



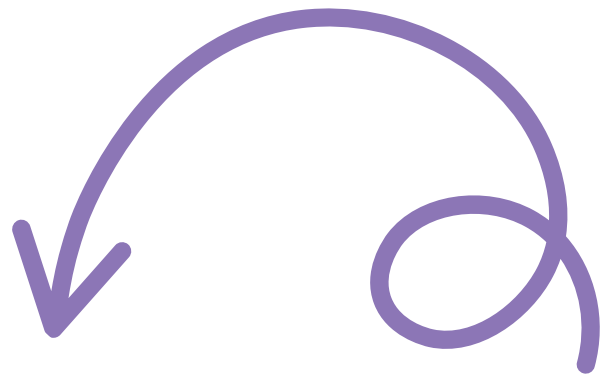
# Sisters in Season

Union Hill's Women's Ministry



## Jesus & Journals

A guide to deepen your walk with  
Christ through journaling.



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# Why Journaling Matters?

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**It helps you slow down and notice God's presence.**

Life moves fast, and sometimes we forget to pause. Journaling gives us a chance to slow down, breathe, and pay attention to the ways God is with us in each moment.

**It helps you remember His faithfulness in your life.**

When we look back at past entries, we can see how God has answered prayers, opened doors, or carried us through hard seasons. Journals become a testimony of His goodness.

**It helps us process what we're learning in Scripture.**

Writing out thoughts and reflections helps God's Word sink deeper into our hearts. It turns reading the Bible into a conversation where we can explore what God is teaching us.

**It will deepen your prayer life and relationship with Jesus.**

Journaling can transform prayer from something rushed into something rich. As we write to God honestly, our hearts open wider, and our relationship with Him grows stronger.

# Journaling Tips

- **Start small.**

Even one verse or one sentence a day is a victory.

- **Make it yours.**

There's no "right" way to journal. Some like neat notes, others doodle, others write paragraphs—God loves it all.

- **Use prompts.**

On days when you don't know what to write, start with a simple question like "Where did I see God today?" or "What do I need to surrender?"

- **Don't worry about grammar.**

God isn't grading your spelling or punctuation. Write freely.

- **Leave space.**

Sometimes you'll want to come back later and add prayers, updates, or how God answered.

- **Be honest.**

Journaling is a safe place to pour out your feelings—frustrations, fears, joys, and victories.

- **Write scripture.**

Copying a passage word for word will help you learn and retain what it says.

- **Mix it up.**

Some days write prayers, some days lists, some days verses. It keeps things fresh.

- **Keep it simple.**

A pen and paper are enough. Supplies are fun, but your words are what matter most.

- **Date your entries.**

Looking back later, you'll see how God was working in different seasons.

- **Make it fun.**

If you are all about colorful pens, by all means... get some pens to keep yourself motivated and moving forward.

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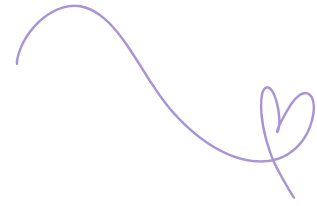
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Notes

# Journaling Methods



## 1

### SOAP Method

Scripture, Observation, Application, Prayer.  
A step-by-step way to connect Scripture to your daily life.

#### Example:

Philippians 4:6 — “Do not be anxious about anything,  
but in every situation, by prayer and petition,  
with thanksgiving, present your requests to God.”

S: Philippians 4:6

O: God wants me to bring my worries to Him.

A: I will pray before I let myself spiral into stress.

P: “Lord, help me to trust You with my worries and remember to thank  
You for what You’ve already done.”

Try it with: Romans 12:2, Isaiah 40:31, Matthew 11:28-30

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## 2

### Writing Prayers

Journal your prayers like letters to God. Writing them helps you stay focused and lets you look back later to see answered prayers.

#### Example:

“Lord, today I feel overwhelmed with school and family responsibilities. Please give me peace and help me handle everything with Your strength.”

Try it with: Psalm 139:23-24, Philippians 4:13, 1 Peter 5:7



## 3

### Verse Illustration

Decorate your journal with drawings, doodles, or creative lettering to help Scripture stick in your heart.

#### Example:

Write John 15:5 in big letters and sketch vines and branches around the page to remind yourself of the image Jesus gave of staying connected to Him.

Try it with: Psalm 119:105, Galatians 5:22-23, Matthew 5:14-16

# 4

## Gratitude Lists

A simple way to record blessings, big and small. Listing them regularly helps shift your focus from any struggles to God's provision. I like to say "grateful people are happy people"... It's framed on my kids' bathroom wall, and I've found it to be true in my life. Don't just list the obvious... really take time to think about the things around you.

### Example:

1. A warm cup of coffee this morning.
2. My family's laughter at dinner.
3. The fact that none of my family members are in the hospital.

Try it with: 1 Thessalonians 5:16-18, James 1:17, Lamentations 3:22-23

OR use one of the following pages as a quick way to implement more gratitude into your life.

