

THE BENEFITS OF JOURNALING

- Helps us build an authentic relationship with God
- Provides a great barometer reading of our heart
- Becomes a record of our life
- Explores our true self
- Exposes our anxiety
- Cultivates deeper understandings
- Facilitates learning: about ourselves, our relationships, our life situation
- Provides clarity
- Organizes our thoughts
- Brings out thoughts that might never have occurred otherwise
- Makes connections regarding events in our life
- Affords an opportunity to play with ideas
- Helps make our thoughts and prayers more concrete
- Records spiritual thoughts and realizations
- Helps us focus on the topic and on speaking to God
- Forces us to take time out on a regular basis to sit with God and make some sense of life
- Assists us in keeping a balance between head and heart
- Makes a record of our spiritual growth, much like the growth charts of children
- Marks out a time for us to listen as God speaks wisdom to our lives
- Clarifies our understanding of the nature and will of God
- Facilitates connections: to God, to ourselves, and to others as we ask probing questions, think through issues, and put the “stuff” tumbling around in our heads on paper
- Helps us to slow down and enjoy the “being” side of life
- Relaxes us
- Provides a sense of planned “margin” in our full days
- Help us simplify and view what is, instead of what isn’t
- Assists us in taking stock of the present
- Offers a safe place to observe, understand, and then move toward change

JOURNALING IS ONE OF THE MOST OVERLOOKED AND UNDERVALUED SPIRITUAL DISCIPLINES. IN MY ESTIMATION, IT'S ON PAR WITH PRAYING, FASTING, AND MEDITATING. IT'S THE WAY WE DOCUMENT WHAT GOD IS DOING IN OUR LIVES.

-Mark Batterson

Deborah Haddix

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