Bible Journaling Class

Pytting Taith



With Shari Johnson

Night One!

5 Steps to Get You Started in Bible Journaling:

1. Get lost in the message not the method.

Everyone has different talents that God meant exclusively for you. Artistic ability may or may not be one of them, but that's not a reason not to journal. This is about meditating on the word of God. Psalm $77:12 \sim I$ will meditate also of all thy work, and talk of thy doings. David knew that God's word was his connection to God Himself and worthy of pondering it for a while. Think about many of the Psalms, very short, but so much to think about!

2. Make it personal

When you hear God speaking to you through scripture it puts you into God's story and it builds your faith, John 3:16, *For God so loved <u>Your</u> <u>name here.</u> Countless other scriptures work just as well. Whether or not you actually make your name a part of the journal entry isn't as important as the realization that you really are a part of God's story.*

3. Make it passionate

God makes us passionate beings for a reason. Within that passion is the very fabric of who you are and journaling about it can be an outlet for not only expression but direction in why God placed that passion within you in the beginning.

4. Make it pertinent

The Bible may be an old, old book, but it's a new, new message every day, and it's relevant not only to your life but those around you. One thing I've discovered from my own journaling and that of several that I follow on social media is the fact that, if it spoke to my heart when I journaled it, there's a great chance it's going to speak to someone else if I share it.

5. Make it have purpose

We serve a God who desires to be in a relationship with us and desires us to share that conversation with others \sim drawing them into the Kingdom of God. Journaling is for certain a fun, entertaining experience, but it's a ministry to ourselves and others, drawing us closer to the Creator.



How I choose Scripture:

Truthfully, scripture usually chooses me. But there still has to be intentional effort by me to read the word of God.

By the Book!

I'm currently reading through the Bible. So my journaling is quite often in the book for which I'm studying. You can't go wrong reading the Bible through, even in the meatiest of the books, God has amazing truths that are worthy of a sketch or word picture.

By the Topic!

Topical studies are awesome for certain seasons of life.

- In need of grace? Try Ephesians 4:7
- Feeling unloved? 1 Peter 5:7
- Feeling unworthy? Read 1 Corinthians 6:20!

Leave your heART on the page ...

Be honest about what you need and where you are in life. It's very easy for me to think when writing my blog that a certain subject will minister to someone I know, but it's not so easy for me to get transparent with myself and then share what's inside. But that's the great thing about using your journaling as an actual ministry, your struggles are likely a shared struggle. And someone else can benefit by your sharing.

Know when not to share. There are times and seasons in life when God chooses to deal with you alone and sharing it could possibly prohibit you from going as deep as necessary for healing if you fear questions will arise from what you've shared. Just keep it between you and God.

Tonight's Tournal entry...

The goal is not perfection

Perfection steals your joy Perfection causes comparison Perfection changes tarrying into toiling Perfection will cause you to give up.

I once ask a teacher friend "At what age children started to hate going to school?" and she so wisely said to me, "Right after their first bad teacher experience." I recalled back to my "first bad teacher experience." It was true. That's life, isn't it? We stop enjoying something when it's no longer any fun. Learning is fun! Going through the process for completion or perfection is a chore. A relationship with our Savior is not a chore... He's an adventure.

So that's our journal entry for tonight. I've provided you one that requires only coloring or you can use your bible, or your paper to draw your own. You can also find the scripture that speaks to you and do word art.

- Alone or as a team... find your verse.
- Use your concordance for key words
- Design and share your thoughts on the scripture
- Was there a key word you focused on?
- When is perfectionism an issue for you?
- Do you also expect perfection of others?
- How will you apply this scripture to your life?

