

# SCRIPTURE JOURNALING

TOPIC:

## Steps

1. Write down all the thoughts, feelings, opinions and emotions you are currently feeling.
2. Number each entry
3. Pray and ask the Lord to reveal to you His truth about this situation
4. Identify the main issue you are facing. Is it guilt? Condemnation, Gluttony, Fear, Insecurity?
5. Visit a site like [www.openbible.info](http://www.openbible.info) and type in the main issue and you will get scriptures that apply
6. Allow the Holy Spirit to lead you in which scripture speaks truth about each lie and write out the scripture or reference and any notes you have
7. Write an affirmation or scripture prayer for each lie
8. Take the list of prayers and affirmations and renew your mind with them during the day.
9. How do you know your mind has been renewed? When the old thoughts are not dictating your day to day actions but your new truth dictates your life.
10. There is an example for you below

[illegible]

[illegible]