

[Keystone Institute]

"Changed by Means of Grace" Handout

Week Five **10/8/23**

Journaling

First - Finish discussion on Prayer from last week (use last week's handout)

Journal – “a place (tangible or digital) in which a person records information important to him or her personally for preservation or consideration” (SDftCL)

Types of journals:

Why would we journal?

Table Talk: What is at least one take away from today's discussion?

Types of Journals

- Prayer Journals
 - Written out prayer
 - Prayer lists
 - Laments
 - Thanksgiving/Gratitude
 - “Prayer Notes”
 - Prayer quilt
- Bullet Journal
- Line a day
- State of the Heart (Soth)
- Journal Swap
- Scripture/Prayer Reminder
- Diary
- Bible intake notes
- Book reading notes
- Sermon notes
- Learning environment notes
- Special events recordings
- Notes about relationships
- Goal setting
 - Goal evaluation
- Victory verse list
- Word study
- Gratitude Jar