

## THE PRACTICE OF JOURNALING

Why journal?

David's desperate prayer in Ps. 143 makes it clear that remembering God's faithfulness is not only critical to our spiritual journey, but it's something we have to work at – especially when we feel “faint” or “dismayed” as the psalmist did in verse 4. Overwhelmed by these feelings, David made a choice *“I remember the days of long ago; I meditate on all your works and consider what your hands have done. I spread out my hand to you; my soul thirsts for you like a parched land.”*

We all suffer from spiritual amnesia. We live for instant gratification and we dream about what lies ahead of us. We spend little time thinking about and being amazed and encouraged about what is behind us. We can't afford to forget our spiritual journeys...it is remembering past provisions of God that will bolster or undergird our faith for the present and future.

Deuteronomy 8 is a charge to the Israelites to remember all that God had done for them before they entered the Promised Land.

- Read that chapter together, making note of all the times the Israelites are called to remember. In Joshua 3, after the entire nation had finished crossing the Jordan River the LORD said to Joshua to choose twelve men from among the people to take up twelve stones from the middle of the Jordan. They were to serve as a memorial. When the children asked what these stones meant, they were to tell them what the LORD had done for the people. The stones were to be a memorial to the people of Israel forever.
- Start your own memorial stone jar. Think back over your spiritual journey. Take a marker and on each stone write a spiritual milestone. (i.e. when you became a believer, a move, a teacher, period of unemployment.) This is a wonderful way to remember God's faithfulness in your life. Periodically empty the stones out and reflect on God's goodness and faithfulness in your life. Continue to add to your jar.
- Ask those in your LD group to share how they “remember” what God has/continues to do in their life.