

JOURNALING FOR INTIMACY WITH GOD

1. A Spiritual Journal

- A. Provides a balanced emphasis for various spiritual areas
- B. Aims at depth not breadth

2. Requirements for a Method for Knowing God **Jeremiah 29:13**

- A. Must encourage consistency
- B. Must be written
- C. Must involve God's Word
- D. Must involve prayer
- E. Must recognize spiritual warfare
- F. Must see life from God's perspective
- G. Must be simple
- H. Must be transferable

3. Sections in My Journal

- A. Daily Journal - Four Question Daily Summary
 - 1. What was significant about what I studied in God's Word?
 - 2. How did God specifically answer prayer?
 - 3. What happened in spiritual warfare?
 - 4. Overall, what did God teach me?
- B. Listening Journal
 - 1. Listen to Him
 - 2. Write it down
- C. Fasting Journal
 - 1. Fast with objectives
 - 2. Write it down
- D. Prayer Journal
 - 1. Long-term requests
 - 2. Be consistent
- E. Meditation Journal
 - 1. Memorize it
 - 2. Review it
- F. Divine Appointment Journal
 - 1. Look for them
 - 2. Record them and pray for them

4. Getting Started

- A. Think Assessment
- B. Organize your spiritual life and start with just the first section of the journal.