

Use Journal Prompts, Part 2

Journal prompts are thought-starters to use when you draw a blank about what to write in your spiritual journal. In the previous chapter I suggested a list of thirty-one subjects, so that on any given day you have a prompt that corresponds with the day of the month. So on the seventh of the month, if you need an idea of something to write about, journal prompt number seven suggests that you write about prayer. The stewardship of your time is the theme to consider on the tenth. And if you can't think of anything on the twenty-third, joy is the proposed topic.

Another method involves the use of specific questions. The questions should apply to every day of the year and stimulate thoughtful entries. Ideally, each question should provoke enough response that only one or two would suffice as a day's entry.

Try these ten questions. Depending upon the time of day that you write in your journal, you might replace the word *today* with *yesterday*.

1. What was the most important thing that happened today?
2. What did I learn today?
3. Where did I see God at work today?
4. What was the most significant thing someone said to me today?
5. When was I most aware of the Lord today?
6. What was the most helpful thing I read today?
7. What should I have done differently today?
8. How can I simplify my life tomorrow?
9. What could I do to glorify God the most tomorrow?
10. What difference can I make in someone's life tomorrow?

The Bible says, "Let each one examine his own work" (Galatians 6:4). One simple and practical way to do this is to use questions like these on occasion as journal prompts.