

Journaling

Option 1: Write Your Own Psalm

- 1) Read through a few different psalms. Write down some of the themes that you noticed, and some of your own thoughts/feelings that came up.
- 2) Then take these notes and write out a psalm or poem to the Lord. You can structure it like the psalms you read, or do something completely different.

Psalm suggestions: Psalm 84, 121, 136, 139

Option 2: Write a Thank You Letter to God

This one is pretty self-explanatory. Think of things that you are thankful for, then write a letter to God thanking Him for these things.

Option 3: Clearing Your Mind and Hearing His Voice

Write down all the thoughts coming into your mind for a couple minutes. Then listen for God's voice - ask God "What are you speaking to me?" - and write down what you hear. Look back over it and ask God to help you discern His voice from your thoughts.