



this journal belongs to:



Produced for the youth and families at Bella Vista Baptist Church. May 2016.

If this has found it's way to you, copy, edit and distribute as you would like. If you do use it, I'd love to hear how. Contact me at dave@thebrowntribe.org

Much of this journal is modeled after the Prayer of Examen by St Ignatius of Loyola. The goal is to make that practice of examination, honesty and humility accesible to students in a format that they might use. Further inspiration for this comes from the 5 Minute Journal. It sparked the idea, but is very different from what is offered in the following pages. Everything produced has been done freely to bless and transform lives of students, I ask you do the same.

INTRODUCTION

I've gone through a lot of seasons in my walk with Jesus. Some were pretty dry, while others were lavish and rich. Time with Jesus has always been something I've desired, but it hasn't always been something I've done. But why?

A few years ago I started a habit that changed my life. I believe it saved my relationship with Jesus. The simple practice of journaling began a conversation between God and me about who I was becoming, what my life really looked like, and what I really wanted.

This book is a journal. It's a springboard to help you get started with the practice of journaling. It's nothing magical, but it's not a blank page either. For years, I would sit down to have quiet times and not know what to do. This is designed to change that. I hope you outgrow this journal.

This isn't my invention. In fact, it's a re-working of something called the Prayer of Examen that was formulated by a guy named St Ignatius who died in 1556. Christians have been using this tool you hold in your hands for 500 years.

But I have to warn you: this will only work if you are willing to be honest with yourself and God, and willing to humbly let the Spirit of God transform you. If you can approach this journal with honesty and humility, your life will be radically changed before you get to the last page of this book.

As a pastor, I try to teach students about God. My experience tells me that the Holy Spirit is a better teacher than I am, and His goal is "fruit that lasts." I trust that as you give yourself to this practice, the Holy Spirit will meet with you and begin a beautiful work in your heart, soul, mind, and actions.

You are loved.



HOW TO USE THIS JOURNAL

DATE YOU DID THE JOURNAL

date

WHAT YOU READ TODAY

passage

WHAT'D IT SAY

big idea



DO THIS SECTION IN THE MORNING

express gratitude

LIST ALL THE THINGS YOU ARE THANKFUL FOR IN THIS SPACE. REMEMBER THESE ARE GIFTS FROM GOD!

seek direction

LIST UPCOMING DECISIONS HERE. ASK THE HOLY SPIRIT, AS WELL AS PEOPLE YOU TRUST, TO GIVE YOU ADVICE.

WHAT IS MAKING YOU ANXIOUS? (AST THAT ON JESUS.)

DO YOU NEED TO CONFRONT SOMEONE? DO IT IN LOVE.

share concerns

WRITE OUT YOUR TRUE IDENTITY HERE.

IN CHRIST, I AM...

God says I am...

DO THIS SECTION IN THE EVENING

where did you experience

LIFE

WHEN TODAY DID YOU FEEL ALIVE? LIKE YOU BELONGED? WHOLE? LIKE YOU WERE DOING EXACTLY WHAT GOD (CREATED YOU FOR)

forgive

WHO DO YOU NEED TO FORGIVE? DO IT. DO YOU NEED TO ASK FOR FORGIVENESS? DO IT.

where did you experience

DEATH

WHAT HAPPENED TODAY THAT LEFT YOU LONELY? BITTER? DISAPPOINTED? FRAGMENTED? IN CONFLICT WITH WHO GOD (CREATED YOU TO BE?

resolve and move forward

WHAT IS HOLDING YOU BACK FROM GOD'S BEST? FEAR? BITTERNESS? FIX IT SO YOU CAN MOVE ON.

where did you see God today?

DID YOU KNOW GOD LOVED YOU TODAY? DID YOU SEE HIM IN OTHERS? HOW?

LIST WHATEVER YOU ARE PRAYING FOR OR NEED PRAYER FOR.

prayers

A SAMPLE JOURNAL PAGE

JAN 21 1986

date

JOHN 3:16

passage

JESUS IS THE PERFECT
PICTURE OF GOD'S LOVE

big idea



express
gratitude

-MY PARENTS
-THAT I HAVE MY OWN ROOM
-THAT I MADE THE SOCCER TEAM
-GOOD FRIENDS (STEVE, BECKY, JOHN)

seek
direction

I'M NERVOUS ABOUT CHOOSING A
COLLEGE. WHO SHOULD I ASK? MR.
REYNOLDS? SHOULD IT BE A CHRISTIAN
SCHOOL? OR AM I SUPPOSED TO GO ON
THAT MISSION TRIP FIRST?

GOD, I NEED YOU TO HELP ME STUDY FOR
THIS MATH TEST NEXT WEEK...ITS GOING
TO BE SO HARD!

I AM FORGIVEN.
I AM INTENTIONALLY MADE LIKE I AM
I AM CREATIVE, JUST LIKE GOD
I AM CALLED TO FOLLOW, WITHOUT SHAME

share
concerns

I NEED TO TALK TO STEVE ABOUT THE
WAY HIM AND HIS GIRLFRIEND HAVE
BEEN ACTING.

God says
I am...

where did you experience

LIFE

THIS MIGHT SOUND WEIRD, BUT I FELT LIKE I WAS
EXACTLY WHO GOD CREATED ME TO BE DURING ART
CLASS. MY HANDS WERE DIRTY, BUT I WAS EXPRESSING
MYSELF TOTALLY HONESTLY. IT FELT RIGHT.

I LOVE THE SOCCER TEAM. THOSE GUYS JUST
ENCOURAGE ME AND HELP ME BE MY BEST!

forgive

I'VE HELD A GRUDGE AGAINST BILL. IT NEEDS TO END.
I NEED TO ASK SUE TO FORGIVE ME FOR WHAT I SAID IN SCIENCE CLASS

where did you experience

DEATH

I COPIED BECKY'S HOMEWORK FOR ENGLISH. I FEEL
LIKE GARBAGE. THAT DOESN'T REFLECT THE HONESTY
CHRIST HAS CALLED ME TO.

resolve and move forward

I FELT UNFAIRLY TREATED ABOUT MY GRADE ON MY LAST SPANISH
PAPER...BUT IT NEED TO JUST MOVE ON. HAKUNA MATATA.

where did
you see God
today?

I GOT A TEXT FROM MY YOUTH PASTOR
TODAY. HE JUST SAID HE WAS PRAYING,
BUT IT MEANT A TON.

GRANDMA'S IN THE HOSPITAL.
COLLEGE DECISIONS.
LOOKING FOR A SUMMER JOB.

prayers

SUGGESTIONS



1. Reading Plan. Students ask me all the time, ‘*Where should I read in the Bible?*’ Here’s a great place to start. Download the LifeChurch.tv Bible App or go to www.bible.com to find reading plans. They have plans specifically for teenagers that get you reading the Gospel, or even issue specific studies on the things you’re currently struggling to understand.

2. Accountability. I challenge you to let a parent or youth pastor or small group leader know that you’re going to start using this journal. Allow them to ask you if you’ve kept up with it, what you’ve been learning, and how it’s transformed you. Be honest in the process, and welcome their feedback. If you’re willing to go a step farther, invite them to read through the things you’ve written down and speak Scripture into those things. It’ll be hard at first, but beautiful on the other side.

3. Dont beat yourself up if you miss a day. The goal of this is not to go through the motions and get through it, as if it were a daily chore. Instead, when you get to it, be present and focused. Each day you do this journal is an opportunity for the Holy Spirit to transform you, celebrate the time you spent with Jesus, rather than pining over the time you missed.

4. Start Right Now! Seriously. Right now.



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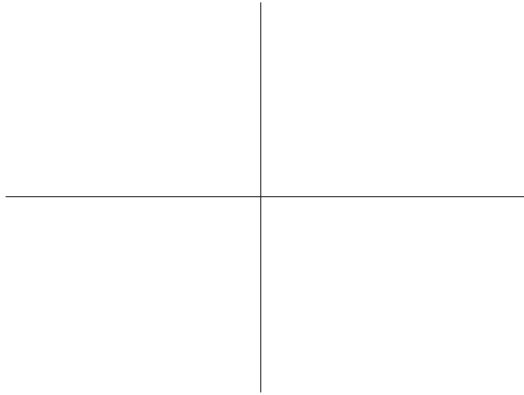
passage

