

JOURNALING: A Life Changing Discipline

The daily process of examining and evaluating my life in written form.

Yesterday (Psalm 26:2) Evaluate your yesterday, people you met, decisions you made, how you handled open doors, the use of your time, eternal perspective, and sharing the good news.

Bible Study/ Meditation (Psalm 1:1-3) Read a passage and allow the Holy Spirit to make it real. Spend time thinking on it and then write down what God says to you regarding application in your life.

Prayer/ Worship (1 Thes 5:17, 18) **A-** Adoration (Worship) **C-** Confession (Of Specific Sins) **T-** Thanksgiving (Gratitude) **S-** Supplication (Specific Requests)

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