GRATITUDE

Dear God, I am thankful for… ..This can be anything; an event, being in nature, pet, special memory or something that makes you smile.

My Dear child… Write what you think a loving father’s response would be to your gratitude.

I CAN SEE YOU

I can see you…. Write what you believe God sees, what you think He observes in you. This can include physical sensations (breathing, pain, discomfort), emotions (tears, calm, relaxed) or what you are doing (sitting, tense body, restless).

I CAN HEAR YOU

I can hear you….. Write what you believe God hears you saying to yourself. This can be something simple like you saying that you enjoy the warmth of the morning sun or that you are frustrated with yourself or someone else.

I UNDERSTAND HOW BIG THIS IS FOR YOU, HOW YOU FEEL. I VALUE YOU.

I understand how….. Write what you think God sees about your situation. Ex: He sees how sad or overwhelmed you feel, what He enjoys about you as you enjoy the morning sun, etc.

I AM GLAD TO BE WITH YOU. I VIEW YOUR WEAKNESS TENDERLY

I am glad to be with you. I……Write about what you perceive God might be saying to you in a kind, tender, loving and gentle way.

I CAN DO SOMETHING ABOUT WHAT YOU ARE GOING THROUGH

I can do something with you and for you……Write about what God might be saying as to how He will be with you and assist you.

READ YOUR RESULTS ALOUD, PREFERABLY TO ANOTHER PERSON.

You might be tempted to skip this step, but it’s a very important part of the experience to hear the words you sensed from God out loud. If you have no one with whom you can share your journaling, read it out loud and God’s love and comfort sink in to your soul.