

The Best Thing I Ever Did to Grow Spiritually
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Re:Group Training 2018 - Breakout

What I'm trying to say - Journaling works for Aaron.

What is journaling?

A journal should be what you need it to be

What a journal does best:

Journals slows you down

Deep thinking comes at a deliberate pace

You're going too fast

Bad Reasons to Journal:

1. Because spiritual people do it
2. Because I want someone to write a biography about me
3. Because I'm undisciplined and I want to be disciplined

How I Journal:

Prayerful meditation on life's events through the lens of God's Word

Order:

1. Journal
2. Pray
3. Read
4. Journal

Find personal motivators to journal