big idea

**express
gratitude**



**seek
direction**



**share
concerns**

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forgive

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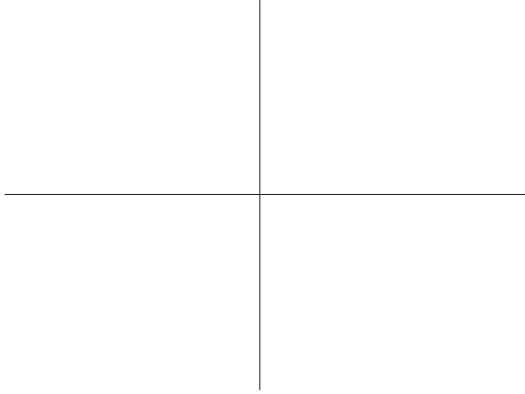
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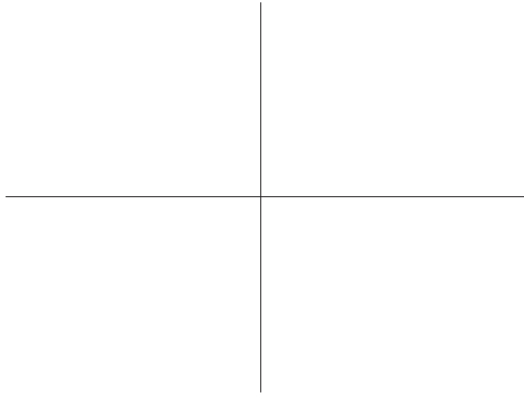
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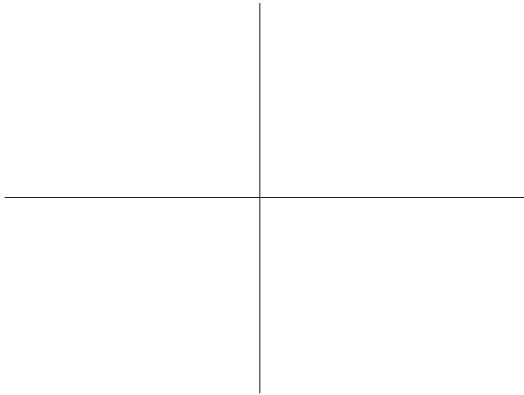
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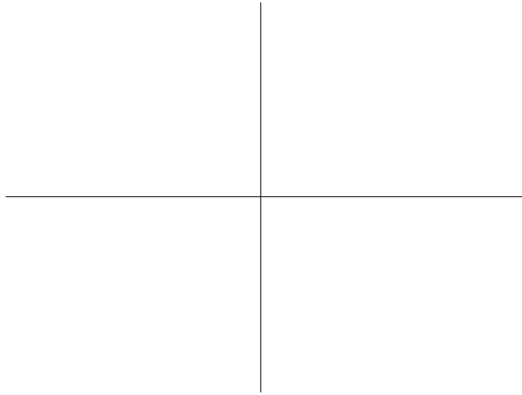
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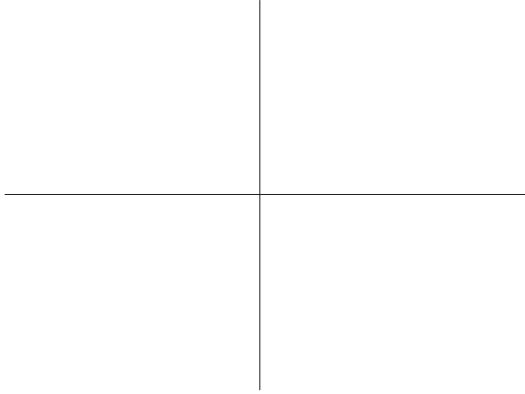
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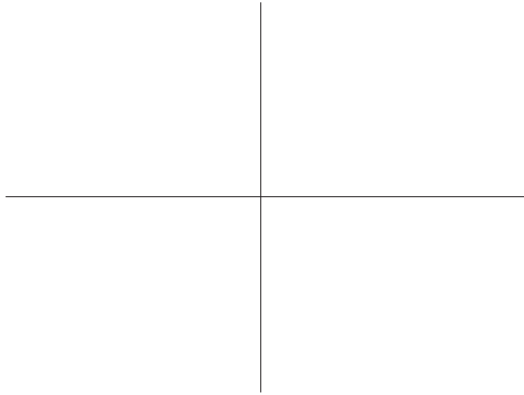
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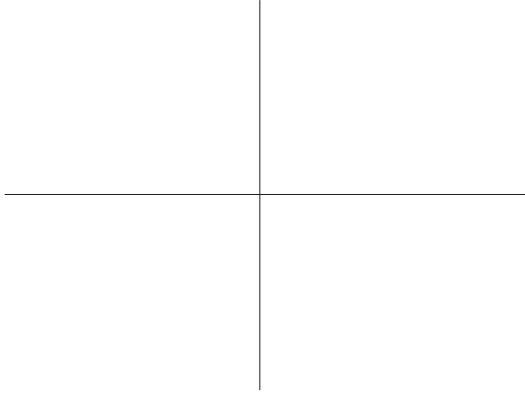
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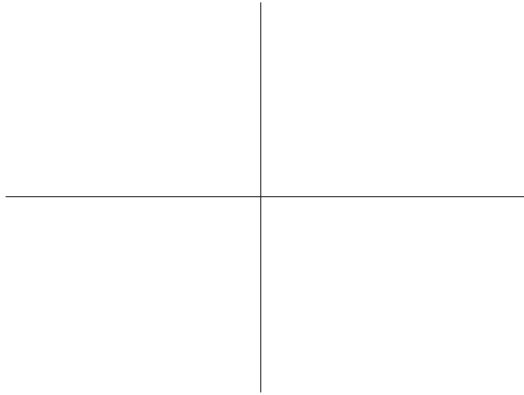
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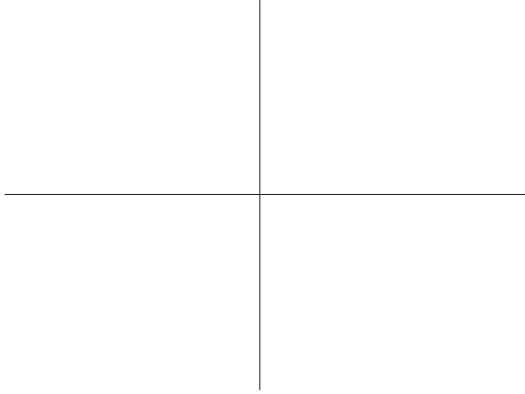
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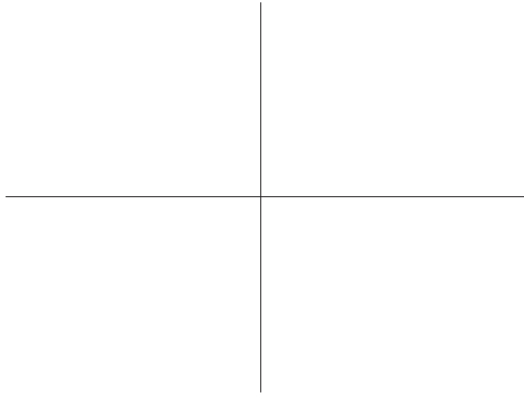
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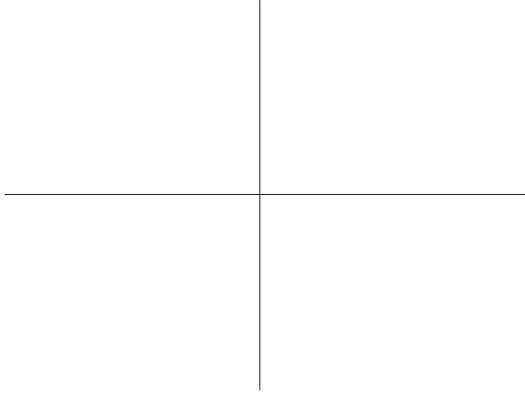
