

WEEK ONE

Fresh Pages

A Journaling MasterClass

with Ann Voskamp

annvoskamp.com

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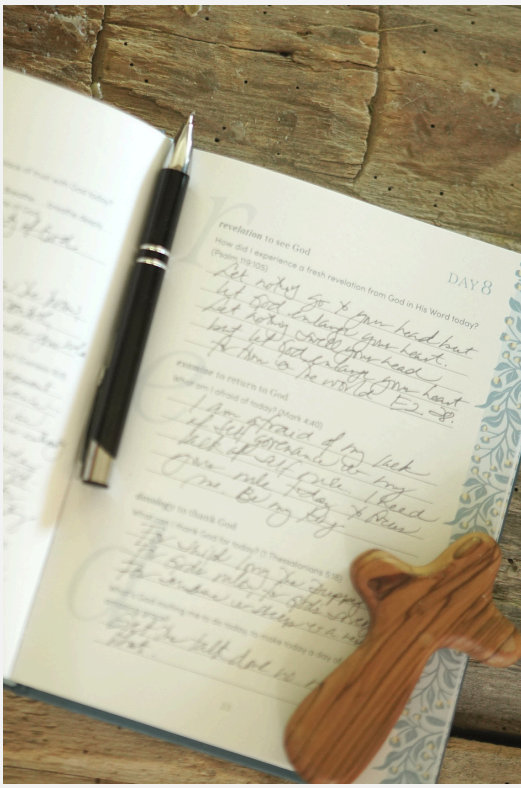
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HOW NICE TO

meet you

I'm Ann — wife of a farmer, mama to 7, author of four *New York Times* Bestsellers, and a student in the Doctor of Ministry Program at Biola University, where I'm studying Care of Souls and Spiritual Formation.

But more than that? I'm someone whose life has been profoundly transformed by journaling.

Journaling has grounded me and turned me to Jesus and literally transformed my life. And it's my joy to share some of what I've learned with you over these next four weeks as we journey into transformation through journaling together.

Let's move the pen across the page, and in doing so, profoundly move our lives forward.

I can't wait to dive in with you.

Ann Voskamp



"Journaling isn't about a single miraculous moment of transformation —

Journaling is about a journey into transformation"


“WHEN YOU PICK UP
A PEN AND BEGIN
TO WRITE WORDS—
YOU ENCOUNTER
the Word Himself”



INTRODUCTION

Thank you for being here for these four sessions of **Fresh Pages,** a MasterClass in Journaling. Fresh Pages Journaling is about showing up with just your fresh face, with your honest heart. No mask, no spiritual facades or interior make-up, no pretending. It's about doing a fresh sweep of everything stirring about in your mind, festering about in your heart and getting it on paper — so you begin the day with a fresh slate, with fresh, clear vision, fully living into the fresh mercies of God.

Each week I'll share:

- Some favourite journaling tools
- Some of the most transformative approaches and methods to journaling
- Why journaling is one of the most powerful and deeply life-giving ways to daily care for your soul

Move that pen, and you'll profoundly move your life forward.
Just come to the empty page to honestly empty your real heart.

