How to Use Your Journal

A General Guide

Keep track of when you experienced this Scripture and what was happening in your life that influenced your insights and journaling.

My Lectio

Date: __________________

What's on your mind: ____________________________

Scripture Focus: ____________________________

Copy your chosen verses here or simply record the citation

Your word or phrase

Word

Dearest Father:

Your prayer, reflections, petitions or praises

Bringing the Word to Life

How can you carry your Word forward?
My Lectio

Date:

What’s on your mind:  Scripture Focus:


Dearest Father:

Bringing the Word to Life