




Module: journals
Course: Journaling
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Journaling Tips

Using our companion journals or one of your own will greatly enhance your experience with this material. This information is not meant to be read like a novel. Instead it should be viewed as a workbook, or as a mentor or guide for your spiritual journey.

Following are some tips to make your journaling more affective:

Use the prompts.

This pencil  indicates prompts to help you interact with the information.

Take your time.

Return to your responses as often as necessary. It is better to give one item full attention, than to just skim everything.

Pray and think

Pray, think and meditate about the prompts throughout the day. If you don't have your journal handy, send yourself a text for later retrieval.

Don't worry about how well you write.

This will not be graded. No one else needs to see your responses. Who you do or do not share your journal with is up to you. I rarely share my journal entries with others.

Sing, draw, and color.

Songs and drawing are also great tools for unlocking and expressing what's in your heart.

Be open and pray for the Holy Spirit to give you hearing ears and seeing eyes.

A positive open attitude toward these prompts and the material in general can provide many blessings.

Seek to hear what God is saying to you.

Something may surface which you haven't thought about in years. Don't brush it aside. Jot it down. Return to it until you gain understanding.

Allow God to heal you.

Don't let fear rob you of God's healing. Don't rebury these unexpected surfacing thoughts, memories, and emotions. Instead, spend time with them and God. Pray and let God accomplish His will in your heart and life. Journaling can be a powerful vehicle to emotional healing.

Negative events injure our souls (emotions, will, intellect), just like physical injuries hurt our bodies. Emotional traumas require attention as do physical ones. Writing your thoughts and prayers, can bring the darkness into the light where God can deal with it and bring you healing. But it's up to you. If you decide to rebury a painful memory, it will get pushed down into your subconscious mind and it will continue to fester causing you physical, emotional and even spiritual harm.

Trusting God with your hurts will bring tremendous healings and deliverances. After all, in Luke 4:18, Jesus did say He came for the purpose of healing the broken hearted. We've all suffered hurts, had our hearts broken, and our dreams attacked if not shattered.

How about inviting your loving Abba (Daddy) to take you onto His lap, wrap His comforting arms around you and heal your wounds.

Prayer

Dear heavenly Daddy, please help me to open my heart and all you have for me as I study this lesson. Help me to hear your voice of love, healing and correction. Strengthen and enable me to make this journey into your heart a priority. I thank you already for your voice becoming a healing balm to my soul, and transforming knowledge for my life. I love You, thank You and praise You for the wonders You have in store for me.

Dear reader, I'd love to hear any of your own testimonies, comments or questions. You can contact me at heartpub@gmail.com

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