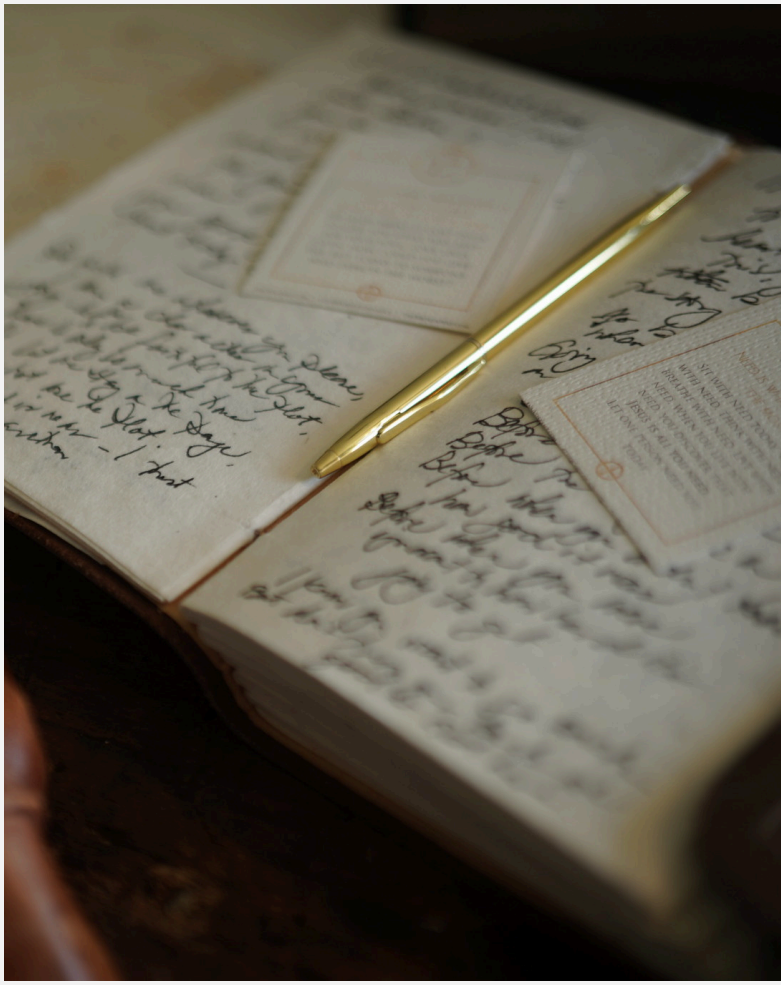
The Way Out of Bondage

LESSONS FROM ODYSSEUS

The way out of bondage to anything in this world, is to turn toward bonding to the Word Himself.

Make a binding commitment every day to open your Fresh Pages, pick up a pen, and journal — and you begin a journey toward bonding more intimately with the Word Himself.

Journaling can keep us from all kinds of fatal attractions and deceptions and distractions on our journey.



Journaling can turn us from the enchanting, spell-binding voices in our heads — to binding our hearts to the Word and the Truth Himself.

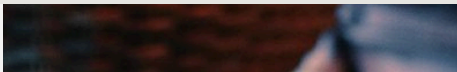
Notes to Soul

No matter what we heard in science class — this world isn't just an accident made up of atoms, but this is a *World created by the Word Himself,* which means this is a world made of words and story.

Listen to what the wrong words, what lesser stories say about you, instead of *staying in the Story* and writing down the *ways of The Word* and *what He says about you* — and your soul won't survive.



This is a world of all kinds of luring distractions and deceptive words that can get stuck in our heads that slowly kill our souls. We can be warbled to death *by words that don't matter.*



Notes

what stood out to me:

"They overcame him — the evil one — by the blood of the Lamb, and by the word of their testimony"

—

REVELATION 12:11


GIVE WORDS TO
YOUR STORY —
AND GIVE YOUR STORY TO
the Word Himself

The Story Does the Slaying

Don't miss this: **The Story does the slaying.** The Story ALWAYS does the slaying.

Give words to your story — and give your story to the Word Himself, and you slay the lies, you slay the secrets that will kill, you slay the the wrong songs and stories that will lead your soul astray, and you give yourself and your people and your family for generations to come — real freedom.

That's why we pick up a pen every morning and journal:

Words and the Word are a weapon and this is a world of dragons and distractions and discouragement and dark— and the story does the slaying.

The words of your story — can slay the dark of this world, and the dark of your inner world. **Because the words of your story can bind you to the Word Himself so you see how He is always writing a good story, a redemptive story, a story that will, in the end, ultimately restore and re-story your own soul.**

Writing your story always slays the siren and the serpent.
The slaying of the serpent and the sirens
is always in the story.

