

Journal for Your Journey

Dr. David Shaw

- What happened to provoke me to _____?
- What were the circumstances surrounding my emotion/behavior?

- What did I say to myself (in my heart/mind) when I felt _____?
- What did I want, desire, long for?

- What does the Bible say about what I said to myself when I became _____?
- What should I have wanted more than my desire? _____
- What have I done about my thoughts, desires, and actions that were not pleasing to God?

- Have I acknowledged, confessed, and repented? _____
- What will I do to implement new thought patterns into action? (Be specific and concrete).

