

## SESSION 4: Preparing for Blessing: Journaling and Scripture Memory

*Of every habit that I have learned about growing through establishing an effective Quiet Time, journaling is among the most important.*

*Journaling is the beginning of my response to what God has said.  
It is the beginning of applying the Word.*

### I. Journaling that I can live with. . .

A. This is not another “vast right-wing conspiracy” designed to make you feel guilty!

B. Journaling is not unknown in Scripture

1. In the Psalms, we might be seeing the products of David’s own journal

- Psalm 3, 4, 5, 6, 7, etc.

2. Nehemiah is written in 1st person, and interspersed with prayers.

- Nehemiah 1 and 5:19, for example.

C. How to journal successfully

1. Get a really simple notebook of some sort. You can use it for both your journal and your prayer list.

2. Be concerned about making only two entries each day: the date and what you read.

*3/28 Prov. 28, Isaiah 60-63*

3. That’s it!!!

4. The key is to develop the disciplined habit of journaling. That’s why we refer to it as “preparing for blessing.”

5. God will move you to add more in His time.

- a. Biblical insights from your reading.

- b. Prayers.
  - c. Impressions during prayer.
  - d. Applications of Scripture to specific situations.
  - e. Insights into your own sins, failures, successes.
  - f. Complaints.
  - g. Hopes and Praises.
  - h. Other materials (such as your exercise record, or record of other habits).
- 6. The important thing is to be committed to the basic entry.
  - 7. When that discipline is developed, God will add to it in time.
  - 8. Use the basic entries in your journal to keep yourself accountable. It's like a spiritual reality check.
  - 9. The Basic Tip: just develop the discipline of those two entries; date and reading.
  - 10. Don't quit. It takes time for the Lord to begin burdening you to write more. Let the Lord handle that.
  - 11. The two most common journaling mistakes are:
    - a. Forcing yourself to write when you have nothing to say. Just make the two basic entries!!!!
    - b. Expecting profound results in ten days, and quitting when they don't happen.
  - 12. REMEMBER: We are talking about establishing a life-discipline simply because it is an investment in your own spiritual growth. Don't try to evaluate the effectiveness of your journaling until after 4 or 5 YEARS!!!!

## **II. Scripture-Memory**

- A. Scripture memory is another long-term investment in your spiritual growth.
- B. It is another discipline in the category of "preparing for blessing."

C. It is very difficult for some of us to establish this habit.

D. Some will struggle with it all their lives.

E. The data in the Word is conclusive: we need to memorize the Scripture:

1. Psalm 119:9
2. Colossians 3:16

F. Memorize:

1. As a tool for ministry
2. As a sanctifier
3. As fuel for meditation
4. As a strengthener of faith

G. Tips for Scripture Memory

1. Do all your memory work in one version. Don't change!!!
2. Get involved in serving. When you are using the verses in ministry, it is MUCH easier to memorize them.
3. ALWAYS memorize the reference so you know where to find the verse!
4. Write your verse, long-hand, on an index card.
5. Say it-out loud-5x in the morning, 5x in the evening. Must be out loud!
6. In one week, you will have it memorized.
7. Review it regularly.
8. If Scripture memory is really difficult for you, start with verses that God is really using in your life.
9. After the habit is established, you can move on to verses for memory programs, etc.
10. Always memorize word-perfect in your chosen translation.

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