

52 WEEK
Journaling
WITH THE
Holy Spirit



SCRIPTURES, DEVOTIONS, PRAYERS & PRAISE
TO CONNECT WITH THE SPIRIT OF GOD

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PARACLETE
PRESS
BREWSTER, MASSACHUSETTS

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A NOTE FROM THE AUTHOR

Every day, the Spirit of God has something to say to each one of us. Our early waking hours are sacred and pristine—our minds a little less full, our spirits a little more receptive. The evening hours are a time to settle our minds and process the day. Ideally, we carve out a quiet place where our hearts can receive wise and encouraging counsel from the Holy Spirit, our God-given gift. It's a time to pray for His guidance throughout our week. Time with the Spirit is a chance to set ourselves as active listeners to every thought He initiates. This book invites you to listen more keenly, reflect deeply, and respond more quickly. We're individual souls with a collective purpose to love God and one another. Every word the Holy Spirit breathes leads us to a better understanding of how to glorify God and love people the way Jesus did.

Here's to listening well,

A handwritten signature in a cursive script. The first letter is a large, stylized 'B' that loops around. The rest of the name 'onnie' is written in a fluid, connected cursive style.

ABOUT THIS JOURNAL

Your journal consists of five different sections:

Scripture
Ponder
Reflect
Meditate
Prayer Requests

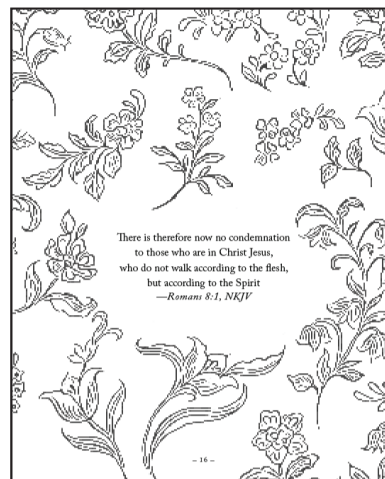
The next few pages will explain these areas in detail so you may get the most out of using your journal and recording your experiences with the Spirit of God!

Scripture

Each week features a new Bible verse as a coloring page. Read and memorize each verse over the course of the week, allowing your heart and mind to absorb the power of God's Word.

Your word is a lamp to my feet and a light to my path.

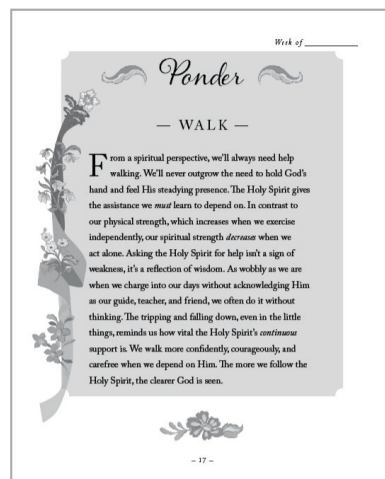
—*Psalm 119:105, NRSVue*



Ponder

What week is it? Record the date and watch how the Holy Spirit moves and speaks to you throughout the year.

Each week includes a short devotion to read and meditate upon, rooted in Scripture. You may use this as an ongoing weekly reflection or fill the space in a single day. Record your response, questions, or other Bible passages that come to mind when reading the entry. Allow your mind to be still and know that He is God. Ask the Holy Spirit to teach you and reveal new insights as you read God's Word.



Be still, and know that I am God!

—*Psalm 46:10, NRSVue*

Meditate

Read the contemporary message, slow down, and consider how the Holy Spirit might be speaking to your daily walk.

Guide Me

We depend on the Holy Spirit to continuously guide us. What specific decisions and circumstances need His guidance this week?

Teach Me

In which areas of your life might the Holy Spirit teach you more about God's character, the fruit of the Spirit, or the lens of worshipful living?

For just as the heavens are higher than the earth, so are my ways higher than yours, and my thoughts than yours.

—*Isaiah 55:9, TLB*

Reflect

Each week includes a special reflection verse that is different from the coloring page verse to accentuate the Spirit of God living and breathing throughout the Old Testament, New Testament, and your life today.

Read each prompt and record your answers throughout each week.

And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.

—John 14:16–17, NIV

Reflect

Is there a recent time you've seen the direct intervention of the Holy Spirit in a choice you've made?

In contrast, is there a decision you've made without the direction of the Holy Spirit that allowed Him to teach you wisdom going forward?

How can you best practice the daily discipline of inviting the Holy Spirit onto your thoughts and actions?

Thanks Be to God

Highlights

— 19 —

Thanks Be to God

What are you thankful for this week? Praise Father, Son, and Holy Spirit for blessings in your life.

Highlights

Take time to write down a few “highlights” of listening to and following the Holy Spirit in your walk with Him this week.

And I am sure that God who began the good work within you will keep right on helping you grow in his grace until his task within you is finally finished on that day when Jesus Christ returns.

—*Philippians 1:6, TLB*

Prayer Requests

Record your prayers. Write them down as the year progresses and seek the Holy Spirit to intercede on your behalf.

Record the date you began praying about your request and the date the prayer is answered.

Be mindful of how the Holy Spirit moves with you and how your prayers are answered. Trust in God’s timing and His plans for working all things together for your good.

And in the same way—by our faith—the Holy Spirit helps us with our daily problems and in our praying. For we don’t even know what we should pray for nor how to pray as we should, but the Holy Spirit prays for us with such feeling that it cannot be expressed in words.

