

# How to Journal

We live in freedom by knowing who we are in Christ. This journey toward freedom often starts with us slowing down to become aware of ourselves and what is happening on the inside of our soul – our heart, our mind, and our actions – for the purpose of building our relationship with God.

Journaling is a tool that the Holy Spirit uses as we slow down to consider what emotions we are feeling, what thoughts are swirling through our mind, and what we may be experiencing in our physical bodies. Pause and ask yourself, “What am I feeling right now?” Then answer, “Why am I feeling this way?”

Each week, we are inviting you to journal to continue the individual work that the Holy Spirit began during the group.

## **As you set out to journal the Reflection and Application Questions, consider**

- Playing instrumental worship music softly in the background.
- Writing out the question(s) in your journal.
- Pausing and inviting the Holy Spirit to speak to you as you answer each question.
- Asking the Holy Spirit to continue to reveal what God is teaching you during this time.

## **As you set out to read and reflect on the Scriptures, consider**

- Writing out the Scripture(s) that resonated with you during that week’s teaching.
- Reflecting on and writing down why this Scripture stood out to you.
- How you can begin to apply the truth of God’s Word to your daily walk.

We encourage you to journal something every day. It could be as simple as a few sentences or as lengthy as a few pages. The more consistency you bring in your journaling, the more effective this tool can be in your Freedom journey.