

KEEPING A SPIRITUAL JOURNAL

Throughout this course you will have experiences in your spiritual life that you will want to record for later reference. When God does speak to you, you will want to write down what He has said. You also will be given opportunity to pray specifically for members of your group and for your church. You will need a notebook of some kind. Assignments in the notebook will fall into four large categories. You may choose to create other categories if you want to.

Sections in your journal could include:

1. **Testimonies.** This section is for diary accounts of what God is doing in, around, and through your life and what you have learned about Him, His purposes, and His ways.
2. **Daily Review.** At the end of each day's work, you will be asked to review the lessons and identify the most meaningful statement or Scripture and then respond to God. The daily review section of your journal provides extra space for you to record summaries of what God is saying to you through His Word, prayer, circumstances, and the church. It also can include summaries of adjustments you sense God wants you to make, directions you sense God is calling you to follow, steps of obedience called for, and other responses God may be calling you to make to Him.
3. **Weekly Review.** Use the questions in the "Spiritual Journal Weekly Review" box at the right to review what God has done during the past week.
4. **Prayer Requests.** This section will be used in each group session for recording prayer requests and answers to prayer for individuals and for your church. It can be divided to include requests such as:
 - Personal requests
 - Request for group members
 - Requests for my church
 - Other special requests

Spiritual Journal Weekly Review

Keeping a spiritual journal will help you remember the important things God says to you and the things He does in your life. Use the following questions to review God's activity in your life each week during this course of study. You only need to respond to those questions that apply to what God has done or revealed.

1. What has God revealed to you about himself? (His name, His character, His nature)
2. What had God revealed to you about His purposes? (His will, His plans, His desires, His activity around you, His assignment to you, His goals, His objectives)
3. What has God revealed to you about His ways? (How He acts, what He does, how He responds in given circumstances, the kind of persons He uses, the way He involves persons in His work, the ways He goes about accomplishing His purposes)
4. What has God done in your life or through you life that has caused you to experience His presence?
5. What Scripture has God used to speak to you about Himself, His purposes or His ways?
6. What particular person or concern has God given you a burden to pray for? What has He guided you to pray for this person or concern?
7. What has God done through circumstances that has given you a sense of His timing or direction concerning any aspect of His will?
8. What word of guidance or truth do you sense God has spoken to you through another believer?
9. What adjustment is God leading you to make in your life?
10. What acts of obedience have you taken this week? What acts of obedience do you know God is wanting you to take?