“

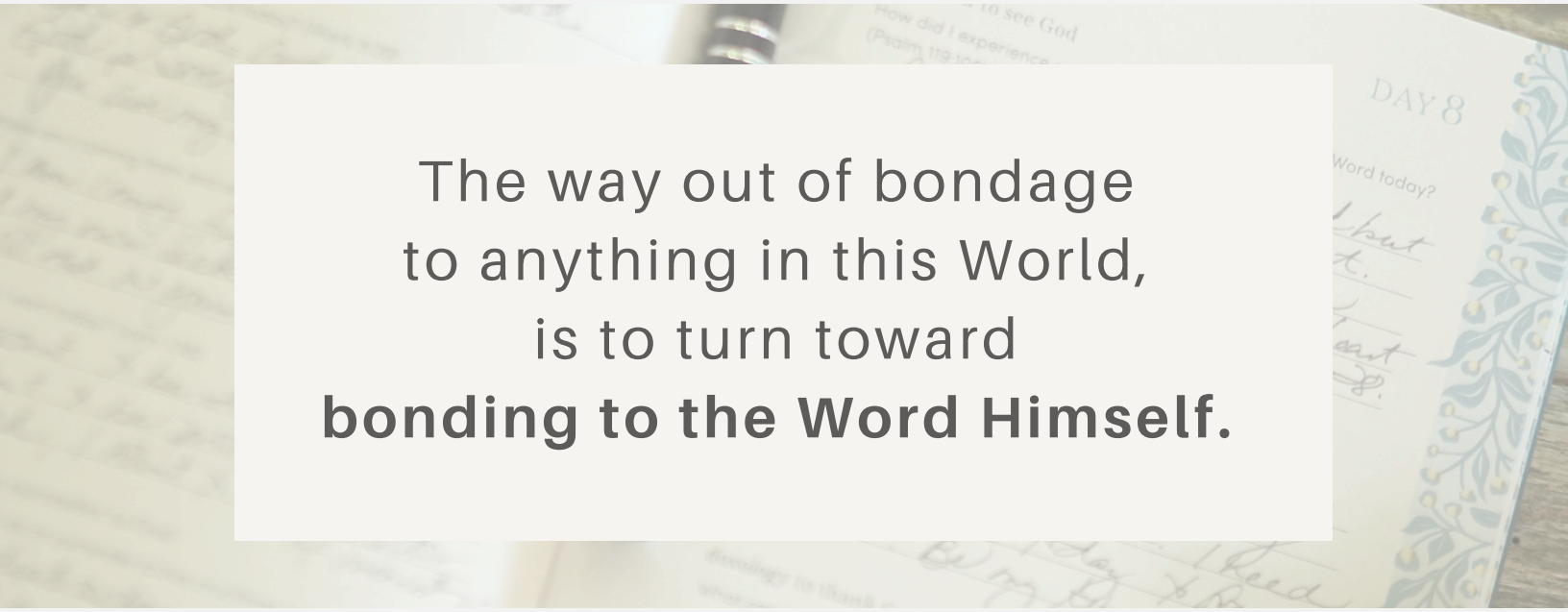
Self-rejection and soul secrets are vanquished and conquered and forever finally silenced when we write down our stories in the presence of the Word Himself.

Notes

what stood out to me:

