

HELLO GOD, WHERE ARE YOU?

Here are some possible sections that you could include in your journal:

INSIGHTS. The focus here is on being aware of the relationship between our faith, things around us, and the experiences we have. Whenever something happens that makes you aware of your relationship to God, or if you see him at work in your life, you should write it down as it comes to you.

QUESTIONS AND SEARCHINGS. Write down questions that you have each day or week—the things that bothered you, challenged you, that seemed to cause conflicts, that made you wonder. Look for these things that you would like to understand better, and write them down as you review your day or week.

THANKSGIVINGS. Each day write down two or three things that give you reason to celebrate, to be happy, or that you are thankful for.

MEDITATIONS. The focus here is on making Scripture real and practical. Read a passage of Scripture each day and write down the verse that sticks in your mind from that day. Write below it three or four ways you could apply it that day or week.

SELF-MOTIVATION. Write down a goal for the week at the top of the page. You might want to look for a verse in Scripture that would help encourage or support you in accomplishing this goal. Write down three or four ways you could work on your goal during the coming week. A self-evaluation blank at the bottom of the page could be included so that you can keep a record of how you are doing toward attaining that goal. Make the goals simple, specific, and attainable.

PRAYERS. Write out prayer requests, leaving a space below or beside the request. When the prayer is answered, you can write the date in the space.

