



THE POWER OF THE PEN

Devotional Journaling

I believe in the life-changing power of closing your time with God by writing a one-page letter to God. On this one page, you will be recapturing your main burdens as well as the joy of answered prayers. Journaling provides a means of concrete communication with God. It also provides a sense of relief from your burdens. As you document your walk with God in this way, your faith in the power of prayer will increase. Journaling can become one of the greatest dynamics in your prayer life. – Ronnie Floyd¹

**Jeremiah 30:2 - "Thus speaks the Lord God of Israel, saying:
'Write in a book for yourself all the words that I have spoken to you.'"**

What is Journaling?

Donald Whitney explains that a journal is "a book in which a person writes down various things. As a Christian, your journal is a place to record the works and ways of God in your life. Your journal also can include an account of daily events, a diary of personal relationships, a notebook of insights into Scripture, and a list of prayer requests. It is where spontaneous devotional thoughts or lengthy theological musings can be preserved. A journal is one of the best places for charting your progress in the other Spiritual Disciplines and for holding yourself accountable to your goals."²

Biblical Examples of Journaling

- David in the Psalms: Many psalms are personal reflections on God's faithfulness and David's own heart struggles (e.g., **Psalm 51**; **Psalm 13:1-2**).
- Jeremiah's Lamentations: A journal of grief and faith in the aftermath of Jerusalem's fall.
- **Deuteronomy 17:18**: Kings of Israel were required to write down the Law to remember God's works and commands.

¹ Ronnie W. Floyd, *How to Pray* (Nashville: W Publishing Group, 1999), 220–221.

² Donald S. Whitney, *Spiritual Disciplines for the Christian Life* (Colorado Springs, CO: NavPress, 1991), 205–206.

The Value of Journaling³

1. To Help You Remember What God is Doing in Your Life (Psalm 77:11-12)

- “Remember His marvelous works which He has done” (1 Chronicles 16:12).
- “Remember therefore from where you have fallen” (Revelation 2:5).
- Reviewing answered prayers builds faith for future challenges.

2. To Help You Respond to Life Honestly

- Journaling forces us to examine our hearts truthfully. It provides a space to confront fears, struggles, and doubts while seeking God’s guidance.
- Journaling helps you identify spiritual progress and areas needing growth.
- “For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly...” (Romans 12:3).

3. To Help You Reflect on the Meaning of Your Experiences

- Journaling allows us to see God’s hand in ordinary and extraordinary moments.

4. To Record the Progress of Your Spiritual Journey

- Journaling reveals patterns, weaknesses, and growth.
- “The unexamined life is not worth living.” - Socrates

5. To Regain Lost Momentum

- Journaling restores focus during spiritual dryness.
- “This is the way, walk in it” (Isaiah 30:21).

6. Creating a Spiritual Heritage

- Your journal may bless future generations.
- “Let this be written for a future generation, that a people not yet created may praise the LORD” (Psalm 102:18).

“The weakest ink is better than the best memory.” – Chinese proverb

Practical Tips for Journaling

1. Choose a Format - a notebook, loose-leaf paper, or a digital platform.
2. Start Small - Write one sentence or paragraph a day.
3. Be Honest - Share your joys, struggles, and reflections openly with God.
4. Review and Reflect - Periodically reread your entries to gain perspective and encourage growth.

³ Based on David Jeremiah, *Prayer: The Great Adventure* (Sisters, OR: Multnomah Publishers, 1997), 223–241.