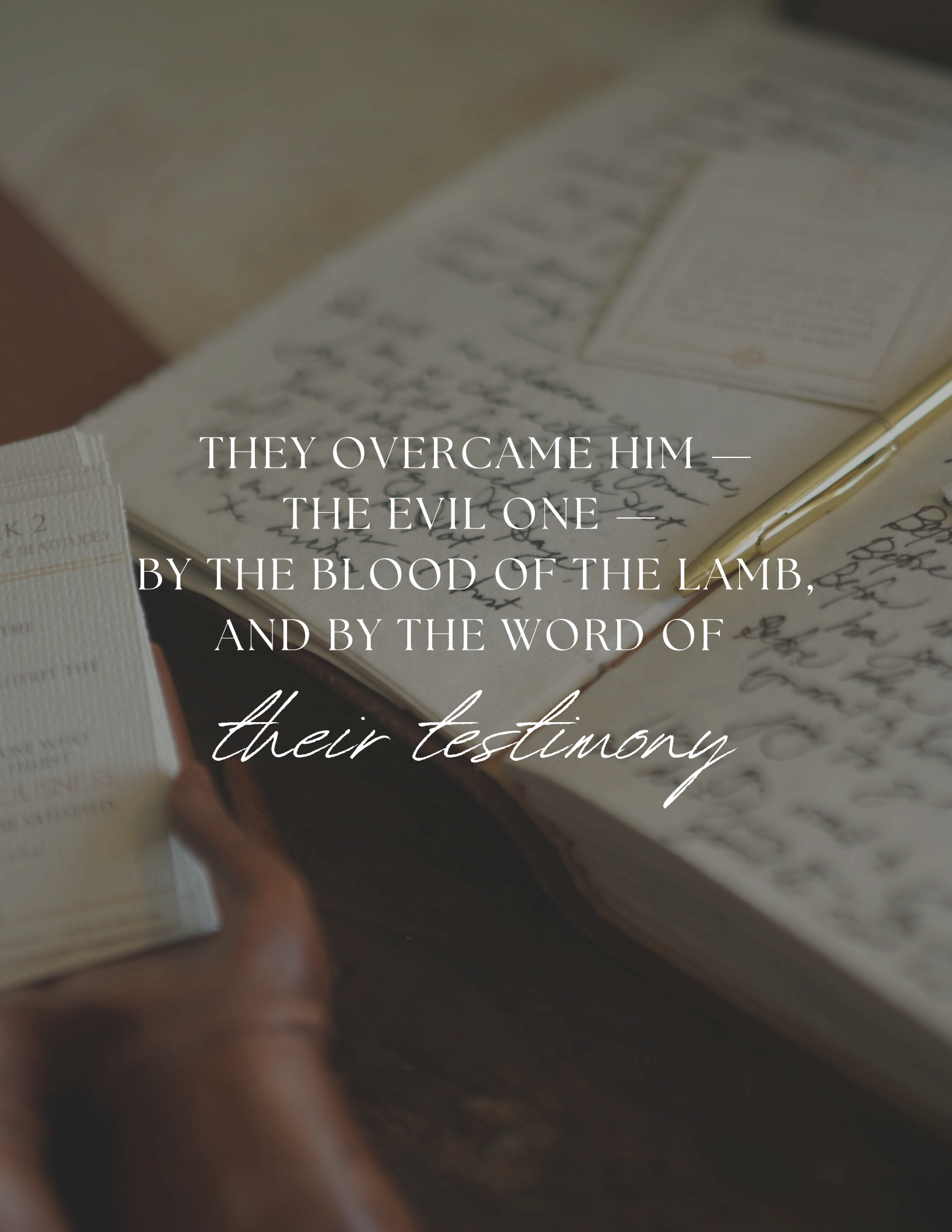
Notes to Soul

Journaling can keep us from all kinds of fatal attractions and deceptions and distractions on our journey. Journaling can turn us from the enchanting, spell-binding voices in our heads — *to binding our hearts to the Word and the Truth Himself.*



The way out of bondage
to anything in this World,
is to turn toward
bonding to the Word Himself.

Give words to your story — and give your story to the Word Himself, and *you slay the lies, you slay the secrets* that will kill, *you slay the the wrong songs and stories* that will lead your soul astray, and you give yourself and your people and your family for generations to come —
real freedom.


THEY OVERCAME HIM —
THE EVIL ONE —
BY THE BLOOD OF THE LAMB,
AND BY THE WORD OF
their testimony



NOTES FROM SESSION ONE

Where can you begin?

1. **Begin by journaling your journey with God** — as your daily spiritual practice to encounter the Word, be changed by the Word, and be re-stored and restoried through the Word.

2. **Begin with a page.** Any page you want, any journal...and a pen you love. (See some suggestions on the following pages!)