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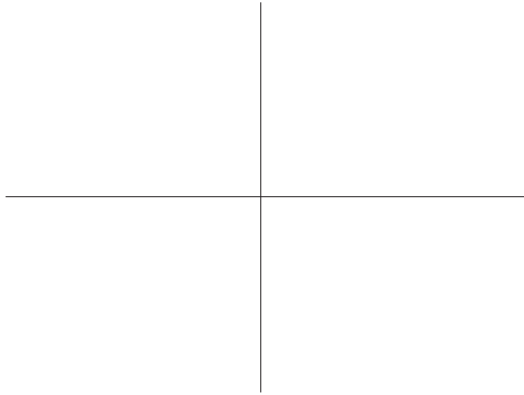
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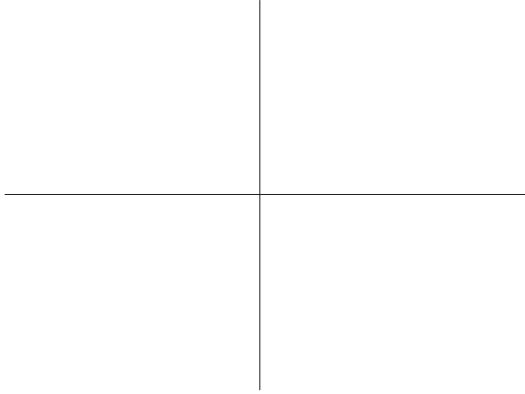
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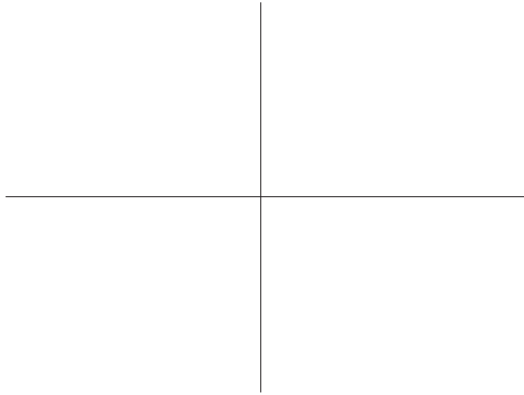
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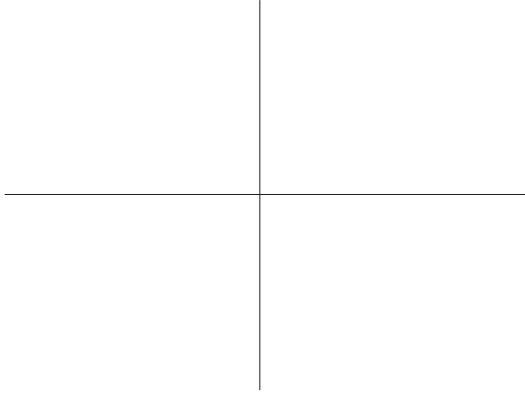
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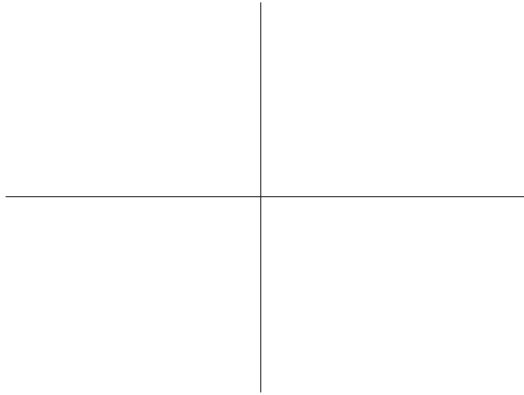
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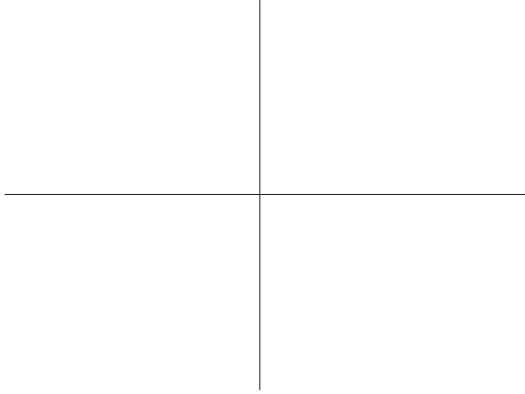
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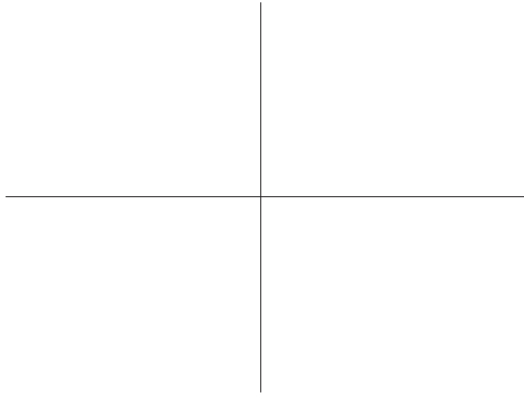
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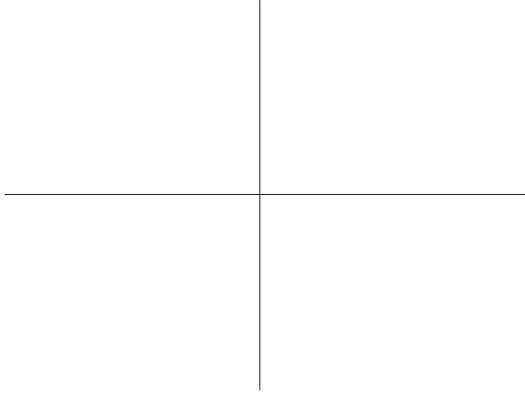
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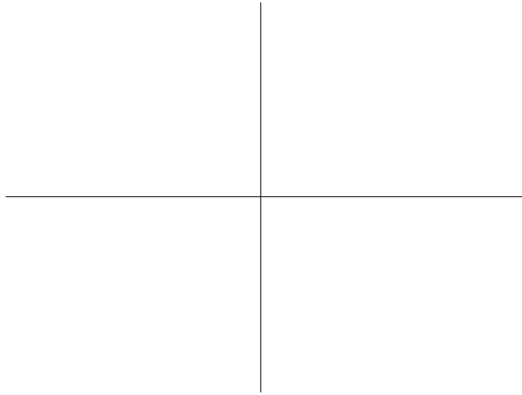
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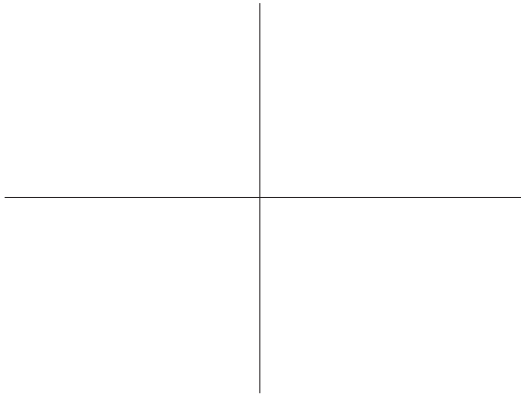
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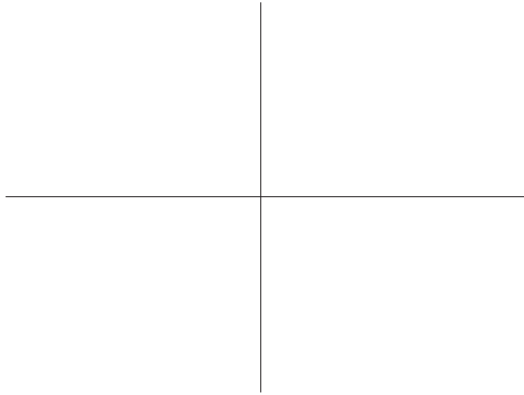
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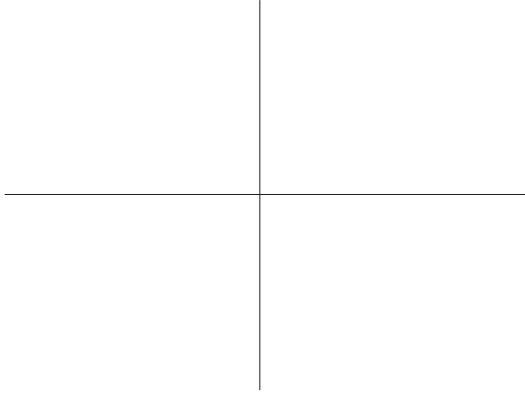
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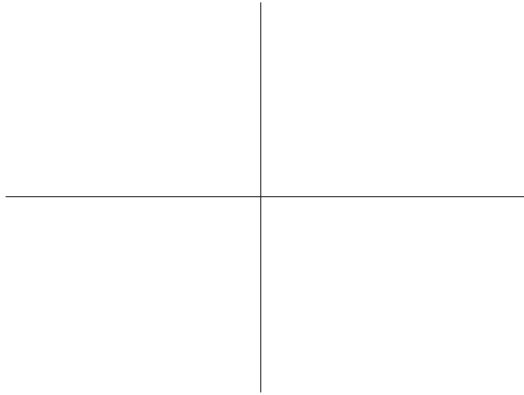
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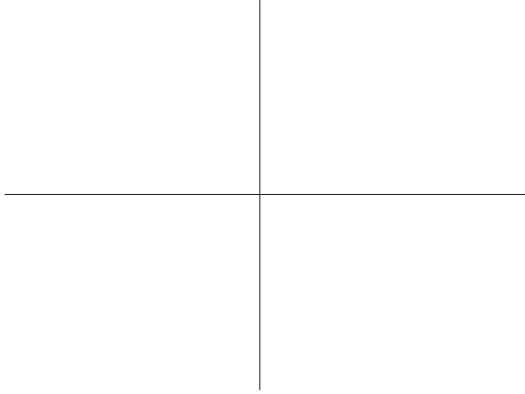
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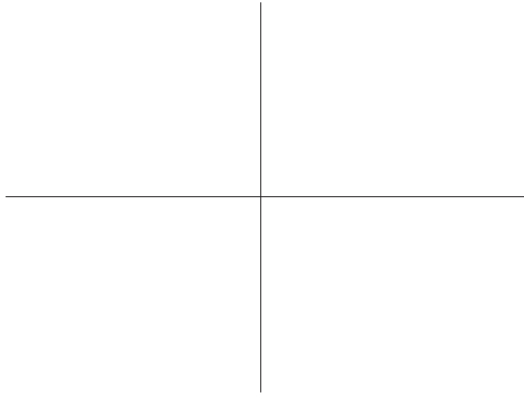
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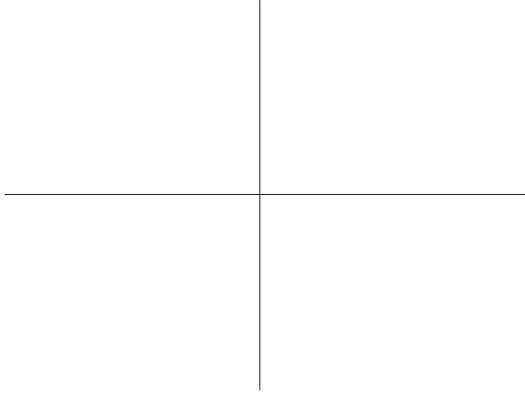
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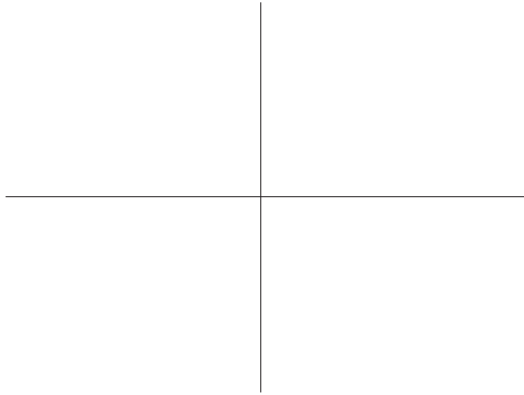
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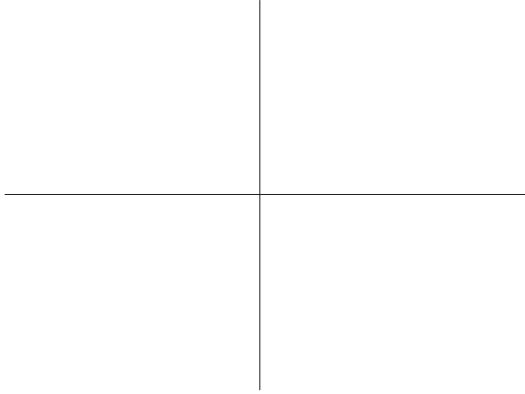
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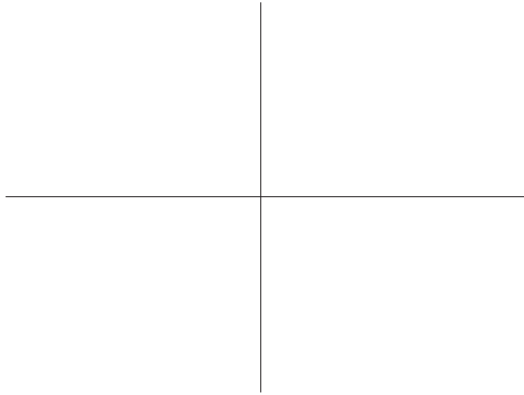
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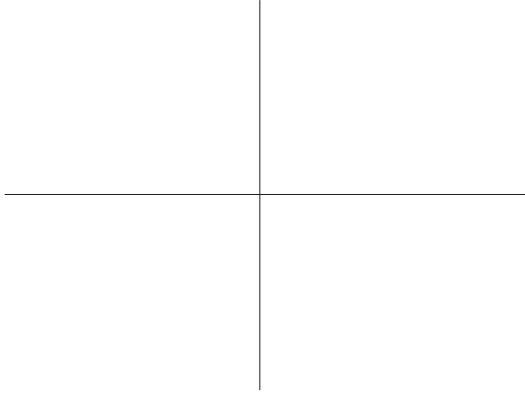
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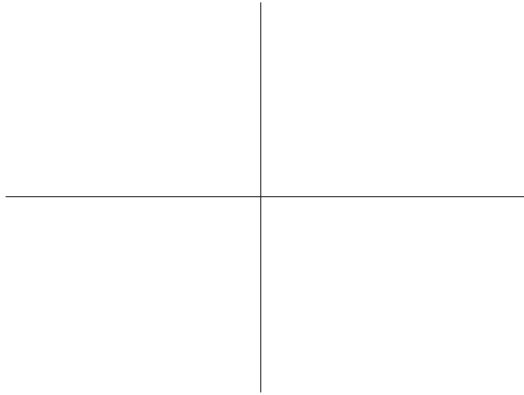
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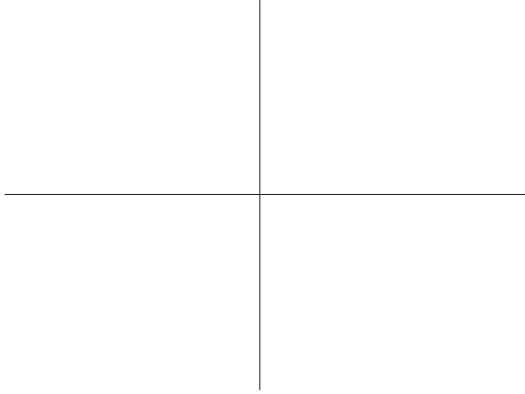
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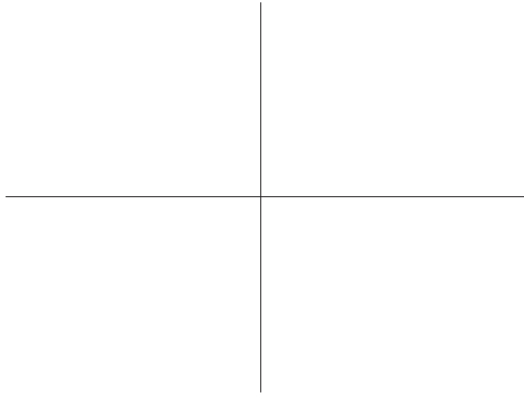
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date

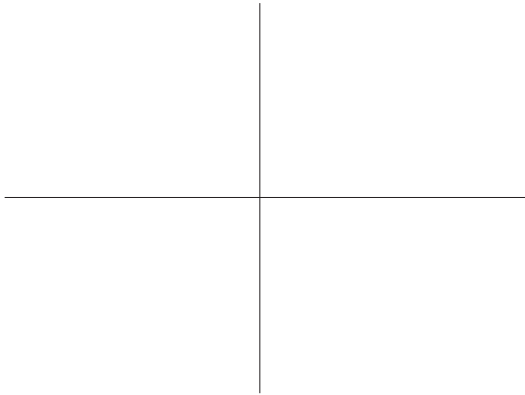
passage

big idea

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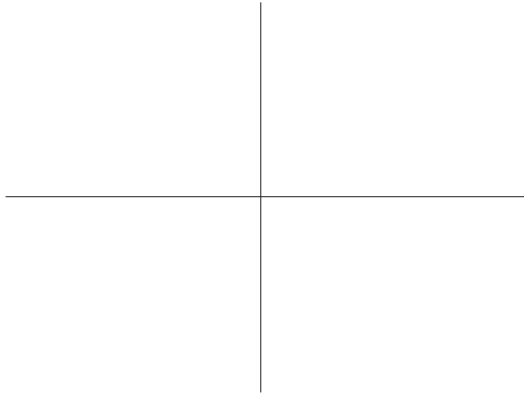
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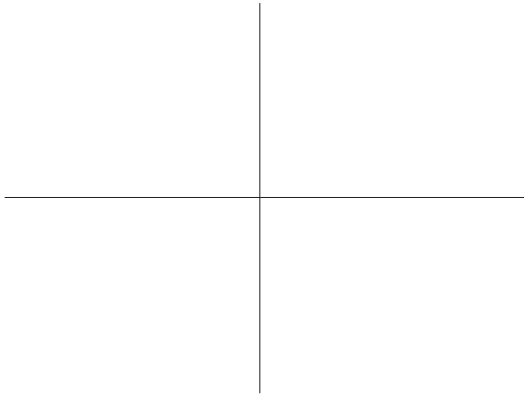
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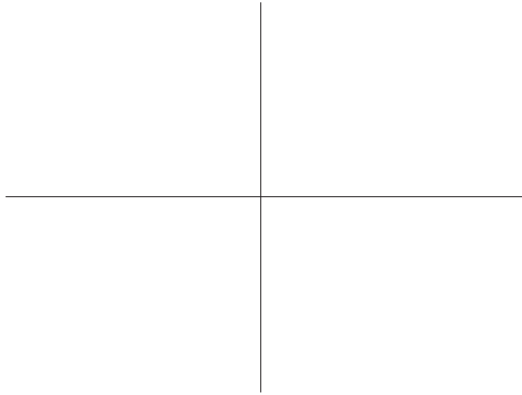
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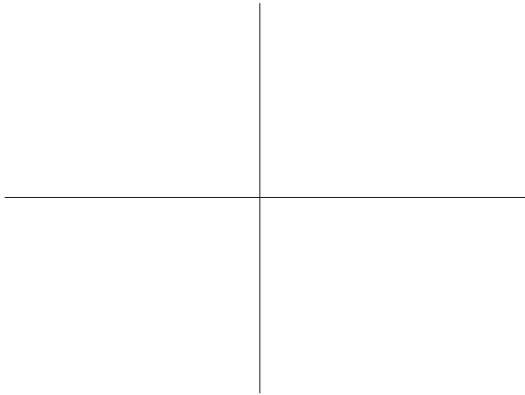
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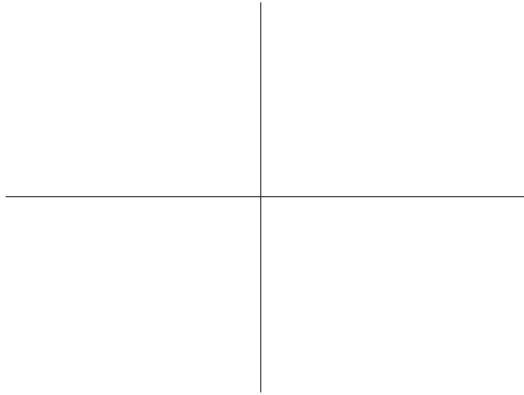
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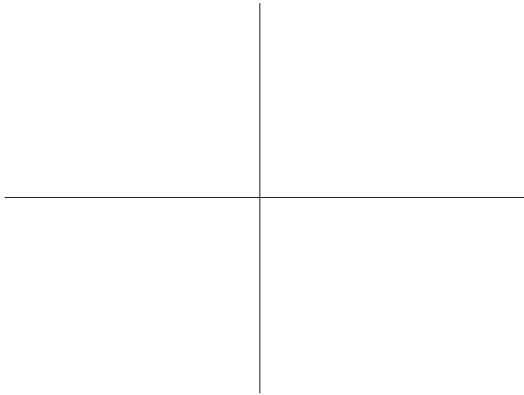
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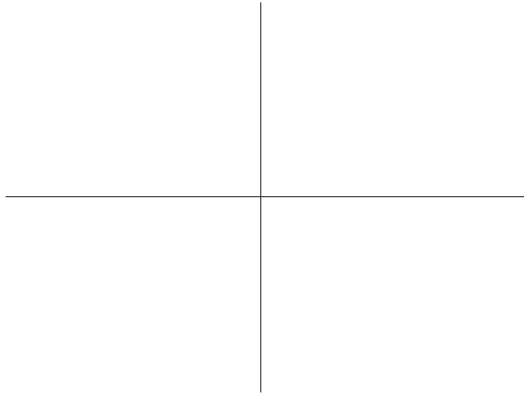
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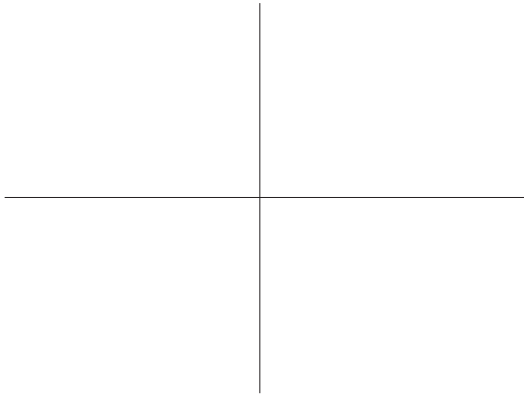
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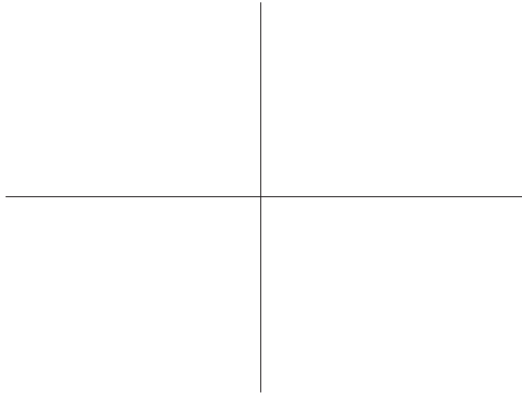
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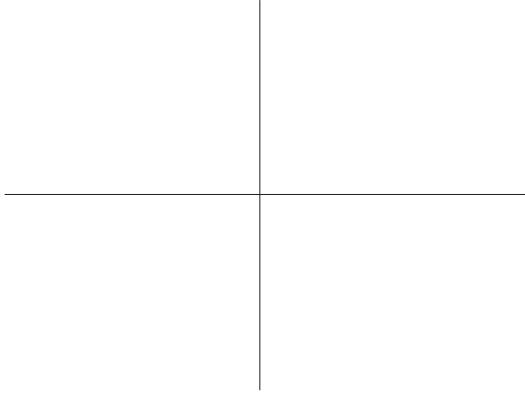
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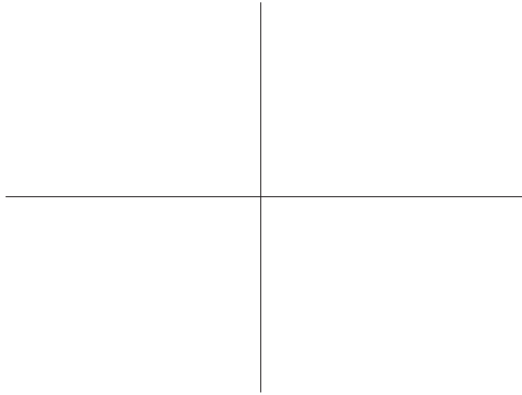
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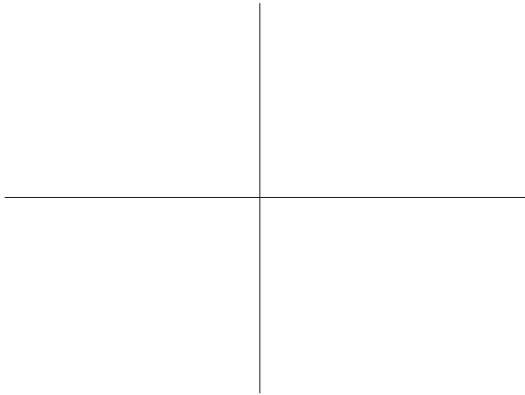
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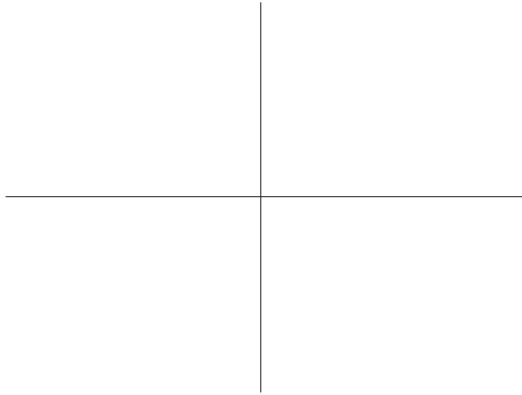
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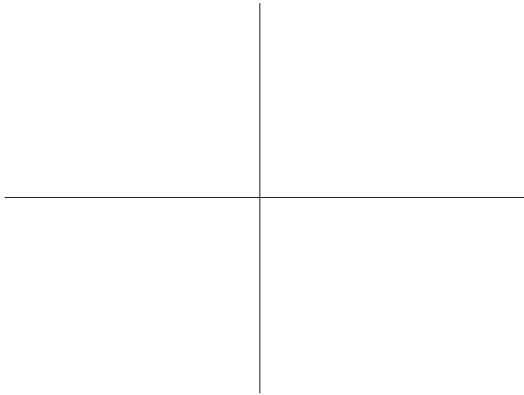
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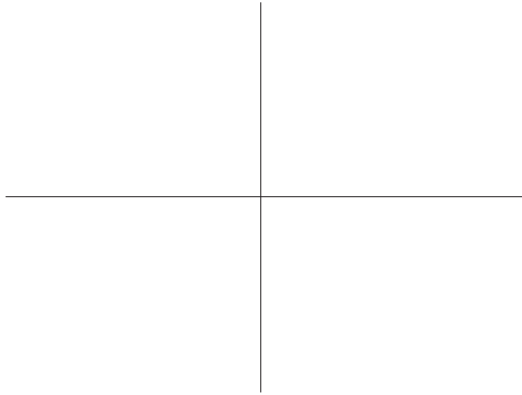
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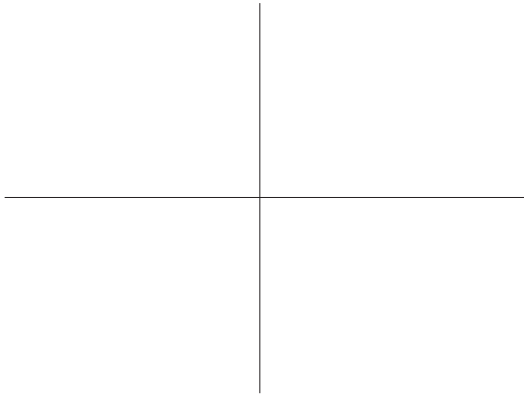
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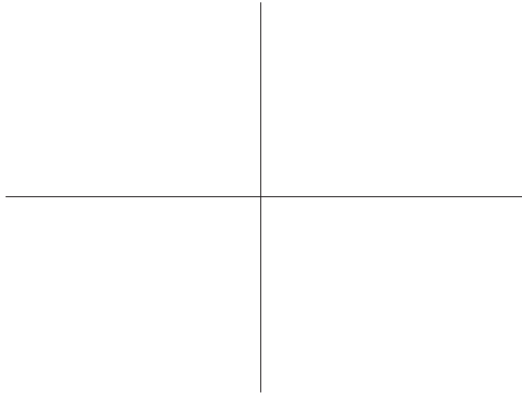
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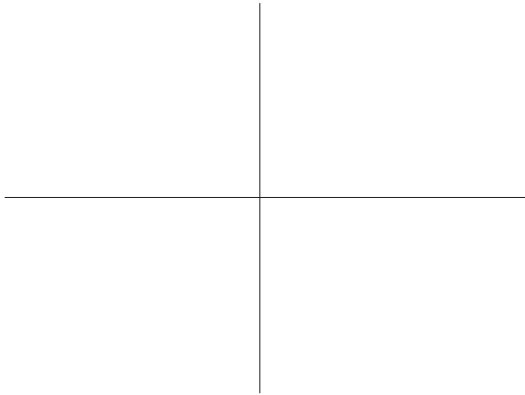
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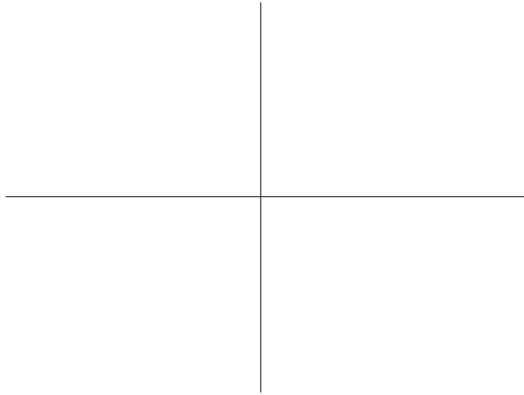
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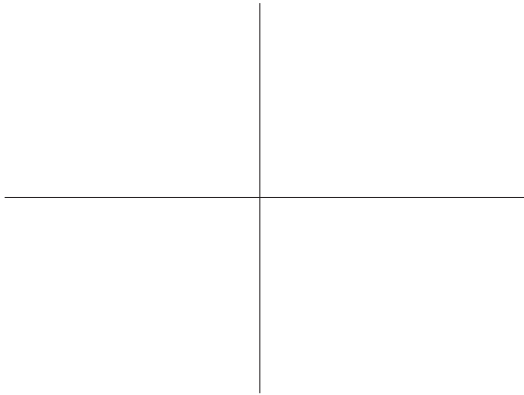
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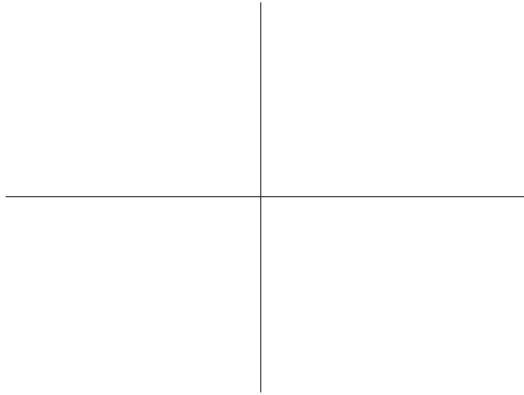
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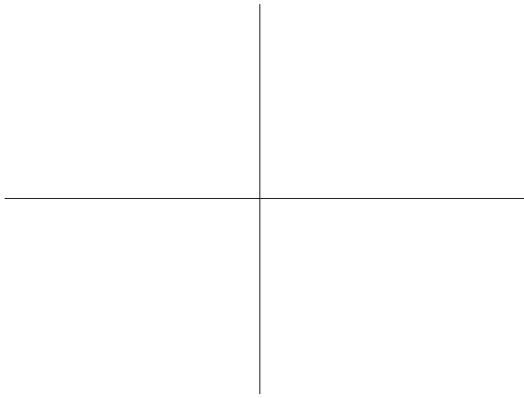
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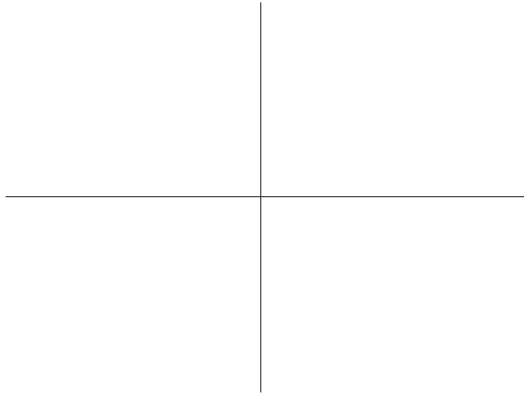
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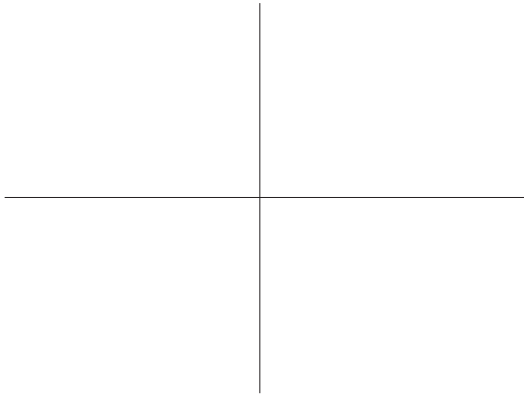
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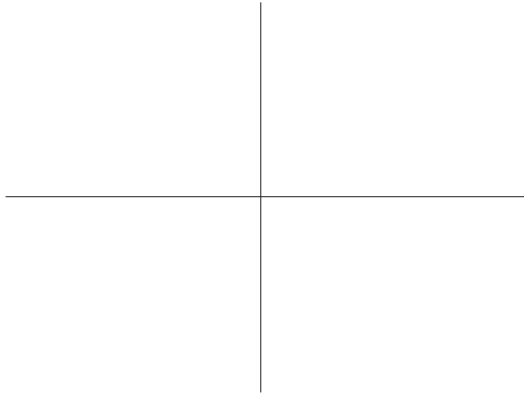
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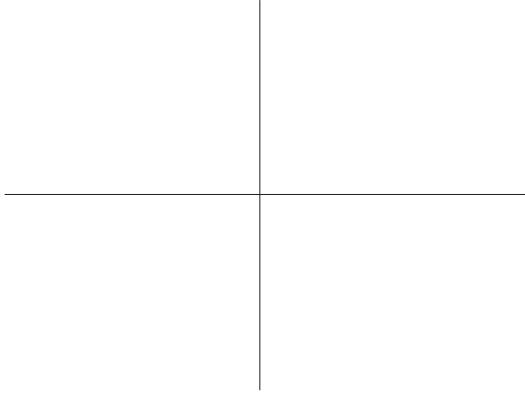
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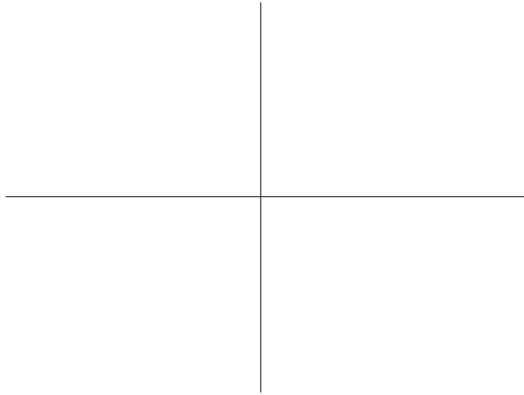
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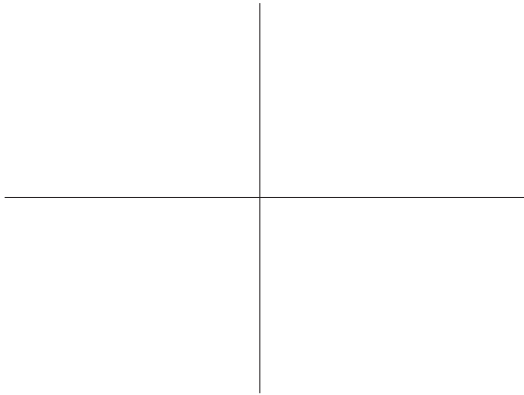
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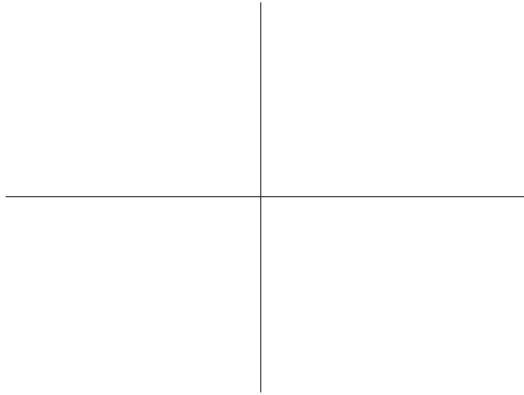
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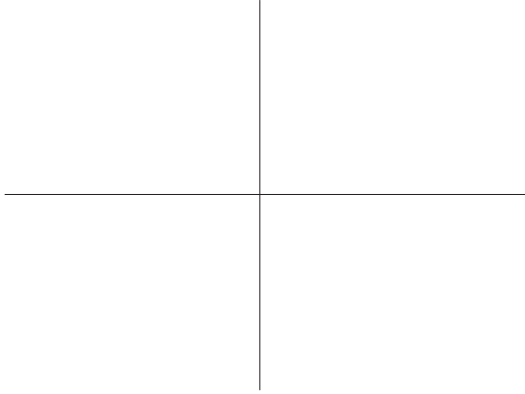
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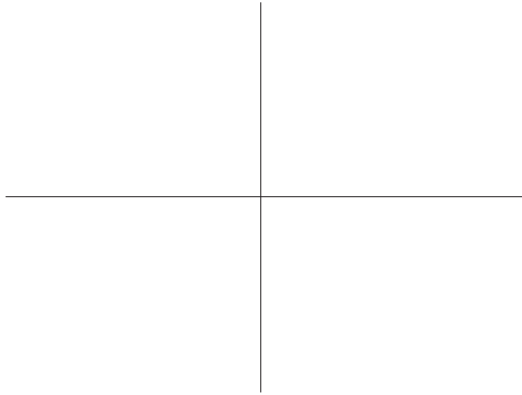
