

Journaling Scripture

The Taylor University Center for Scripture Engagement provides the following description of the spiritual habit of Journaling Scripture:

“A Scripture journal is a conversation with God. It is meant to be a place where we can safely record and reflect on our raw thoughts and feelings, ask questions, search for patterns, and develop our own thoughts with the Holy Spirit as our guide. Being candid with both God and ourselves deeply enhances spiritual growth. Confession to God results in an open and honest relationship with God which allows the Spirit to continue to shape and mold us into Christ’s image.

“One of the blessings of Scripture journaling is that years later, when we reread our journals, we will be able to rediscover a passage of Scripture that was important to us. We’ll remember that God answered a prayer that was prompted by Scripture we wrote in our journal. We’ll realize that questions that weighed on our heart for years have been answered by God. Remembering all that God has done for us on our spiritual journey is one important aspect of spiritual growth. A Scripture journal can help us remember God’s faithfulness.

“How do we journal Scripture? After reading a passage of Scripture, basic Scripture journaling could include the following actions:

- Writing out verses that stood out to you
- Jotting down questions about the passage
- Writing down a truth from the passage
- Writing down action steps for yourself based on your reading
- Writing a praise to God for a promise that was meaningful to you
- Writing out prayers for yourself or others that were prompted by the passage
- Writing out a confession because you’ve fallen short of an action in the passage
- Asking God for help in living out a passage

“Methods for Scripture journaling are varied, and there is not one that is universally ‘correct.’ Your method is appropriate if you notice God using your journaling to develop spiritual growth in your life. While you may choose a particular technique as you get started, your journaling style will become personal and unique, which is exactly as it should be. The goal is not to follow a strict pattern, but rather to express ourselves, seek clarity, and most importantly, to experience growth and new depth in our relationship with God.¹”

Now, try your hand at journaling scripture. Read through Romans 12:9-21 and then choose one or two of the bulleted actions above to journal.

“Don’t just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. ¹⁰ Love each other with genuine affection, and take delight in honoring each other. ¹¹ Never be lazy, but work hard and serve the Lord enthusiastically. ¹² Rejoice in our confident hope. Be patient in trouble, and keep on praying. ¹³ When God’s people are in need, be ready to help them. Always be eager to practice hospitality. ¹⁴ Bless those who persecute you. Don’t curse them; pray that God will bless them. ¹⁵ Be happy with those who are happy, and weep with those who weep. ¹⁶ Live in harmony with each other. Don’t be too proud to enjoy the company of ordinary people. And don’t think you know it all! ¹⁷ Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. ¹⁸ Do all that you can to live in peace with everyone. ¹⁹ Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, “I will take revenge; I will pay them back,” says the Lord. ²⁰ Instead, “If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads.” ²¹ Don’t let evil conquer you, but conquer evil by doing good.

¹ These excerpts are from the Taylor University Center for Scripture Engagement and can be found in their entirety at <https://www.biblegateway.com/resources/scripture-engagement/journaling-scripture/home> To learn more about the TU Center for Scripture Engagement, visit <http://tucse.taylor.edu/>