



CHRISTIAN SPIRITUAL DISCIPLINES

Why Journal?

1. You learn to see where God is at in your life.
2. You learn to understand and evaluate your spiritual walk.
3. Helps focus your mind for meditation.
4. You learn to speak openly with God about your own life.
5. Helps your emotional life.
6. Slows down our hectic, godless schedules.
7. Makes it easier to identify what God is doing.

Why Journal?

8. “Future generations” may benefit from your struggles.
9. Keeps you accountable for goals and priorities.
10. Helps you maintain the other spiritual disciplines, defeats spiritual sloth.
11. Our great spiritual ancestors have proved its ability to transform lives.
12. Tracks our personal growth.
13. Remembrance.

A white smartphone is positioned diagonally in the upper left corner. Below it, a lined notebook with a black cover is open, and a silver pen lies on its pages. The background is a light, neutral color.

How to Journal?

- Notebook vs. computer? Either.
- Make it a daily habit!
- Make reflection on both Scripture (*lexio divina*-Latin for *divine reading*) and our personal lives a key focus in our writing.
- Include your emotional responses to readings and life events.
- Be gracious with yourself!
- “There are no rules for keeping a journal.”

Why Study?

1. Godly men and women, including those in scripture, witness to our need for study (Ecclesiastes 1:13; Ezra 7:10; Daniel 1:3-4, 17; Acts 26:24).
2. God instructs us to study. Mark 12:29-30 “Love the Lord your God ... with all your mind” (cf. Prov. 1:1-7).
3. The mind is renewed by applying it to those things that will transform it (Rom. 12:2).
4. Lack of learning can be sinful (Heb. 5:11).
5. All Truth is God’s Truth! The more we learn about God’s Creation the more we learn about its Creator.
6. We only have a short amount of time. We need to make the most of it and spend it learning the more important areas: God, relationships, health, finances, etc.
7. Evangelism often depends on our understanding a wide variety of topics on a deep (vs. superficial) level.

How to Learn?

1. Repetition.
2. Concentration/Focus.
3. Comprehension.
4. Reflection.
5. Discipline (accidental vs. intentional learners).
6. Humility.
7. Application: “where is the wisdom we’ve lost in information.”
8. From books.
9. From nature (“the observation of reality in things”).
10. From experience.
11. From others.
12. From an academic institution.