

# TRUE VINE TIMES

## Five Reasons to Journal Daily



“Yes, I said Journal”

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” —*Philippians 4:6-7 (NIV)*

Pastor Dale spoke at last week’s service and encouraged us to start a journaling routine that will relate to an upcoming series. I found an article that highlights the benefits of journaling, which can be found at [wellwateredwomen.com](http://wellwateredwomen.com) ~ *written by Gretchen Saffles*

### 1. Journaling enables us to chronicle our journey with Christ.

Just like a plant grows from a tiny seed that has been buried beneath the earth's rugged surface, so does the believer grow in faith and wisdom from the moment they first believe in Christ. Growth should always mark the spiritual life of a follower of Jesus.

### 2. Journaling helps us process our thoughts and experiences.

We often don’t know what we truly think or believe until we say it or write it down. Jesus explained in Matthew 12:34, “For out of the overflow of the heart the mouth speaks.” What we think, believe, and meditate upon will be made evident in our speech and actions. Through journaling, God often illuminates what is within us, weeds out sin, answers questions, and clears the clutter of our souls so we can more fully see and follow Christ.

### 3. Journaling reminds us of God's faithfulness

Recording prayers and praises as well as what God is doing and has done, shows us [how God has orchestrated our lives](#) over time, even in the moments where we were unable to see His hand at work. This is vital during times of suffering, trial, and doubt. These records are testimonies that God won’t forsake you in your wounding and suffering. Rather, He will move, He will be faithful, He will fulfill His Word in your life. The words you’ve poured

## **Update from Kim Wolcott**

I Spoke with Kim by phone. She stated that she is being discharged from the nursing facility on Monday, November 2nd. Please keep her and Micah in prayer!



**Thank you everyone for your cooperation with the COVID guidelines during our gathering times.**



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onto the pages serve as a scrapbook of sorts, recording your ups and downs with the Lord so you can see His consistency. It's all about Jesus, and He will continue to reveal His covenantal faithfulness as you come to Him in the Word and in prayer.

**4. Journaling keeps us focused on our thoughts, prayers, and Bible study.**

**5. Journaling is a helpful discipline that keeps us coming back, day after day, to the Word.**

“Discipline is the wholehearted yes to God.” Each day when you open your Bible with the aim of knowing God better and living a gospel-centered life, you are developing a habit that will change your life. Discipline is obedience in the Christian life. It is showing our Father that we are wholly His, and it shines a light on what matters most in this life. Specifically, journaling while studying the Bible will create in you a hunger for the deeper things of Christ. After all, the more you taste Jesus, the more the world will lose its flavor. You'll start craving Him more than any other thing.

## **UPDATE ON CCAM YOUTH Group FROM HEIDI ALBRECHT**

Youth group got off to a great start this year on October 15th. Even though it's a smaller group than last year, we are enjoying each other's company while learning from God's word.

We had a harvest party this past Wednesday and we had fun playing glow in the dark bowling and making our own treat bags. Derek Atwell, Eeve Cicali, Jamison Hines, Ann and Julia Meyers, and Kendall Vohwinkel were in attendance.

We will continue to meet on Wednesday nights from 6:30 until 7:45 p.m. Libby Wideman is leading our Bible lesson "Trustworthy," a study of 1 and 2 Kings. Libby and Heidi Albrecht are the current leaders.

