## SCRIPTURE JOURNALING

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## 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 <u>www.openbible.info</u> 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

Thoughts, Feelings, Opinions or Emotions	Scripture Notes	Affirmation/Prayer
I have just blown it I have just eating this	Jeremiah 31:3	Thank you Lord that no
whole bag of cookies God is not going to be	Romans 8: 1 There is no	matter the mistake I may
pleased with me	condemnation for me.	have made. You are
		pleased with me and
		there is no
		condemnation for me. I
		will keep on running this
		race. I am accepted by
		Jesus Christ because His
		sacrifice made me
		accepted.

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Thoughts, Feelings, Opinions or Emotions	Scripture Notes	Affirmation/Prayer