

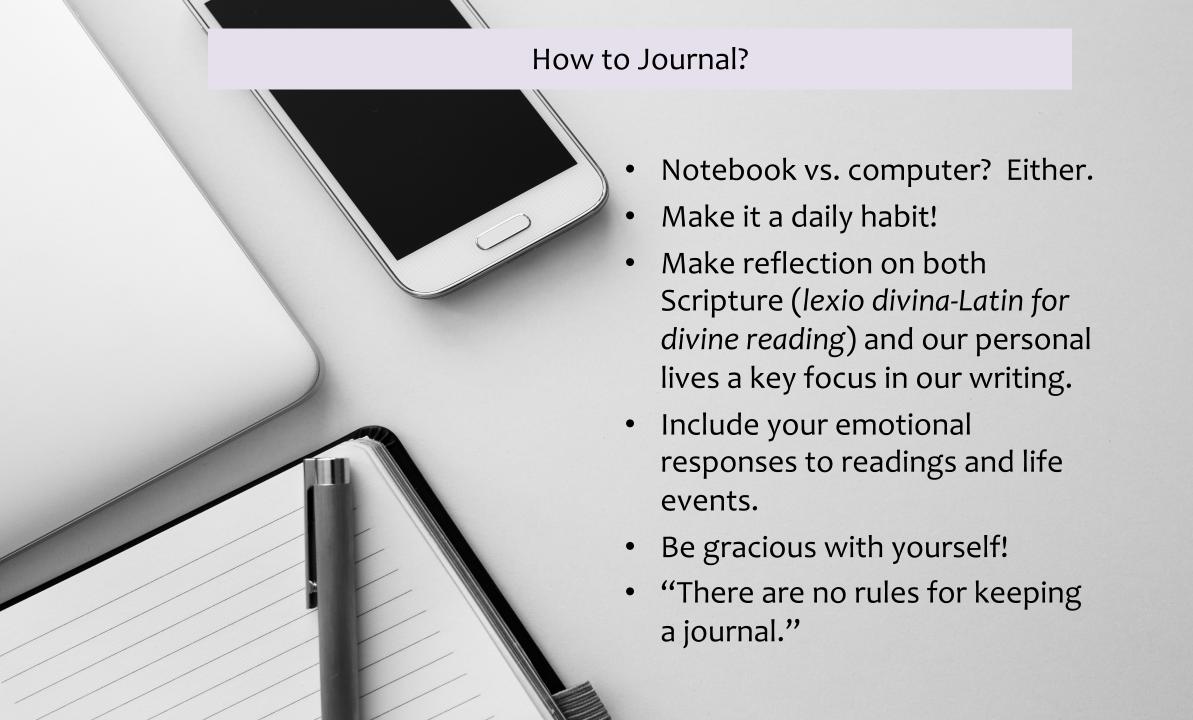


Why Journal?

- 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 mediation.
- 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.



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.