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# Gratitude Journal

S M T W T F S DATE — / — / —

TODAY I'M GRATEFUL FOR

1

2

3

SCHEDULE

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
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DAILY BIBLE VERSE

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NOTES:

SOMETHING I'M PROUD OF

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Gratitude Log for the Month of

Today

For... I am grateful

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30




































31

# GRATEFUL

*for His provision in my life*

MONTH OF: \_\_\_\_\_

GOALS: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						
						
						
						

# 5

## Reflection Journaling

Write what God is teaching you through Scripture, sermons, or life events.  
This helps truth sink deeper into your heart.

### Example:

Matthew 18:21-22 — “Then Peter came to Jesus and asked, ‘Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?’ Jesus answered, ‘I tell you, not seven times, but seventy-seven times.’”

Reflection: “Forgiveness is ongoing, not just a one-time choice. God’s grace to me is endless, so I need to extend that same grace to others. Right now, I’m having a hard time forgiving.....”

Try it with: Psalm 23, Romans 8:28, Proverbs 3:5-6

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# 6

## Verse Rewriting

Restate a verse in your own words to make it feel personal. Sometimes you can insert your name as well.

### Example:

Psalm 23:1 — “The Lord is my shepherd, I lack nothing.”

Rewritten: “Because God takes care of me like a shepherd does for his sheep, I’ll never be without what I truly need.”

Try it with: Joshua 1:9, John 3:16, Isaiah 41:10

# 7

## Question Journaling

Write questions to God or about Scripture, then seek answers in His Word. This keeps your walk with Him authentic and growing.

### Example:

James 1:3-4 — “Because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.”

Question: “Lord, how can I be more patient in this season? Teach me to see this challenge as part of the growth You want for me.”

Try it with: Psalm 13:1-2, Habakkuk 1:2-3, 2 Corinthians 12:9



## Verse Mapping

Dig deeper by focusing on key words, their meanings, and cross-references. Look up definitions, synonyms, or related verses that bring Scripture to life.

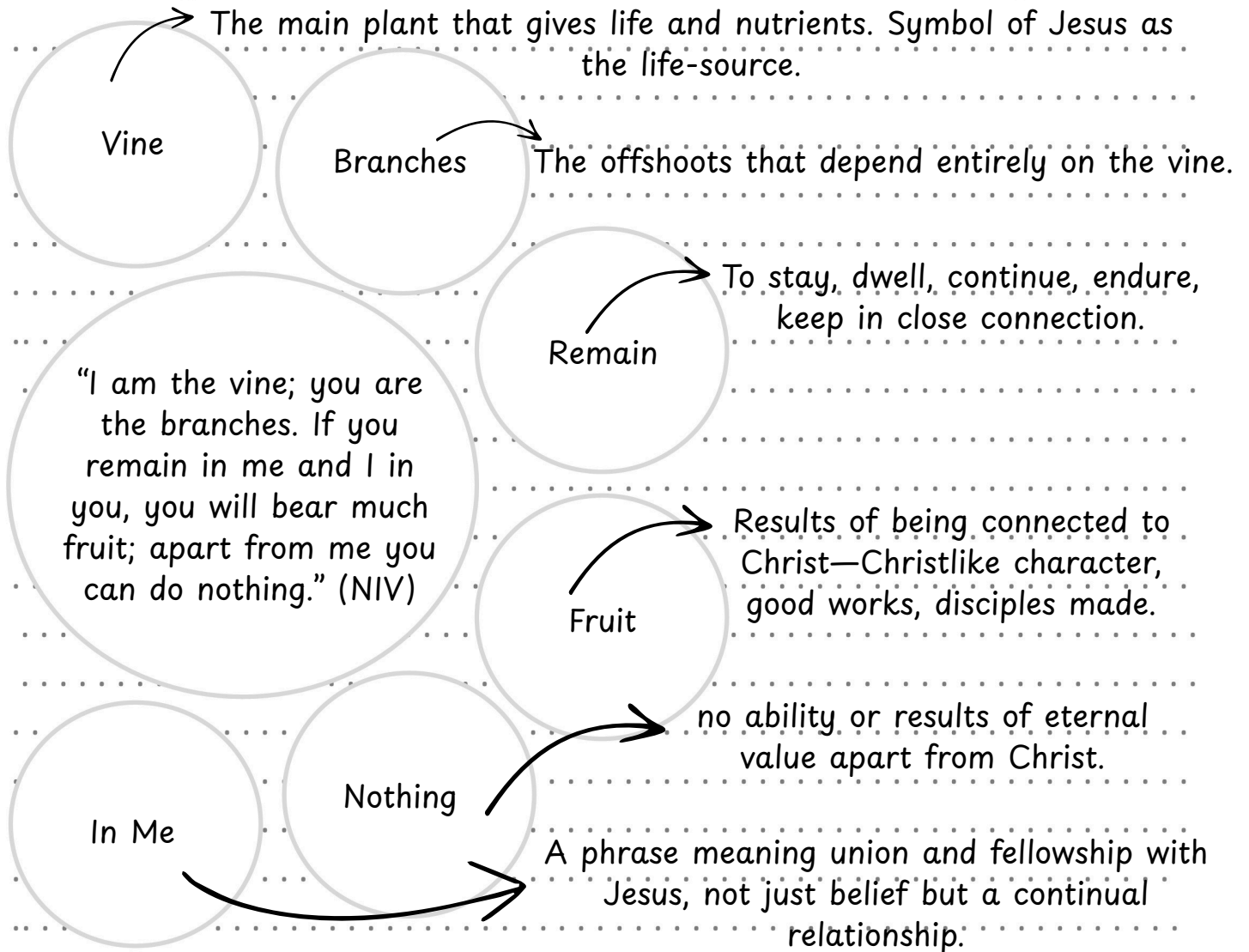
Make note of the context, different translations, and the view of God and man. And write down everything you find! This is the ultimate verse deep dive.

