

# JOURNALING METHODS

## METHOD ONE: ASK QUESTIONS

READ THROUGH A PASSAGE OF SCRIPTURE AND THEN ASK THE FOLLOWING QUESTIONS:

### IS THERE

- a **sin** to turn from?
- a **promise** to claim?
- an **example** to follow?
- a **command** to obey?
- a **teaching about God** (Father, Son, Holy Spirit)?
- a **blessing** or **encouraging word** to enjoy
- a **warning** to regard?

### APPLICATION

HOW CAN I APPLY TO MY LIFE WHAT GOD HAS JUST SHOWN ME?

## METHOD TWO: ADORE, ADMIT, ASPIRE

READ THROUGH A PASSAGE OF SCRIPTURE AND THEN USE THIS OUTLINE:

### ADORE

What did I learn about God for which I can praise and thank Him?

### ADMIT

What did I learn about myself for which I can repent?

### ASPIRE

What did I learn about life that I can aspire to, ask for, or act on?

## METHOD THREE: OBSERVATION, INTERPRETATION, APPLICATION

READ THROUGH A PASSAGE OF SCRIPTURE AND THEN USE THIS OUTLINE:

### OBSERVATION

*What does it say?* (Who was this written to, who was doing the writing, and why was it written?)

### INTERPRETATION

*What does it mean?* (What is the message that is being communicated?)

### APPLICATION

*What does it mean to me?* (What does God want me to do about it; how does He want me to live my life differently for Him)