a friend to encourage them.
- Finally, write out a prayer for the day. We need God's help to get through every day, so it's a good idea to let him know exactly what we need help with before we get started.

General tips

- The first step to spirit-filled journaling and devotional time is prayer!
- Write the date of your journal entry somewhere on the page so you can track what you've learned over time.
- It's ok if your journal isn't pretty! Feel free to get artsy and draw out your favorite verses or little illustrations, but don't feel bad if your journal is more utilitarian.

Inspiration/Resources

- Instagram pages
 - @bullet.journals, @biblejournalinglove, @beautiful.bible, @prayerfulplanner, @ashleychasecreates
 - Crosswalk's article "How to Encounter God through Journaling"
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