

Adventurous Prayer
Session 6
WRITING ABOUT PRAYERS

“Oh, that my words were written! Oh, that they were inscribed in a book!”
Job 19:23

Based on your interests and experiences of your life, what sort of book would you write, if you could?

There is so much in life to keep track of. Names, dates, addresses, and phone numbers. Appointments, agendas, allergies, anniversaries. Shoe sizes, due dates, business receipts, and grocery lists. Ink cartridges, calorie counters, nursery schedules, secret family recipes. Phone numbers, passwords, pin numbers, and prescriptions.

And so we make careful lists. We have appointment books, address books, telephone books, telephone lists, recipe books. We write down grocery lists and “to do” lists. We plot our lives on a calendar. We keep a record of everything that is important and essential to living.

But do you keep a spiritual journal? A record of your walk with the Lord--lessons learned, Scriptures memorized, uplifted prayers, and joys along life’s journey. Many women take the time each day to write a letter to God. With pen in hand they pour out their hearts to their Father, and at the same time, keep a lasting record of their relationship with Him.

Luci Swindoll says: There are many benefits to journaling, but for me one stands out above all the rest. I put a premium upon knowing one’s self, and the blank pages of a journal give me a place to become better acquainted with me. I can explore my own feelings and questions, or come to grips with my own confusion or angst. I can cry as I write, or laugh. I can sort through my life’s experiences and gain understanding about myself. I can privately wrestle with personal issues and conflicts.

- 1 What would you write down in a spiritual journal? Why would you keep one?

- 2 Whether we are mulling it over, thinking it through, rolling it around in our mind, contemplating, pondering, puzzling, musing, or brooding, God wants us to be meditating on His Word. Writing down our insights about the Scriptures allows us to pursue a line of thought. It's like meditation on paper. Look at the following passages from the Psalms. What do they tell us about when and what thoughts should linger on?

Psalm 63:6

Psalm 77:12

Psalm 119:48

Psalm 119:148

Psalm 145:5

- 3 Keeping our mind occupied with God's Word and His working in our lives serves to protect us from pondering over inappropriate things. What direction does Paul send us for the meditation of our souls in **Philippians 4:8**?
- 4 What will be the results of our meditation? **1 Timothy 4:15** tells us.
- 5 In the verses surrounding **1 Timothy 4:15**, what are the "things" Paul is telling Timothy to give himself to entirely? **Verses 12-16** give examples of the kinds of things our own spiritual lives should encompass as well.

- 6 A spiritual journal provides us with a record of our Father's love for us. Read **Psalm 42:6**. When does David say he most needs this chance to remember?

Patsy Clairmont says: Today many of us keep tabs on our prayer lives through journals in which we write our concerns, feelings, and activities, culminating in a prayer that might be two lines or two pages long. Some of us diligently keep both a life journal, in which we record life's events and our feelings, and a prayer journal, which consists of our requests and praises offered up to our Father.

I have vivid memories of my Father's Bible. I guess they are so distinct because my Dad's Bible was so distinctive. It was a thick, black, hardcover Bible, held together by duct tape. He kept it on the top of the refrigerator in the kitchen. Well-worn would be a kind term for that book. My Dad read and reread that Bible, marking passages as he went. He used colored pencils, markers, and highlighter pens. He worked out some elaborate color-coding system which I couldn't quite grasp as a child, but I clearly remember my fascination over large blocks of orange, red, blue, and yellow text throughout its pages. I wanted to color in my Bible, too. Even when his Bible was barely holding together, Dad couldn't part with it. He knew where everything was in his own Bible. He knew on which side of the page a verse could be found, which column it was in, and what color it was. That Bible held a record of his walk with God—insights, links, promises, touchstones—the culmination of years of faithful study.

When you take notes in the margins of your Bible, and pore over its pages, highlighting the verses that speak to your soul, you are creating a journal of sorts. Your own Bible becomes a record of your growing relationship with God.

- 7 Do you write in your Bible? Do you agree with the above statement?

- 8 One of the goals of our Spiritual life should be familiarity with the voice of the Lord. Familiarity with the quiet place where we retreat for daily prayer. Do you find the comfort of familiarity when you pray?
- 9 A written record of our walk with the Lord, of our prayer life, can become a heritage for our children and grandchildren. David said to the Lord, “I will make your name to be remembered in all generations. Therefore the people shall praise you for ever and ever”. What does Deuteronomy 6:7 say about teaching the next generation about God’s faithfulness?
- 10 A prayer journal can also be an inspiration to your continuing walk. How does Paul put it in **Psalm 138:3**?

Patsy Clairmont says: I am an occasional scribbler of thought and prayer, not a daily one. Oh, I pray daily. I just don’t record daily. In fact, for years my personal scribbles were done on the backs of envelopes, napkins, and old receipts.

TRINKET TO TREASURE: At the close of each session, a gift will be placed in your hand to serve as a reminder of the things we have learned through scripture and our time together. It will be a small token to keep us from forgetting the faith journey we are traveling

Closing Prayer: Heavenly Father, you inspired Paul, Timothy, David, and others to record their inspirations and faithfulness for future generations. Inspire us also, to meditate and write our thoughts so that they might someday be an inspiration to our family. We know that writing will move us along in our faith journey. So be with us as we record the relationship we have with you, and the love that will grow throughout the process.