—*Romans 8:26, TLB*

Prayer Requests Date

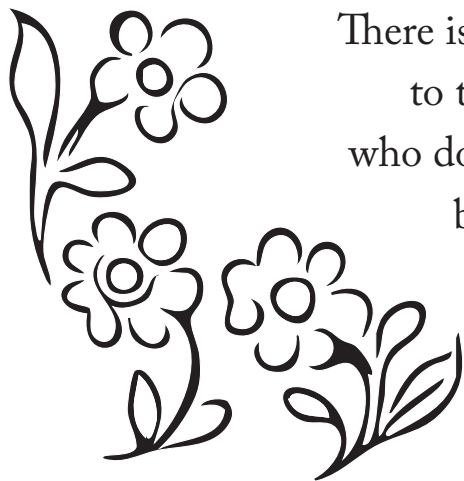
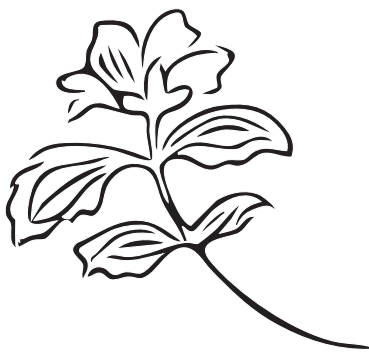
Praise	
Repent	
Acknowledge	
Yearn	

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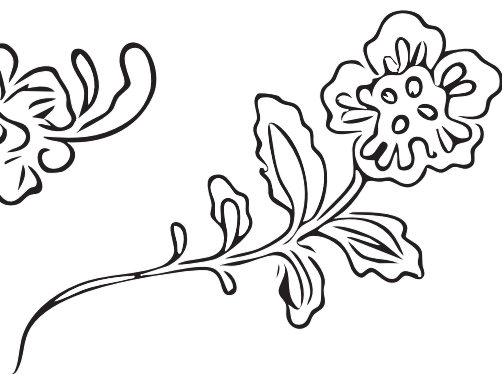
... Answered Prayers Date

Praise	
Repent	
Acknowledge	
Yearn	

— 227 —



There is therefore now no condemnation
to those who are in Christ Jesus,
who do not walk according to the flesh,
but according to the Spirit.
—*Romans 8:1, NKJV*



Ponder

— WALK —

From a spiritual perspective, we'll always need help walking. We'll never outgrow the need to hold God's hand and feel His steadying presence. The Holy Spirit gives the assistance we *must* learn to depend on. In contrast to our physical strength, which increases when we exercise independently, our spiritual strength *decreases* when we act alone. Asking the Holy Spirit for help isn't a sign of weakness, it's a reflection of wisdom. As wobbly as we are when we charge into our days without acknowledging Him as our guide, teacher, and friend, we often do it without thinking. The tripping and falling down, even in the little things, reminds us how vital the Holy Spirit's *continuous* support is. We walk more confidently, courageously, and carefree when we depend on Him. The more we follow the Holy Spirit, the clearer God is seen.

Meditate

To *walk according to the Spirit* means to *depend on the Holy Spirit* every day with consistency. The late Andrew Murray, church leader and missionary statesman, wrote, “Acknowledge that you have grieved the Holy Spirit by your self-will, self-confidence, and self-effort.” Humility in prayer is the way to start our day, inviting the Spirit of God to be involved in *everything* we do. He will be faithful in the task.



Guide Me

Teach Me

And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.

—*John 14:16–17, NIV*



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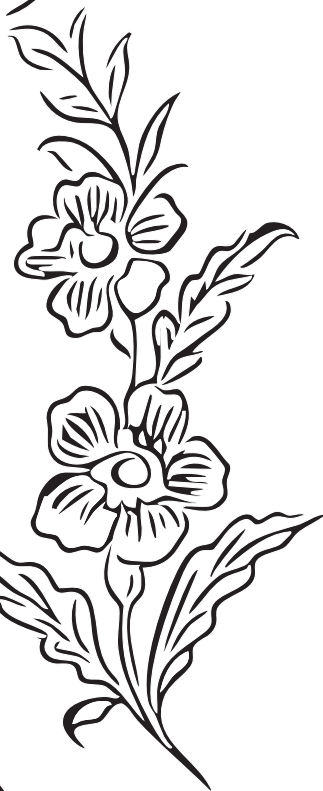
How can you best practice the daily discipline of inviting the Holy Spirit into your thoughts and actions?

Thanks Be to God

Highlights



Don't hide your light! Let it shine for all;
let your good deeds glow for all to see,
so that they will praise your heavenly Father.
—*Matthew 5:15–16, TLB*



 Ponder

— GLOW —



The Holy Spirit will always echo the words of Jesus. What our Savior taught His disciples while on this earth, the Holy Spirit repeats to us today. When we feel discouraged and the light of our life dims, we can depend on the Holy Spirit to illuminate the truth: *In the world you will have tribulation; but be of good cheer, Jesus has overcome the world* (see John 16:33). Overcoming looks and feels different than it did when Jesus was here, but our victory over *whatever* comes against us is no less sure. With the Holy Spirit beside us, we are never void of the power of God. There isn't a moment's interruption in its flow. Our authority is in remembering, reciting, and rejoicing in the truth God has given us. The more we rely on the Holy Spirit, the louder His voice becomes in our thought life, our prayer life, and our daily decision-making. He is a *constant* friend—*especially* when we need comfort and encouragement to ignite the light of truth within us.

