



# JOURNALING

- Journaling is a conversation between you and the Lord
- As you write, address the Lord in the first person
- Most of His voice is learned through scripture – go slow and think through the Word
- Don't question if it is His voice – you can discern later
- If the voice is shame and accusation (different than conviction), it is not the voice of Jesus!
- This takes time – if you seek Him with your whole heart, you will find Him
- Remember this is unhurried prayer – not measured in time but a slow heart and mind
- Once you sense something, stay in that conversation, and ask the second and third questions that look like: “Lord, why am I feeling this fear? What inside my heart and soul needs to experience Your love, forgiveness, security, or confidence?”
- It is a joy – no pressure!

