

JOURNALING

ILLUSTRATING YOUR FAITH JOURNEY



I must admit it was not easy for me to concentrate when doing Bible Study. I found it rather boring. It was not easy to focus, and it was definitely something I did not look forward to but found it was a must as a Christian. I do not know why I had not done Bible Journaling before because I had always written journals. Prayer journals, journals for everyday events, journals about my holidays. So, it was not as if I had not journaled before.

Then the hype around Bible Journaling came and I was sold immediately. I bought myself a journaling Bible and I love it. Bible Study is no longer a must but something I really look forward to. I want to be open to the leading of the Holy Spirit and as I feel Him with me as I study the Word, I cannot explain the feeling that this gives me. I feel very close to God. And that has been a huge blessing to me.

Now I realize that Bible journaling or journaling is not for everyone. So please do not think I am telling you this is the way you must go. What is important is that you find your way of connecting with God so that your relationship with Him will grow stronger every day.

In Joshua 4:1-7 we read about the twelve stones which were placed as a sign. Verses 6 and 7: "In the future, when your children ask you 'What do these stones mean?' tell them that the flow of the Jordan was cut off before the ark of the covenant of the Lord. When it crossed the Jordan, the waters of the Jordan were cut off. These stones are to be a memorial to the people of Israel forever."

This is how I feel when journaling my faith. It is a sign between me and God. It is something very personal but at the same time something I share with those I love. Because you start feeling so close to God you want to share those experiences with friends and family.

Journaling makes me want to grow in faith. It stretches my faith. It opens my eyes to Bible sections and texts I had not fully let sink in.

DIFFERENT WAYS OF JOURNALING

For me, because I love to journal, I have found several ways to journal. Simply because we all go through different moments in time. We all have times when we are on a high and times when something happens, and we are off keel for a while.

Let me explain. A while back I became rather ill. I had a massive infection and did not feel well at all. My Bible study was non-existent because I just could not concentrate. But I wanted that connection with God. So, I did the only thing I could at the time. I wrote out a text every day. Coloured something I thought fit with the text and that was it. It was still a connection and I was grateful for that.



Another time I felt very stressed and the only thing I could do was colour. We all know that colouring relieves stress and has many other benefits as well. So, I had a 'Women in the Bible and Me' Colouring book and Bible study and did that.



There is some journaling I do with my son. We make works of "art". I have put the word art in brackets because I cannot draw at all. But it is another way of expression towards God.



I love illustrating Bible passages and texts that speak to me. Think of Joshua 24:15: "... as for me and my household, we will serve the Lord."



As you can see it is not professional. God knows my heart and sees me for who I am. Not a perfect person I can tell you. But he loves me anyway and feeling close to him has been such a blessing.

And finally, my Journaling Bible. This has been the greatest blessing of all. This is where I really immerse myself in God's Word. Making it come alive for me. Letting it sink in and making me think about what I have read.





Whatever you do, however you do it, find a way to connect with God. The immense blessing you get from growing a relationship with Him is so worth it.

May God's Word come alive for each of you.

Clair Sanches
Women's Ministries Director
Trans-European Division of Seventh-day Adventists