

Wednesday, December 28, 2011

**Journaling-Five Things**

I have been journaling since 1992. If I don't journal my thoughts I get into endless cycles that leave me unfruitful in life. I am not a "Dear Abby" journaler. I don't write every day. It is not a "have to" event for me; it is rather, a "want to" event. I have no form. I have no script. I just start writing whatever comes from my head, to my hand, to the paper. Personally I believe this is how the Psalms were written. That is why the Psalms are the most referred to book in the Bible when you need empathy for your feelings.

**Psalm 6**

- <sup>1</sup> O LORD, rebuke me not in your anger,  
nor discipline me in your wrath.
- <sup>2</sup> Be gracious to me, O LORD, for I am languishing;  
heal me, O LORD, for my bones are troubled.
- <sup>3</sup> My soul also is greatly troubled.  
But you, O LORD—how long?
- <sup>4</sup> Turn, O LORD, deliver my life;  
save me for the sake of your steadfast love.
- <sup>5</sup> For in death there is no remembrance of you;  
in Sheol who will give you praise?
- <sup>6</sup> I am weary with my moaning;  
every night I flood my bed with tears;  
I drench my couch with my weeping.
- <sup>7</sup> My eye wastes away because of grief;  
it grows weak because of all my foes.
- <sup>8</sup> Depart from me, all you workers of evil,  
for the LORD has heard the sound of my weeping.
- <sup>9</sup> The LORD has heard my plea;  
the LORD accepts my prayer.
- <sup>10</sup> All my enemies shall be ashamed and greatly troubled;  
they shall turn back and be put to shame in a moment.

**Psalms 54**

- <sup>1</sup> O God, save me by your name,  
and vindicate me by your might.
- <sup>2</sup> O God, hear my prayer;  
give ear to the words of my mouth.
- <sup>3</sup> For strangers<sup>[b]</sup> have risen against me;  
ruthless men seek my life;  
they do not set God before themselves.  
*Selah*
- <sup>4</sup> Behold, God is my helper;  
the Lord is the upholder of my life.
- <sup>5</sup> He will return the evil to my enemies;  
in your faithfulness put an end to them.
- <sup>6</sup> With a freewill offering I will sacrifice to you;  
I will give thanks to your name, O LORD,  
for it is good.
- <sup>7</sup> For he has delivered me from every trouble,  
and my eye has looked in triumph on my enemies.

## Five reasons I would encourage you to get a journal and write your thoughts:

- 1) You have a reference point to evaluate your life experiences.
  - a) Cycles-sin, struggles, certain times you are down.
  - b) Patterns-When Anger flairs, when you are most happy,
  - c) Evaluation of the disciplines
  - d) Growth and be seen
- 2) It tames your thought life and helps to ends cycles of thought that rhythmically beat you down.
  - a) II Cor 10:4,5 <sup>4</sup> For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. <sup>5</sup> We destroy arguments and every lofty opinion raised against the knowledge of God, **and take every thought captive to obey Christ**
  - b) The Irritating fly-The Journal is the fly swatter.
  - c) The marbles and the funnel
- 3) It becomes a funnel that can take the broad array of your emotions and narrow it down to the heart of the matter.
  - a) The Brain Researchers at the [University of Oregon](#) have concluded that the human brain has a built-in limit on the number of discrete thoughts it can entertain at one time. The limit for most individuals is four, according to the research team led by [University of Oregon](#) psychology professors Edward Awh and [Edward Vogel](#).
  - b) Thoughts: 2-3,000 per day; 3 per minute
  - c) Journaling adds a restriction to your thoughts and forces you to write out one word at a time.
  - d) In other words Journaling disciplines your thought life. (Plug for the disciplines
  - e) Secures wandering thoughts.
    - i) Think on God things not bad things-[Philp 4:8](#) Finally, brethren, whatsoever things are **true**, whatsoever things *are* **honest**, whatsoever things *are* **just**, whatsoever things *are* **pure**, whatsoever things *are* **lovely**, whatsoever things *are* of **good report**; if *there be* any **virtue**, and if *there be* any **praise**, **think on these things**!
    - ii) Wonder woman and the lasso
- 4) It affords one more platform for the Holy Spirit to teach you.
  - a) **1 John 2:27** (ESV)<sup>27</sup> But the anointing that you received from him abides in you, and you have no need that anyone should teach you. But as his **anointing teaches** you about everything, and is true, and is no lie—just as it has taught you, abide in him.
  - b) **John 14:26** (ESV)<sup>26</sup> But the Helper, the Holy Spirit, whom the Father will send in my name, he will **teach you all things and bring to your remembrance** all that I have said to you.
- 5) It is a great collection point for all of the teachable moments that you encounter in your day.
  - a) If you are a person that ports yours, you always have a way to collect those AHA moments.
  - b) Pieces of paper get lost quickly
  - c) Notes apps on the phone

