

# Scripture Journaling

Select one verse that stuck out to you or that you want to better understand from the passage you just read in Colossians 3:12-17.

**Write out** the verse on the lines below and leave some space around each word.

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**Look up** the words you don't understand or don't FULLY understand in a dictionary or thesaurus. If you don't have access to a phone or the internet, use a good, old-fashioned dictionary.

**Write above** each word its meaning or a synonym that helps you better understand it.

**Rewrite** the verse in your own words below:

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# Prayer Journaling

We are going to use the P.R.A.Y. method for prayer journaling this week. Write out your prayer following the prompts below. This is a great place to process with God what you just studied in Scripture.

**Praise // God, I want to praise You for . . .**

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**Repent // I need to confess and turn away from this sin . . .**

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**Ask // Please . . .**

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**Yield // Above all else, I fear You as the God of hope, so I trust You with . . .**

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**In Jesus's name I pray, amen!**


# Brain Dumping

Feel free to continue using the P.R.A.Y. method for journaling your prayers to God this week as we practice a new journaling prompt below. Dump out all the things on your mind and begin to filter them into the following categories.


**Things on my mind**



**Things in my control**



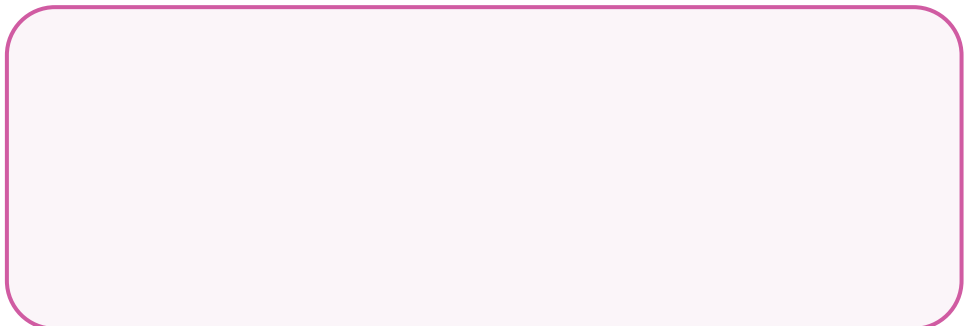
**Things out of my control**



**What next steps do I need to take today?**



**Write out a prayer admitting that you don't have control. Ask God to help you fear Him more than these unknowns.**



# Memory Journaling

Write about a time in your past when you experienced God's presence in your loneliness. Or in your own words, write a description of the story from Genesis 16.

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How did you feel when God showed up in your loneliness? What was your response? Or how do you think Hagar must have felt when God showed up as she sat in the wilderness all alone?

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Use your creativity here: Draw or creatively add a reminder of the time when God was present in your loneliness, or a reminder of the time God was present in Hagar's loneliness.

# Journaling Grief and Gratitude

**Grief:** As you reflect on the last twenty-four hours, what grieves you? Remember that grief can be sadness, annoyance, frustration, or disappointment. You can list these things or explain them in sentence form.

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**Gratitude:** As you reflect on the last twenty-four hours, what are you grateful for? Remember that gratitude is thankfulness or a readiness to show appreciation for a kindness that has been shown to you. Specifically, how can you see God's generosity shown to you?

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**Pray:** Write a prayer asking God to help you walk through the grief you listed and thanking Him for the ways you can see His generosity toward you.

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