
E. DEEPENING YOUR WALK WITH GOD/ INTMACY WITH GOD

E.8: I regularly experience the joy of journaling *[Revelations 1:1-3]*

A STORY

Many times, as I have been with believers they seem to have had the joy squeezed out them like the juice from a piece of fruit. All of life's experiences have pummeled them and there is little room for joy. This was an experience that was happening to Tom. He was having job challenges, marriage stress, raising children, and other various and assorted challenges. He asked about this and we went to several passages from the Bible.

DIGGING INTO THE BIBLE

Philippians 4:4:

"Rejoice in the Lord always and again I say rejoice."

James 1:2-5

"Count it all joy when you experience various trials knowing that the testing of your faith brings about endurance..."

Romans 15:13

"Now may the God of hope fill you with all Joy and Peace as your trust him, so that you can overflow with Hope by the power of the Holy Spirit."

DISCUSSION AND DISCOVERY

1. What does it mean to rejoice?
2. How do trials test your faith?
3. How does joy and peace work together?
4. How does God use trials to test your faith?
5. How does someone count it all joy?
6. What is the "Hope by the power of the Holy Spirit?"

APPLICATION AND ACCOUNTABILITY

7. What do you experience as you read these passages?
8. What verse impacts you the most?
9. How does it impact you?
10. What do you hear God saying to you?
11. What resources does He have to help you with these challenges?
12. Which challenge would you like to take on first?
13. What do you see God doing in you through this challenge?
14. What would be your future desire in this circumstance?
15. What step do you need to take first to experience His joy?
16. How will you record this joy in a journal?
17. When will you get started?

I have found help using a book called [*Joyful Journey*](#). The daily experience of journaling your thoughts and bringing the Lord's point of view into the experience. It is wonderful to know that he is with us in every experience and he wants you to record your thoughts and feelings and then let him speak to you about what he is seeking to do in your life. He is excited to see you! That always brings joy!

LIST ANY OTHER VERSES THAT YOU HAVE FOUND WOULD ADDRESS THIS ISSUE: