

# Oasis Sunday School Class

## SPIRITUAL DISCIPLINES FOR THE CHRISTIAN LIFE

DISCIPLINE YOURSELF FOR THE PURPOSE OF GODLINESS. 1 TIMOTHY 4:7

### JOURNALING:

- BLENDS THE \_\_\_\_\_ AND DAILY \_\_\_\_\_
- SYNONYMOUS WITH THE WORD \_\_\_\_\_
- A PLACE IN WHICH A PERSON RECORDS INFORMATION IMPORTANT TO HER PERSONALLY FOR PRESERVATION AND \_\_\_\_\_
- A PLACE TO DOCUMENT THE WORKS AND WAYS OF \_\_\_\_\_ IN YOUR LIFE
- IT CAN INCLUDE:
  - AN ACCOUNT OF \_\_\_\_\_ EVENTS
  - A RECORD OF PERSONAL \_\_\_\_\_
  - A NOTEBOOK OF \_\_\_\_\_ INTO SCRIPTURE
  - A LIST OF \_\_\_\_\_ REQUESTS
  - A RECORDING OF DEVOTIONAL THOUGHTS OR THEOLOGICAL \_\_\_\_\_
- A PLACE TO RECORD YOUR \_\_\_\_\_ AND \_\_\_\_\_ ABOUT YOUR SPIRITUAL PROGRESS  
ROMANS 8:15 YOU HAVE RECEIVED A SPIRIT OF ADOPTION AS SONS BY WHICH WE CRY OUT, "ABBA, FATHER!"
- FOUND BY \_\_\_\_\_ IN SCRIPTURE
- PSALM 86:1 INCLINE YOUR EAR, O LORD, AND ANSWER ME; FOR I AM AFFLICTED AND NEEDY
- A PLACE TO REFLECT UPON GOD'S \_\_\_\_\_
- REFLECT UPON THE RICHES OF GOD'S \_\_\_\_\_
- RECORD HOW WE ARE TO MOVE \_\_\_\_\_ IN ENJOYING THOSE RICHES

### THE VALUE OF JOURNALING:

1. IT HELPS US TO \_\_\_\_\_ AND \_\_\_\_\_ OURSELVES



- ROMANS 12:3 FOR THROUGH THE GRACE GIVEN TO ME I SAY TO EVERYONE AMONG YOU NOT TO THINK MORE HIGHLY OF HIMSELF THAN HE OUGHT TO THINK; BUT TO THINK SO AS TO HAVE SOUND JUDGMENT
- QUOTE FROM JOHN CALVIN: "WITHOUT KNOWLEDGE OF SELF THERE IS NO KNOWLEDGE OF GOD. THROUGH THE KNOWLEDGE OF OURSELVES AND OUR CONDITION WE ARE AROUSED TO SEEK GOD."

2. IT HELPS US WITH \_\_\_\_\_

JOSHUA 1:8 THIS BOOK OF THE LAW SHALL NOT DEPART FROM YOUR MOUTH, BUT YOU SHALL MEDITATE ON IT DAY AND NIGHT, SO THAT YOU MAY BE CAREFUL TO DO ACCORDING TO ALL THAT IS WRITTEN IT; FOR THEN YOU WILL MAKE YOUR WAY PROSPEROUS, AND THEN YOU WILL HAVE SUCCESS.

PSALM 1:1-3 HOW BLESSED IS THE MAN WHO DOES NOT WALK IN THE COUNSEL OF THE WICKED, NOR STAND IN THE PATH OF SINNERS, NOR SIT IN THE SEAT OF SCOFFERS! BUT HIS DELIGHT IS IN THE LAW OF THE LORD, AND IN HIS LAW HE MEDITATES DAY AND NIGHT. HE WILL BE LIKE A TREE FIRMLY PLANTED BY STREAMS OF WATER, WHICH YIELDS ITS FRUIT IN ITS SEASON AND ITS LEAF DOES NOT WITHER; AND IN WHATEVER HE DOES, HE PROSPERS.

3. IT HELPS US IN EXPRESSING OUR \_\_\_\_\_ AND \_\_\_\_\_  
TO THE LORD

PSALM 62:8 POUR OUT YOUR HEART BEFORE HIM

4. IT CAN HELP US REMEMBER THE LORD'S \_\_\_\_\_

"MANY PEOPLE THINK GOD HAS NOT BLESSED THEM WITH MUCH UNTIL IT IS TIME TO MOVE IT ALL TO A NEW ADDRESS."

PSALM 77:11-12 I WILL REMEMBER THE DEEDS OF THE LORD; YES, I WILL REMEMBER YOUR WONDERS OF OLD. I WILL PONDER ALL YOUR WORK, AND MEDITATE ON YOUR MIGHTY DEEDS

5. IT HELPS IN CREATING AND PRESERVING A SPIRITUAL \_\_\_\_\_

WRITE OUT BELOW THE FIRST AND LAST NAMES OF YOUR GREAT GRANDPARENTS:

6. IT HELPS IN CLARIFYING AND ARTICULATING \_\_\_\_\_

FRANCES BACON:

READING MAKES A FULL MAN

DIALOGUE MAKES A READY MAN

WRITING MAKES AN EXACT MAN

7. IT HELPS IN MAINTAINING OTHER SPIRITUAL \_\_\_\_\_

HOW IS IT DONE?

THERE ARE NO \_\_\_\_\_ OF JOURNALING