

THE PSALMS

TIME
WITH THE
LORD

faith thoughts journal



THE BOOK OF
PSALMS

**TIME
WITH THE
LORD**

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His Message. Your Mission.

The vision of CTA is
to see Christians highly effective
in their ministry so that Christ's Kingdom
is strengthened and expanded.

TIME WITH THE LORD

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HOW TO USE YOUR JOURNAL

God's people use journaling in any of several ways as they meet with their Lord day by day. In a journal you can

- record your journey with Jesus through life;
- keep track of the insights and impressions the Holy Spirit reveals to you as you study his Word;
- pray more regularly and record specific prayer requests and the Lord's answers to them; and
- trace the ways in which your Savior meets your needs, guides your decisions, and draws you closer to himself.

Journaling has no rules. You can make lists or write paragraphs. You can include praise notes, Bible study insights, or personal prayers. You can write letters to your Lord or reminders to yourself.

Consistency is key! Ask God to help you find a time and place where you will not be distracted. Pray for direction as you begin each day. Expect the Holy Spirit to draw you deeply into his Word and to personalize that Word to your heart and life. Keep track of what he shows you and look back on what you've written from time to time. You'll be amazed at what God has done!

*Let me hear what God the LORD will speak,
for he will speak peace to his people, to his saints.*

Psalm 85:8

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*Be still, and know that I am God.
Psalm 46:10*

*Rejoice in the Lord always; again I will say, rejoice.
Philippians 4:4*