

Journaling Questions and Resources

Questions to ask about Scripture:

1. Does this text reveal something I should believe about God?
2. Does this text reveal something I should praise or thank or trust God for?
3. Does this text reveal something I should pray about for myself or others?
4. Does this text reveal something I should have a new attitude about?
5. Does this text reveal something I should make a decision about?
6. Does this text reveal something I should do for the sake of Christ, others, or myself?

Journaling Questions

1. What was the most important thing that happened today?
2. What did I learn today?
3. Where did I see God at work today?
4. What was the most significant thing someone said to me today?
5. When was I most aware of the Lord today?
6. What was the most helpful thing I read today?
7. What should I have done differently today?
8. How can I simplify my life tomorrow?
9. What could I do to glorify God the most tomorrow?
10. What difference can I make in someone's life tomorrow?

Journaling Topics (these topics can be used based on the day of the month. For example, if it is Oct. 10th, I would write on Stewardship of Time.)

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| 1. Love for God | 17. The Lord's Day |
| 2. Love for others | 18. Fellowship |
| 3. Evangelism | 19. The tongue |
| 4. Bible Intake | 20. Thought life |
| 5. Meditation on Scripture | 21. Family |
| 6. Application of Scripture | 22. Ministry |
| 7. Prayer | 23. Joy |
| 8. Worship (public or private) | 24. Simplifying |
| 9. Serving | 25. Body |
| 10. Stewardship of time | 26. Faith |
| 11. Stewardship of money | 27. Reformation |
| 12. Fasting | 28. Revival |
| 13. Silence and Solitude | 29. Cross |
| 14. Journaling | 30. Sin |
| 15. Learning/mind | 31. Last things (death, judgment, Heaven, Hell) |
| 16. Persevering | |

(Taken from *Disciplines of the Christian Life* and *How to Simplify Your Spiritual Life* by Don Whitney)