

Session 4

How To Keep a Journal of God's Messages

- God's preferred way to communicate with us.
- What God's voice sounds like when spoke to our heart.
- How to listen for God's voice.
- How to keep a journal of God's messages to you.

Jeremiah 30:2

Thus speaks the Lord God of Israel, saying:

*Write in a book for yourself all the words that I have spoken
to you.*

Habakkuk 2:2-3 Then the Lord answered me and said,

"Write the revelation

And make it plain on tablets

So that the one who reads it will run.

"For the vision is yet for the appointed [future] time

It hurries toward the goal [of fulfillment]; it will not fail.

*Even though it delays, wait [patiently] for it,
Because it will certainly come; it will not delay.*

Vision is very important! The presence of vision creates hope and brings change (Luke 24:23). If people are to embrace vision the prophet Habakkuk says it is to be

- (1) written,
- (2) clear, and
- (3) motivating.

Vision must be received with patience because it has an appointed time and is often delayed (or seems so to humans), but its fulfillment is certain.

You may ask "what was the vision God wanted Habakkuk to write?" You are reading it.

The declaration of the secret of survival during a time of judgment. God presented Habakkuk with a possibility. God revealed His plan and purpose for Israel to Habakkuk.

Although the vision was for a future fulfillment, Habakkuk was instructed to write the vision.

Three Important Reasons to write down what we hear from God:

1. *Personal Understanding. (Write the revelation and make it plain on tablets.)* Writing the vision would make it clear to Habakkuk. He would have to think about the vision to write it in a simple, easy-to-understand way, The more he thought about the vision the more he understood it and was able to gain courage to fulfill his part in God's plan.

2. *Share the Revelation. (Write the revelation and make it plain on tablets so that a herald may run with it (NIV).*

Habakkuk was to write the vision for the sake of others.

We seldom are able to completely fulfill our dreams alone. We need the help of family and friends. By writing your vision and words from the Lord in a simple, clear

fashion, you will be able to see where you need help and others will be able to see how they can assist you.

3. *Remembering the Revelation. ("For the vision is yet for the appointed [future] time*

It hurries toward the goal [of fulfillment]; it will not fail.

Even though it delays, wait [patiently] for it, because it will certainly come; it will not delay.) Often visions,

revelations or promises take time. God knew it would be

a while before the vision he was giving Habakkuk would

happen. God knew there would be times when Habakkuk

would question the vision and perhaps want to give up. By

writing the vision, Habakkuk could remind himself of

God's promise in times of discouragement.

God is speaking to us all the time, but often we find it difficult to clearly distinguish His voice from our own thoughts. We doubt and question and never step out in faith to act on His word.

Keeping a journal is a great tool for testing every message. By simply writing out our prayers and what we believe God's response is, we can clearly distinguish our own thoughts from the voice of God. A journal is a diary of our two-way dialogue with God.

Many of the books of the Bible are actually journals:

Habakkuk is a journal of prayers and God's response.

Psalms are a journal of prayers and God's response also.

In Psalms, after periods of appeal or a pouring forth of anguish, we see the word: "Selah", which means pause and think about that or sometimes introduces a musical interlude. During this pause David would still himself and contact God. Usually the entire emotion of the Psalm changes to a higher note after this pause,

Daniel is a book of visions and the interpretations he received.

Revelation is a record of John's visions, the questions he asked concerning the visions and the answers he received.

Most of the prophets are journals of God's communication. I mentioned Jeremiah's instruction to keep a journal in the beginning of this teaching:

Jeremiah 30:2

Thus speaks the Lord God of Israel, saying:

Write in a book for yourself all the words that I have spoken to you

Personal Benefits of Keeping a Journal:

- A Solution for testing - After you write what you think God is revealing to you, you can check it with the Word of God.
- Helps you remember - Writing the revelation or vision will help you remember as you wait for the promise.
- Brings balance to your life - You will begin to understand God's Will for your life as you make time to meditate and pray in His presence and write what you hear, see and feel.

- Will help you focus. You will be able to keep Jesus the center of your focus.

Results of keeping a journal:

- Your relationship with God will deepen.
- You will become more aware of the movements of the Holy Spirit within you
- Your life will become more balanced
- Your focus will improve.

How to begin:

- Get a journal or book especially for the purpose of writing what you hear from God as you read your Bible and pray.
- Begin each entry with the date and include everything that is important to your spiritual and natural life (dreams, goals, hurts, concerns) then listen.
- Talk to God about how you feel (your anger, fear, etc.) and listen.

- As God begins to bring thoughts to your mind, record then:
 - Record images God may bring to your mind,
 - Record new insights and understanding of scripture or situations

Just write, knowing no one but you will read it and you can test against scripture later.

Conclusion:

Accept the fact that when we learn a new skill, we will try and fail often before we master it. Walking talking, riding a bike, computers, anything. There is no other way to learn a new skill and this is a new skill for many of you.

Some are afraid to record anything until they are sure it is a Word of God. Relax and don't be afraid of making a mistake. Practice makes perfect, but if we are afraid to practice, we will never become perfect.

Journaling is a learning tool to help us develop our skill in discerning inner movements. It will not only help you discern what God is saying to you, it will also help you understand yourself and your inner feelings.

So relax, get comfortable, smile, don't take yourself too seriously and begin the experiment. I know you will hear God's voice