## Five things I use my journal for:

- 1) I use them as scrap books. I staple articles or devotions in them that impact my life.
  - a) Chapters of the bible shrunk to fit. Ex. Psalms-6/1/00
  - b) Daily Bread-2/16/00
- 2) I write down key points from sermons, my thoughts, & impactful thoughts of others.
  - a) Five types of Note takers:
    - i) Doodlers-they just open a page to doodle so they don't fall asleep
    - ii) Topical-Just key words that stand out.
    - iii) Tweets-Summary statements in 140 characters are less
    - iv) Mind mappers-Draw objects around key words and branches off the key words that relate.
    - v) Scribes-Absolutely write down everything that was said and leaves blanks to fill in missing items later.
  - b) Writing thoughts
    - i) Write in your own words. Most recent journal Ex. Brian Ball Mutual submission "Submit to the Christ in Others."
    - ii) Direct quotes. Brian's Question "How can you see Submission?"
- 3) I write my prayers: the request and the answers
  - a) 6/17/95 pg 15, Several short prayers
  - b) 6/17/95 pg 24 Prayer for Rich and Kurtis
  - c) 6/17/95 pg 41 Prayer for bookie
  - d) 10/3/06 pg 003 Being avoided
  - e) 10/7/06 pg 005 Scattered out of bounds
  - f) I know one day my children will go thumbing through my journals and will wonder if they had a schizophrenic for a dad. I tell it like it is. My frustrations, anger, disappointments all come out. Not only is it my dumping station for my feelings, but it is also my altar. I bring my sins to the altar on those pages. It is where I meet God. Sure I pour plenty of my garbage in it, but I also write all of the inspiration and revelation that God deposits through me as I write.  
One of my favorite passages is [Psalms 51:17](#) "The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise."  
Through my brokenness God repeatedly showers me with wholeness as I write. When I mourn He comforts, when I am confused He brings clarity, when I am frustrated He calms me down
- 4) I draw pictures of Biblical truths to help me understand.
  - a) 9/18/93 Journal. Eph 6:10-20
- 5) I preach from it, Facebook from it, Tweet from it, and Blog from it.

### **Five questions you can answer when journaling:**

- 1) What is going well? Why?
- 2) Who needs prayer? Your confessions? Marriage? Children? Others?
- 3) What would I do differently, if I could do it again? Why?
- 4) What have I learned about myself and my leadership?
- 5) What areas do I need to correct, change or grow in? Where is God at work in my life?

### **Five practical tips about Journaling**

- 1) Choose the type that fits you
  - a) Durability-Portable or stationary-Spiral notebooks
  - b) Colorful, plain, customizable
  - c) Large or small
- 2) Write: Date, time, Speaker, topic
- 3) Tab, dog ear, or book mark important pages.
- 4) Leave first two to three pages blank-I like to go back and write a summary of what is in the journal. If there is a theme I will write it. I also have put in table of contents at times. Before cell phones I used it to write down numbers.
- 5) Keep your journals

### **Five Warnings about Journaling**

- 1) Spending more time upon one's own inward thoughts than upon God's Word
- 2) Mistaking your imagination for God's inspiration
- 3) Writing about people and then it getting in the wrong hands
- 4) Don't feel condemned for missing days
- 5) Keep it away from water

## The Bible on Journaling/Writing

### 1) Write the Law

- a) **Write it on door post-Deuteronomy. 6:6-9** <sup>6</sup> **And these words that I command you today shall be on your heart.** <sup>7</sup> You shall **teach** them diligently to your children, and shall **talk** of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. <sup>8</sup> You shall **bind** them as a sign on your hand, and they shall be as frontlets between your eyes. <sup>9</sup> You shall **write** them on the doorposts of your house and on your gates.
- b) **God Wrote the 10 commandments:** Deuteronomy 10:2-4 (ESV)<sup>2</sup> And I will **write** on the tablets the words that were on the first tablets that you broke, and you shall put them in the ark.’ <sup>3</sup> So I made an ark of acacia wood, and cut two tablets of stone like the first, and went up the mountain with the two tablets in my hand. <sup>4</sup> And he **wrote** on the tablets, in the same writing as before, the Ten Commandments<sup>[a]</sup> that the LORD had spoken to you on the mountain out of the midst of the fire on the day of the assembly. And the LORD gave them to me.

### 2) Prophets were told to write:

- a) **Isaiah 30:8** And now, go, **write** it before them on a tablet and inscribe it in a book, that it may be for the time to come as a witness forever.
  - b) **Jeremiah 30:2** (ESV)<sup>2</sup> “Thus says the LORD, the God of Israel: **Write** in a book all the words that I have spoken to you.
  - c) **Ezekiel 24:1,2** <sup>1</sup> In the **ninth year, in the tenth month, on the tenth day of the month**, the word of the LORD came to me: <sup>2</sup> “Son of man, **write** down the name of this day, this very day. The king of Babylon has laid siege to Jerusalem this very day.
  - d) **Habakkuk 2:2** And the LORD answered me: “**Write** the vision; make it plain on tablets, so he may run who reads it.
- 3) **The gospels were written: Luke 1:3-4** (ESV)<sup>3</sup> it seemed good to me also, having followed all things closely for some time past, to **write** an orderly account for you, most excellent Theophilus, <sup>4</sup> that you may have certainty concerning the things you have been taught.
  - 4) **Paul’s letters to churches were written II Cor. 9:1,2** Now it is superfluous for me to **write** to you about the ministry for the saints, for I know your readiness, of which I boast about you to the people of Macedonia, saying that Achaia has been ready since last year
  - 5) **John wrote down his revelation of Jesus Revelations 21:5** And he who was seated on the throne said, “Behold, I am making all things new.” Also he said, “**Write this down**, for these words are trustworthy and true.” ...