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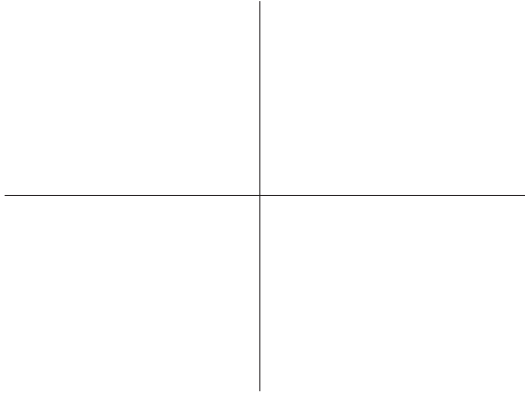
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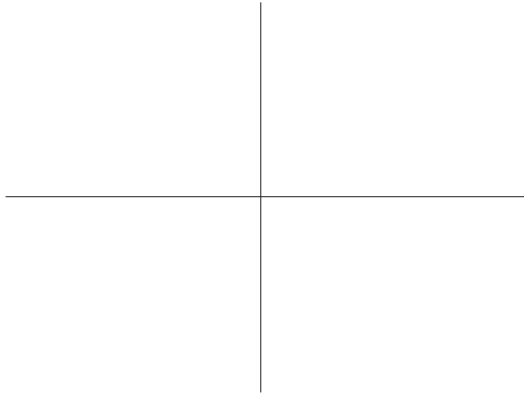
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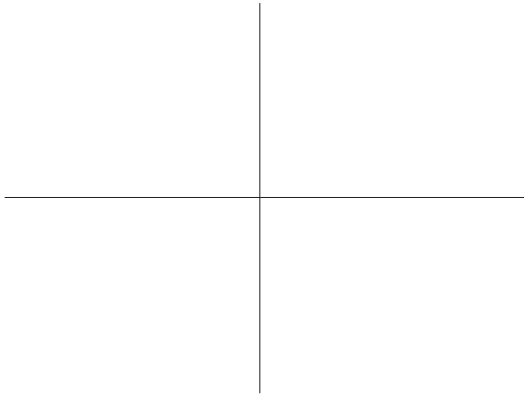
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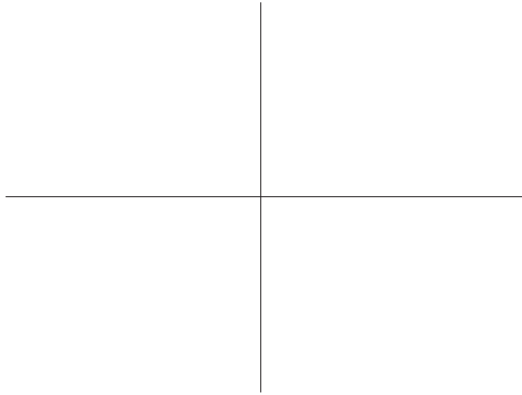
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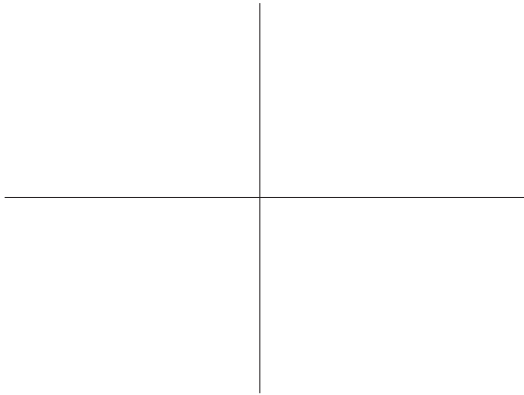
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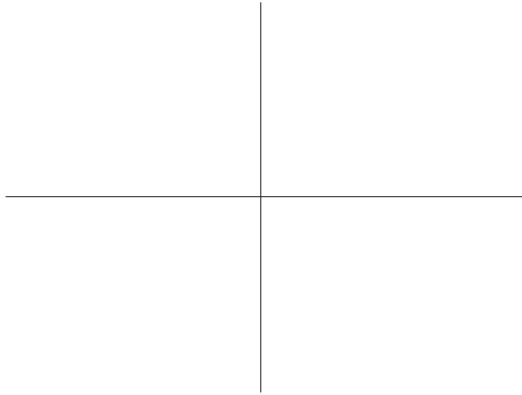
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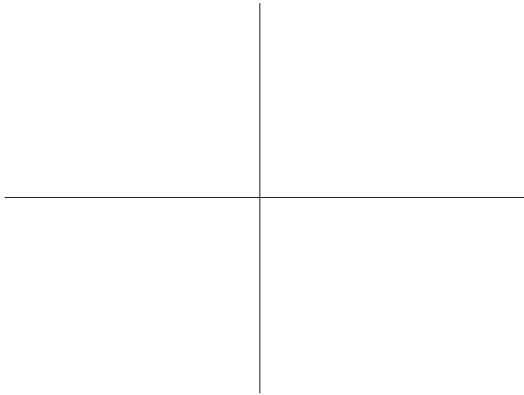
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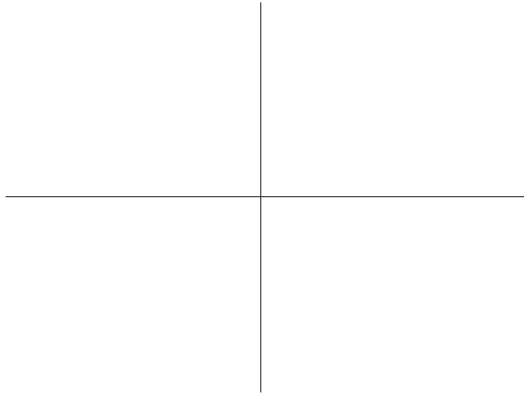
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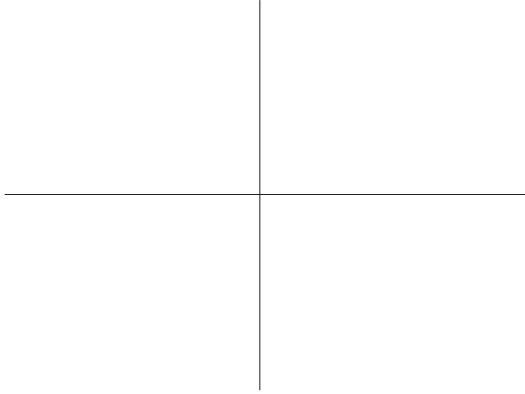
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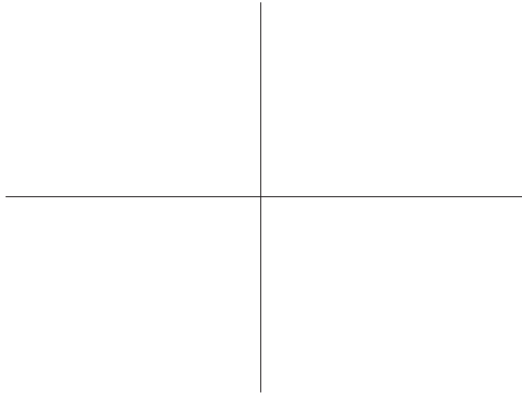
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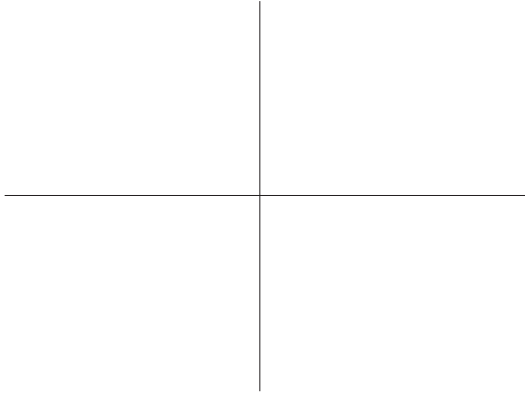
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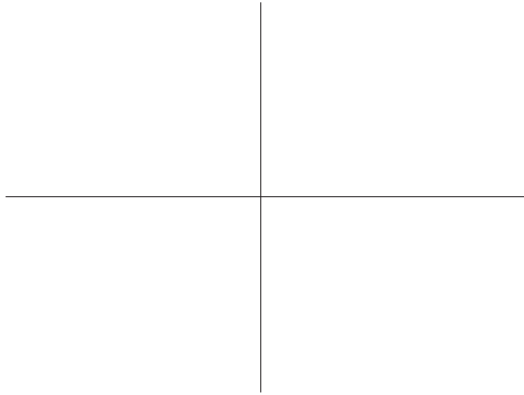
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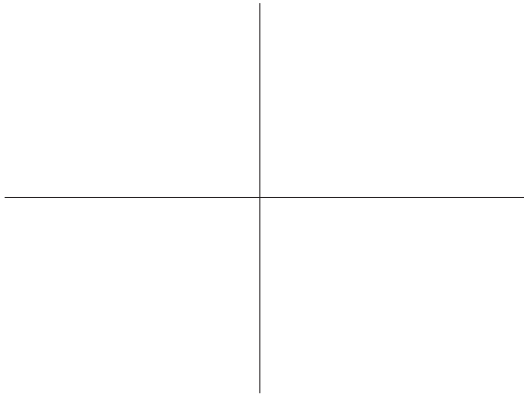
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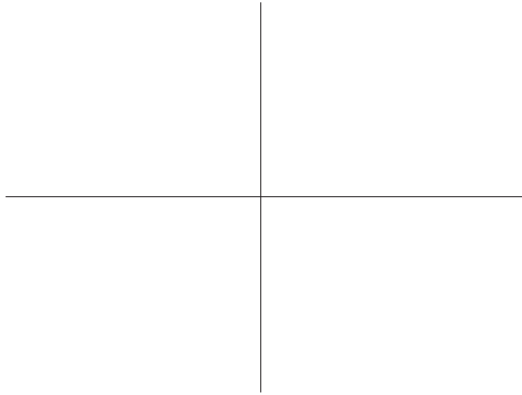
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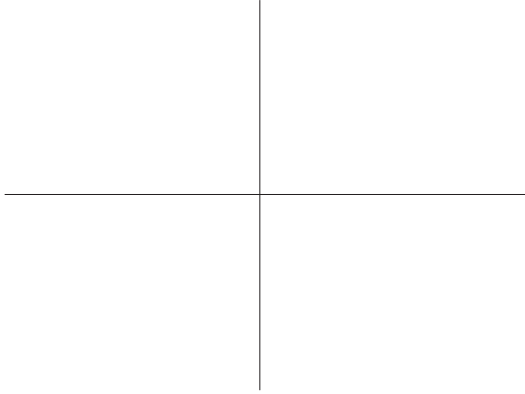
passage