### Example:

John 15:5 — On the next two pages.

Try it with: Psalm 46:1, Jeremiah 29:11, John 14:6  
OR the verse of your choice on the blank pages provided

# John 15:5



## context

**WHO WROTE IT** The Apostle John

**WHEN** Around AD 85-95, likely from Ephesus.

**TO WHOM** Early Christians who were facing persecution

**WHY** To strengthen the church by reminding them that Jesus is the Son of God and that life and strength are found only in Him.

## translations

Message (paraphrase): "I am the Vine, you are the branches. When you're joined with me and I with you, the relation intimate and organic, the harvest is sure to be abundant. Separated, you can't produce a thing."

## cross references

Psalms 1:3 - The righteous are like a tree planted by streams of water, bearing fruit in season.

Jeremiah 17:7-8 - Blessed is the one who trusts in the Lord... like a tree by the water.

Galatians 5:22-23 - The fruit of the Spirit (love, joy, peace, etc.).

Philippians 4:13 - "I can do all things through Christ who strengthens me."

Colossians 2:6-7 - Continue to live your lives in Him, rooted and built up in Him.

## view of God

Jesus is the source of life and spiritual growth.

God desires fruitfulness in His children.

He is present and personal, inviting us to abide (remain close).

## view of man/self

We are completely dependent on Christ for spiritual life.

We are branches meant to stay connected to the vine.

On our own, we're powerless to produce eternal fruit.

## reflection & application

Am I staying connected to Jesus daily, or trying to produce "fruit" in my own strength?

I need to set aside daily time in prayer and Scripture, not just for knowledge but to remain in His presence.

Remember my worth isn't in what I do but in staying rooted in Christ. Fruit comes naturally when I remain in Him.

## prayers

God, please show me what "fruit" I need to be growing right now. Give me the strength and power that only comes when I'm connected to You... making me a better wife and mother.



A series of dotted lines for writing, with several circles of varying sizes placed on the left side for organization or bullet points.

<i>context</i>	<i>translations</i>
<p>WHO WROTE IT</p> <p>WHEN</p> <p>TO WHOM</p> <p>WHY</p>	

## — cross references —

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## — view of God —

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## — view of man/self —

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## — reflection & application —

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## — prayers —

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# 7 Day "Jesus & Journals" Challenge



Use your newly decorated journal to work through these 7 methods of journaling. Commit to seven days, no matter how uncomfortable or time-consuming, and let us know what God showed you!

## Day 1 - SOAP Method

Philippians 4:6-7 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God... will guard your hearts and your minds in Christ Jesus."

**Prompt:** Write out the verse using the SOAP method. What worries can you release to God today?



## Day 2 - Writing Prayers

Psalms 139:23-24 - "Search me, God, and know my heart; test me and know my anxious thoughts..."

**Prompt:** Write a prayer asking God to show you areas of your life where you need His guidance.

## Day 3 - Verse Rewriting (or Illustration)

Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

**Prompt:** Rewrite this verse in your own words, like God is speaking directly to you. (or if you are in an artistic mood, try drawing the verse)



## Day 4 - Gratitude List

1 Thessalonians 5:16-18 - "Rejoice always, pray continually, give thanks in all circumstances..."

**Prompt:** List at least 5 things you're thankful for today — big or small, but out of the ordinary.



## Day 5 - Reflection Journaling

Romans 8:28 - "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

**Prompt:** Reflect on a time when God brought good out of a hard situation in your life.

## Day 7 - Question Journaling

Habakkuk 1:2 - "How long, Lord, must I call for help, but you do not listen? Or cry out to you, but you do not save?"

**Prompt:** Write a question you have for God today. Then write down any truths from Scripture that bring you peace as you wait on His answer.



## Day 6 - Verse Mapping

Jeremiah 29:11 - "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

**Prompt:** Go deep! Pick out the important words and look up their meaning. Study the context. Write what God shows you.

Journaling isn't about filling pages—it's about making space to meet with God.

However you write, decorate, or pray, remember this: God delights in hearing from you.



## Union Hill Women *Sisters in Season*

We would love to hear about your journaling endeavors!

Stay connected through our GroupMe where we share prayer requests and special announcements.

And Facebook, where we post a lot of pictures.

