



DISCOVER  
THE  
*Love*  
OF YOUR LIFE

A Seminar on Journaling

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## Discover the Love of Your Life

*“Jesus, Lover of my soul,  
Let me to Thy bosom fly,  
While the billows near me roll,  
While the tempest still is high,  
Hide me O my Savior, hide!  
Till the storm of life is past;  
Safe into the haven guide,  
O receive my soul at last!”*

Charles Wesley

Trip down memory lane—courting, letter writing... have you ever reread some of those letters, the feelings they brought back to you, somehow it was easier to say in writing what was hard to say in words.

Why the greeting card business is so big...

### **Examples of Journaling**

1. David the Psalmists - Psalm 23, 40, 70
2. Other Psalm writers - Psalm 71, 74, 89
3. Writings of Paul – not only his journeys and events, but also his struggles - Romans 7:7-25

“When I want to do good, evil is right there with me. For in my inner being I delight in God’s law, but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. What a wretched man I am! Who will rescue me from this body of death! Thanks be to God—through Jesus Christ our Lord!”

~vss 21-25



## Why Journal?

- I. Variety in communicating with our Heavenly Father
- II. To express our deepest feelings
- III. To keep a record of your walk with God.
- IV. To record answers to prayer.
- V. As an aid in Bible Study.
- VI. To list my blessings and joys  
(Joy Book, Blessing Book, Thanksgiving Book)

*“Lord,  
Take my heart;  
for I cannot give it.  
it is Thy property.  
Keep it pure,  
for I cannot keep it for Thee.  
Save me  
in spite of myself,  
my weak, un-Christlike self.  
Mold me,  
fashion me  
raise me  
into a pure and holy atmosphere,  
where the rich current  
of Thy love  
can flow  
through my sou.”*

*~Christ's Object Lessons, p. 159*



## Ways to Journal

1. Letters to God about what is happening in your life.
2. Written prayers
3. Thoughts from your devotional reading.
4. Bible promises to claim – ABC of prayer – Ask, Believe, Claim
5. Researching a text and its references.
6. Impressions from listening – sermons, devotional talks, etc.
7. Dialogue with God – ACTS (Adoration, Confession, Thanksgiving, Supplication), PRAY (Praise, Repent, Ask, Yield), Sanctuary Prayer...
8. Different types of journals – quiet time journal, church journal, pocket journal, bedside journal...

### *Silent*

*He will be silent*

*In His love..*

*And I*

*Who looked for word to prove*

*His love and care*

*(that He is*

*And He is there)*

*Now know*

*In all this silence*

*Bland and grim,*

*This throbbing quiet,*

*This aching void-*

*I am so loved by Him*

*~Ruth Bell-Graham*



**Journaling Tools** – journal of your choice, pen, pencil, highlighters, colored pens, computer, Bible, concordance...

## Making Memories with God

1. **Make time**  
We organize our study time, our meals, our recreation, our sleep—but we leave the needs of our souls to take care of themselves as and when they can. Our devotional time should be a fixed time. The quantity of time may differ from person to person, but the quality of time should be the same.
2. **Find a Quiet Place**  
The place we choose to have our quiet time should be conducive to what we are about to do. To derive the fullest benefit from your quiet time you must close the doors of your mind to everything else.
3. **Let your heart be still**  
Develop the right attitude of soul. There should be a stillness within. “Be still and know that I am God.”
4. **Expect His Presence**  
It is the eager soul that will be made glad. He who expects nothing gets nothing.
5. **Have an objective**  
To nourish your soul, to build a relationship with your Father, a time of self-examination and self-renewing.
6. **Prayer**  
“Prayer is the opening of the heart to God as to a friend... Prayer does not bring God down to us, but brings us up to Him.” *Steps to Christ*, p. 70  
“...secret prayer is the life of soul. *Steps to Christ*, p. 74  
“We may keep so near to God that in every unexpected trial our thoughts will turn to Him as naturally as the flower turns to the sun.” *Steps to Christ*, p. 75



7. Praise and Thanks  
Ps 107:8
8. Methods of study  
Journaling, paraphrasing, topical study...(*Prayer* by E. G. White, Books by Dorothy Eaton watts – *Prayer Country*, *Prayer Treasures*...)
9. Finding balance in my quiet time  
A relationship with God not with a list of things to do – lesson study. Bible reading, journaling, devotional reading...
10. Give God your day and leave the rest to Him  
Let Him direct your day.
11. Time at the well....

### **Assignment - My Prayer to God**

Write out a prayer to God. Discuss with Him your own problems. How have you sensed He has been speaking to you recently? What message is He giving you? This is for your eyes only. You will not be asked to share. (*Taken from "Woman of Worth" Seminar by Dorothy Watts*)

*"Lord Jesus, take this life of mine,  
Worthless as it may be,  
Cleanse it, and fill it, and make it shine,  
That it may be bright for Thee."*

~Ruth Bell-Graham



## **Suggested Reading**

*Kneeling on the Promises* by Ruthie Jacobsen

*On the Wings of Praise* by Kay D. Rizzo

*A Passion for Prayer* by Tim Crosby, Ruthie Jacobsen, Lonnie Melashenko

*The Power of Simple Prayer* by Joyce Meyer

*Prayer* by E. G. White

*Prayer Country* by Dorothy Eaton Watts

*Prayer Treasures* by Dorothy Eaton Watts

*Sensing His Presence, Hearing His Voice* by Carol Johnson Shewmake



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