big idea

express gratitude



seek direction



share concerns

God says I am...

where did you experience
LIFE



where did you experience
DEATH

forgive

resolve and move forward

where did you see God today?



prayers

date

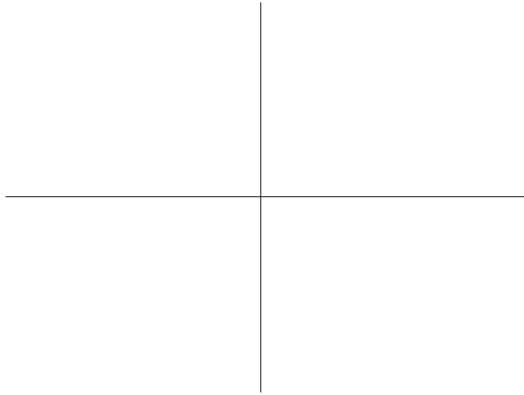
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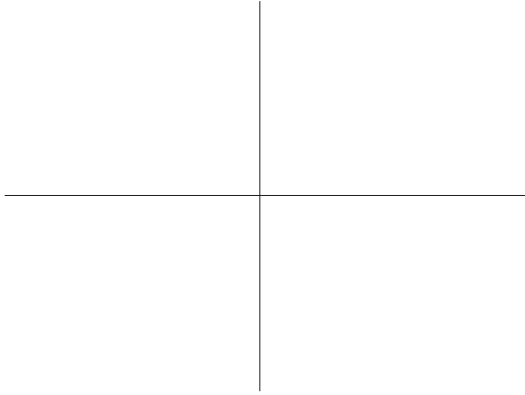
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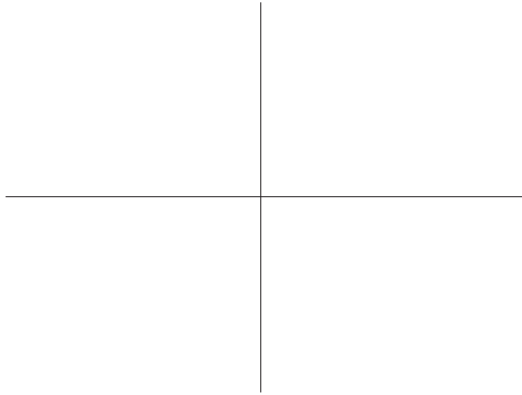
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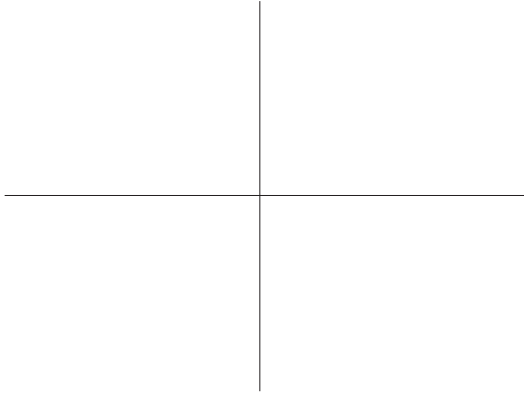
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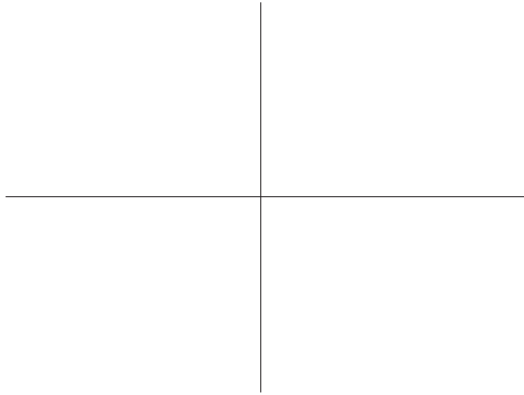
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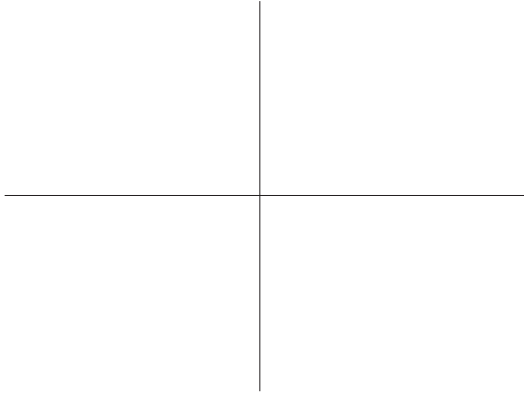
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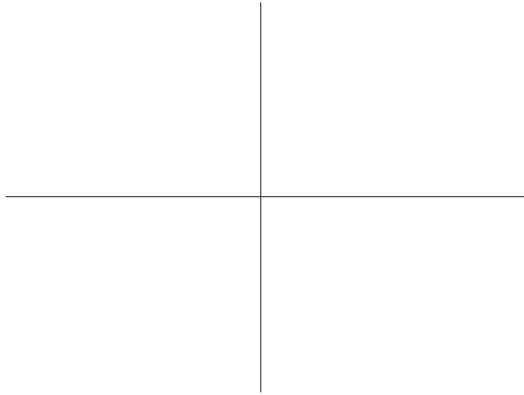
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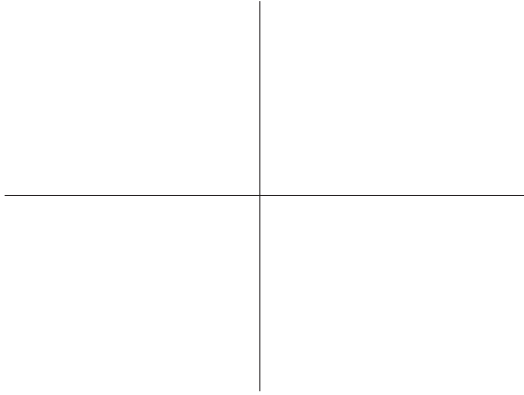
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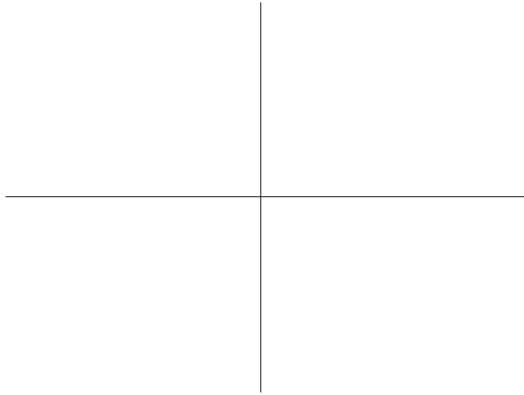
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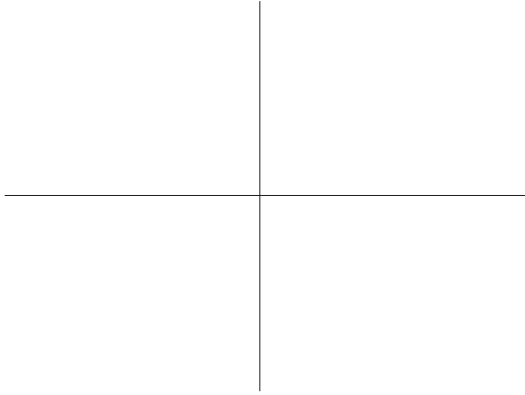
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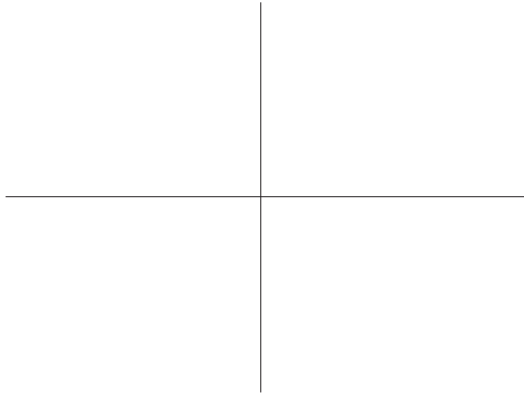
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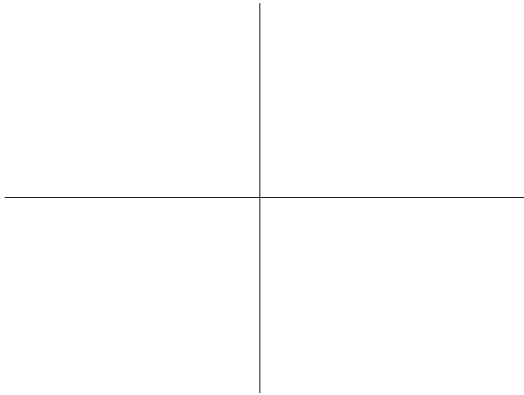
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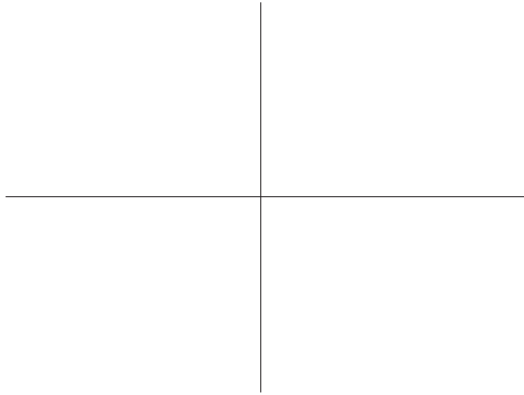
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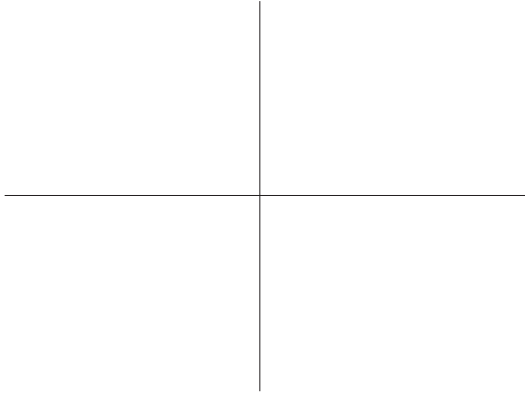
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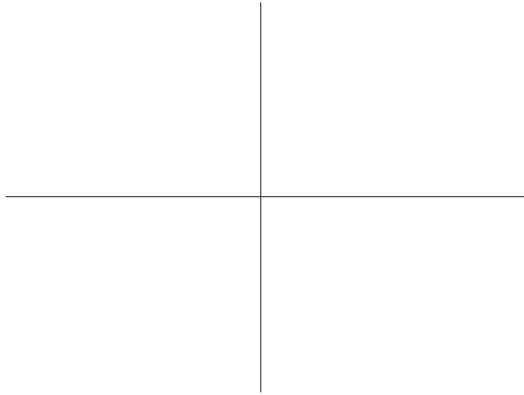
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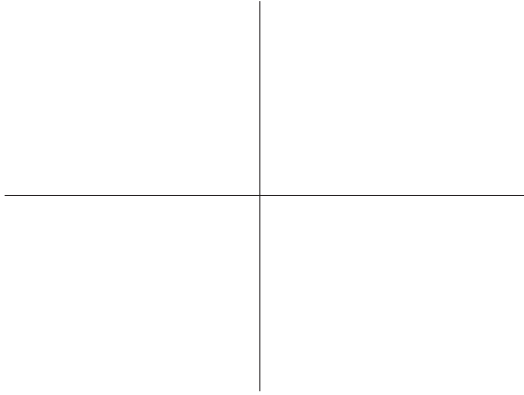
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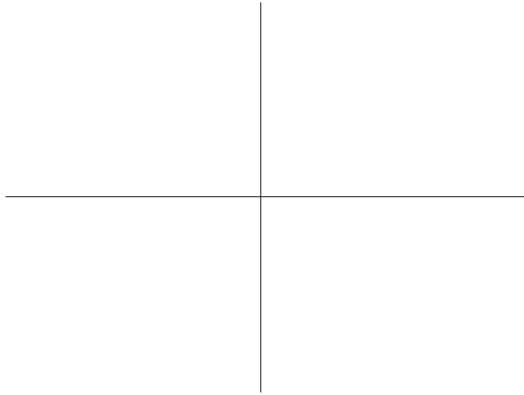
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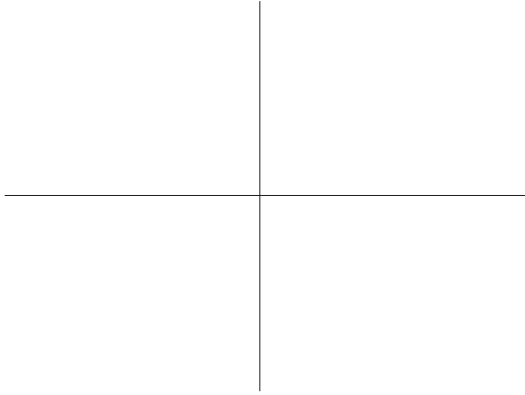
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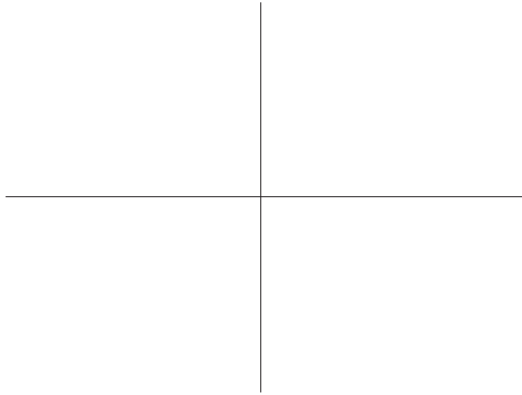
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