3. **Begin with prompts.** Trust that it is the story that will slay all the sirens and serpents and secrets and self-rejection.

Notes to Soul



That's why we pick up a pen every morning and journal: Words and the Word are a weapon and this is world of dragons and distractions and discouragement and dark— and the story does the slaying.

The words of your story — can slay
the dark of this world,
and the dark of your inner world.

Because the words of your story
can bind you to the Word Himself
so you see how He is always writing
a good story, a redemptive story,
a story that will, in the end,
ultimately restore and re-story
your own soul.


THE STORY
does some serious
slaying

Journaling Prompts

Choose one or more prompt to help begin journaling this week

I just need to honestly say...

What feels really important right now is...

I think what is making me feel anxious is...

I didn't realize it, but I think what I'm really afraid of is...

Journaling Prompts

Choose one or more prompt to help begin journaling this week

What good things did I do today?

What gifts were I given today?

What grace feels like a little win today?

What is happening in my heart today?

Journaling Prompts

Choose one or more prompt to help begin journaling this week

What tasted like a good gift today?

What sounded like a good gift today?

What beauty looked like a good gift today?

What kindness felt like a good gift today?

journaling

RESOURCES



JOURNALING SUPPLIES

Some favourite pens, notebooks, and supplies

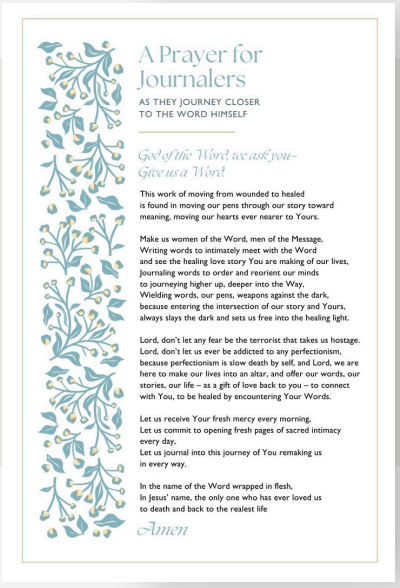
explore

JOURNALING PLAYLIST

Quiet, contemplative music to play while you write

listen





A Prayer for Journalers

AS THEY JOURNEY CLOSER TO THE WORD HIMSELF

God of the Word, we ask you–
Give us a Word.

This work of moving from wounded to healed
is found in moving our pens through our story toward
meaning, moving our hearts ever nearer to Yours.

Make us women of the Word, men of the Message,
Writing words to intimately meet with the Word
and see the healing love story You are making of our lives,
Journaling words to order and reorient our minds
to journeying higher up, deeper into the Way,
Wielding words, our pens, weapons against the dark,
because entering the intersection of our story and Yours,
always slays the dark and sets us free into the healing light.

Lord, don't let any fear be the terrorist that takes us hostage.
Lord, don't let us ever be addicted to any perfectionism,
because perfectionism is slow death by self, and Lord, we are
here to make our lives into an altar, and offer our words, our
stories, our life – as a gift of love back to you – to connect
with You, to be healed by encountering Your Words.

Let us receive Your fresh mercy every morning,
Let us commit to opening fresh pages of sacred intimacy
every day,
Let us journal into this journey of You remaking us
in every way.

In the name of the Word wrapped in flesh,
In Jesus' name, the only one who has ever loved us
to death and back to the realest life
Amen

JOURNALING PRAYER

A printable prayer for journalers — as they journey closer to the Word Himself

download



FINAL THOUGHTS

As we simply pick up a pen… and just begin to daily write our story… we begin here with our Fresh Pages – to see:

The page is a mirror,
the pen is a light,
Every day write your way
into the right.

Write your words in the presence of the Word…
and see it begin to happen:
The Story does the slaying.

The Story ALWAYS does the slaying.

Start & End Your Day
with Sacred Prayer with God
and gratefulness to God

Gift someone the gift of deeper joy
and intimacy with God.



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