

## Journaling for Biblical Change

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This sheet will help you create a Biblical journal, specifically for the use of applying the Scriptures to areas in your life that needs repentance and change. Remember, not just any change will do! Real, lasting change must be the fruit of a changed heart, and only the Scriptures can change your heart.

Often, many people want to seek the Bible for answers, and they have been given some Scriptures to help them, but they do not know how to take those Scriptures and use them in a Biblical way. This worksheet is designed to help with this.

As you begin your journal writing each evening, think about the decision you made during the day (or, if in the morning, the day before) related to your area of change. This is what we are going to evaluate using the Scriptures. It may be the fight you had with your spouse, or you went shopping when you knew you couldn't afford it, or you overate (again).

Apply the **WORD** and **Prayer** to your area of needed change!

### 1. **W** – The Word.

The first thing you're going to do is right down a Scripture that you are working with. This may have been given to you by a Biblical counselor, your pastor, a mature friend, or your own reading.

#### a. **Reflect on the Word:**

Meditate on the passage, thinking about it from every possible angle. Look at each word: What does it mean? How does it fit in the verses around it? For help on how to meditate effectively on the Scriptures, click [here](#).

#### b. **Write down some clear Observations:**

What is it about this passage that speaks to your specific situation?

### 2. **O** – Occasion

Once you have begun with the Word, you are now going to think about your particular action.

#### a. **Circumstances**

What happened? Write down what was going on around you and what took place.

#### b. **Feelings**

What were you feeling when the circumstances happened?

#### c. **Thoughts**

This is VERY important! What were you "telling yourself" about the circumstance? That truths or lies were you holding on to or believing at the time?

### 3. **R** – Responses/ Results

Here, you are going to intentionally ask yourself what were your possible responses, or another way of putting this would be "What were my options?"

#### a. **"My Way," or Self-Driven Responses:**

What are some things you would *want* to do in the situation above? What would that lead to? Would it make the situation better or worse? Is God glorified in this response?

b. **“God’s Way,” or Scripture-Driven Responses:**

Based on the Scripture you wrote down above, what are some Biblical responses? What would applying this text look like? What might the results be?

(Remember, obeying the Scripture does not always bring the results we want, but it always glorifies God!)

4. **D** – **Decision/ Motives**

a. **What I did.**

Now, you’re actually going to write down what you did. What decision did you take? Did you choose to obey God or pursue self?

b. **Why I did it.**

When you made your decision, what were you hoping to gain? What did you want to accomplish? Be specific!! Remember, we do what we do because we want what we want.

c. **What will I do next time**

When faced with this decision again, how will you respond differently? What will your primary motivation be?

5. **Prayer:**

Now, you have taken your actions - more importantly your thoughts, feelings, and motives behind your actions – and you have submitted them and evaluated them with Scripture.

Some examples of how you may need to pray after this process:

a. **Confession**

At first, you will likely do more of this than anything else! Do not despair!

Remember **1 John 1:9** – God forgives and cleanses us completely when we confess!

(You may need to confess to the one whom you’ve sinned against as well)

b. **Ask for Help**

Ask for the Spirit to strengthen you to make a godly choice next time!

c. **Thanksgiving for Change:**

With time and Scripture, the Word will do its work in your heart! You will find need to confess less and less and you will be praising more and more!

Remember, all true change comes from Christ! If you made a Biblical change in your response this time, be sure to praise the Lord for it. The change came from him! He deserves all the glory for what he has done in you!

The following page is a quick reference guide that can be printed out along and taped inside your primary Bible.

Best suggestion: Print out as a half-page.