

Journaling with God

Prayer is “intended” to be conversation.... For most journaling has not been viewed in this way.

Philippians 4:8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things.**

Psalm 46:10 “Be still and know that I am God”

John 10:1-4 ““Very truly I tell you Pharisees, anyone who does not enter the sheep pen by the gate, but climbs in by some other way, is a thief and a robber. ²The one who enters by the gate is the shepherd of the sheep. ³The gatekeeper opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out. ⁴When he has brought out all his own, he goes on ahead of them, and his sheep follow him **because they know his voice.**”

Psalm 119:97, 103-5 ⁹⁷ Oh, how I love your law! I meditate on it all day long.

¹⁰³ How sweet are your words to my taste, sweeter than honey to my mouth!

¹⁰⁴ **I gain understanding from your precepts;** therefore I hate every wrong path.

¹⁰⁵ Your word is a lamp for my feet, a light on my path.

1Samuel 3:1-10 The boy Samuel ministered before the LORD under Eli. In those days the word of the LORD was rare; there were not many visions.

² One night Eli, whose eyes were becoming so weak that he could barely see, was lying down in his usual place. ³ The lamp of God had not yet gone out, and Samuel was lying down in the house of the LORD, where the ark of God was. ⁴ **Then the LORD called Samuel.**

Samuel answered, “Here I am.” ⁵ **And he ran to Eli** and said, “Here I am; you called me.”

But Eli said, “I did not call; go back and lie down.” So he went and lay down.

⁶ Again the LORD called, “Samuel!” And Samuel got up and went to Eli and said, “Here I am; you called me.” “My son,” Eli said, “I did not call; go back and lie down.”

⁷ Now Samuel did not yet know the LORD: The word of the LORD had not yet been revealed to him.

⁸ **A third time the LORD called,** “Samuel!” And Samuel got up and went to Eli and said, “Here I am; you called me.”

Then Eli realized that the LORD was calling the boy. ⁹ So Eli told Samuel, “Go and lie down, and if he calls you, say, ‘Speak, LORD, for your servant is listening.’” So Samuel went and lay down in his place.

¹⁰ The LORD came and stood there, calling as at the other times, “Samuel! Samuel!”

Then Samuel said, “Speak, for your servant is listening.”

Romans 12:1-3 Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. **Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.**

³ For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather **think of yourself with sober judgment,** in accordance with the faith God has distributed to each of you.

This Page is not given to the Group

How many of you have been married for more than 5 years...?

How many of you have been life long friends with another person?

How many of you have ever found yourself able to finish “their” sentences or you even had a sense what is going on in their life when you are a part.

It is rooted in the relationship and the time you spend together...

Rhetorical/Reflective: (you can answer out loud - if you wish, but make it about you....)

How often do you read the Word of God - not for work or sermon prep? (tomorrow – Anchoring...)

Have your prayers become more monologues than dialogues?

Do you find yourself doubting your “gut” or intuition?

Do you hear multiple voices in your head when it comes to making decisions?

When you pray for others, where do the words come from... your head, your heart, the Holy Spirit, the Bible, or other... if all the above – do you know the difference between the sources?

A HARD - HEARING TEST:

- It irritates me when people talk about “hearing God speak.”
- I would love to hear God speak but I feel like I must be deaf.
- Sometimes I think I hear God speaking or sense his prompting, but I worry it’s just my own ideas or my mind playing tricks on me.
- I make most of my decisions on my own, rarely seeking the wisdom of others.
- I have teams of people who give me their input and ideas, but if the truth be known, I gather their input hoping to confirm what I am already planning to do.
- I am not drawn to read Bible in search of answers for the everyday questions that are before me.
- When I hear an idea that is contrary to my own, my first impulse is to refute it.

The HARDer your hearing the Harder it will be to journal with God....

The more time you spend in the Word (John 10, Psalm 119) and in Worship (Ps 46, Rom. 12) – the more fluid your journal will flow..... (Phil 4, 1 Sam 3)

Each Person will have two pens...

1 color will be your thoughts and ideas

1 color will be those you attribute to God (you may get it wrong, it may be all you, but for this exercise you are going to be asked to just imagine what you think God might say.)

You don’t have to ask questions – it is a conversation.... Maybe God will want to ask the questions...

Sometimes he is silent – can you be still - if a thought of yours pops up... write it down - then listen again... Start with being still – when you are ready to begin – WRITE – LORD, I AM LISTENING.....

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Name: _____

Date: _____

you _____

God _____

you _____

God _____

you _____

God _____

you _____

God _____

you _____

