



Travellog

OF MY

Discipleship Journey

DISCIPLESHIP JOURNALING METHODS

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A TRAVELOG OF MY DISCIPLESHIP JOURNEY

Discipleship Journaling

You are in the last days, and these are called “perilous times” in the Bible. If you need to feel less anxiety, pessimism, stress, and have a better overall feeling of being content, positive, capable, and fulfilled, there are two actions you can take now.

FIRST, get your Daily in the Word notebook, and take a few minutes to write about times you have been faithful.

Recall those times when the Lord would have said, “Well done,” because you put some biblical principles into practice, or were a testimony, or made the right choice, etc.

Why Should I Write about My Times of Faithfulness?

1. Recalling your faithfulness leads to more faithful choices and reactions, which, in turn, produce more faithful experiences, and those experiences reinforce more steadfastness, so that over weeks and months, the results compound and accumulate.
2. Write because the Apostle Paul often mentioned what He had done for the Lord. He wrote...For ye remember, brethren, our labour and travail: for labouring night and day, because we would not be chargeable unto any of you, we preached unto you the gospel of God. 1st Thessalonians 2:9

And, For yourselves know how ye ought to follow us: for we behaved not ourselves disorderly among you; Neither did we eat any man's bread for nought; but wrought with labour and travail night and day, that we might not be chargeable to any of you: 2nd Thessalonians 3:7-8

3. Write because Satan is a constant accuser of you and to you.
4. Write because, yes, you, we all fail at times, but there were times when you were faithful.
5. Write about your times of faithfulness because the discipleship journaling helps you live intentionally rather than on autopilot.

How? As you write about times of your faithfulness, the next time you are in a situation where you are faced with being devoted or not, you'll consider what you've written.

How often should I write?

Take a moment to write about an experience now. Then continue weekly or every few weeks, or as needed, during these perilous times.

Is it OK to think well of myself?

Writing about times of your faithfulness is not about pride, but about maturity and right self-judgment.

The Bible says, ...examine yourselves, whether ye be in the faith; prove your own selves ... 2nd Corinthians 13:5.

You can see that you are to have a proper, balanced view of what you think of yourself from James 2:8: **If ye fulfill the royal law according to the scripture, Thou shalt love thy neighbor as thyself, ye do well:**



Jesus said...Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself. Luke 10:27

You should have a good view of yourself because you are valuable and loved by God. He gave Himself to save you to bring you into His family.

The Bible says, And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him. 1st John 4:16

For you, as a Christian, this is not “praise me and look what I’ve done,” but rather, “thank you, God, for helping me and working with me.”

It’s a balance. If you love yourself too much, you can become an “enemy of the cross.”

The Bible says, For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ: Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things. Philippians 3:18-19

The **SECOND discipleship journaling** action you can take is to use the Guided Reflection ideas below.

The word “remember” is used nineteen times in every book written to New Testament Christians from 1st Corinthians to 2nd Timothy. Why? It is too easy to forget what you need to remember.

The Bible says, My soul shall be satisfied...and my mouth shall praise thee...When I remember thee upon my bed, and meditate on thee in the night watches. Psalm 63:6

And...the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; 2nd Corinthians 10:4-5

The **Guided Reflections** are in the second section. First, here are the ideas for writing about times you have been faithful.

1. **Recalling My Faithfulness** - write about a time...

- you put Christian values or principles into action
- you obeyed a command or instruction from the Word of God
- you made something right
- you made a commitment publicly or privately to the Lord
- you encouraged another Christian
- you gave out the Gospel or helped a Christian have assurance
- you prayed from the heart
- you took a step of faith
- you had godly courage, or patience, or gratitude
- you learned something from your disciple or discipler
- you led someone to Christ
- a message or lesson you taught made a difference
- how you escaped wrong actions, words, thoughts, or temptations
 - times you felt free from a burden, difficulty, or pressure
 - Or something else that comes to mind...



2. Guided Reflections ideas - write about...

- a time when the Lord worked in a special way
- a past problem and how you now see it fit into the Lord's plan
- how God used something difficult for good
- a timeline of spiritual growth in your life
- a prayer God answered
- an illness and the spiritual impact it had
- a Bible verse that means a lot to you
- a discipler or discipler who brought conviction to your life
- a discipler or pastor who made an impact on you
- events God orchestrated that you only understood later
- safety or provision you only recognized from God after the fact
- how you saw God work in the last few weeks
- when God delivered you from a difficult situation
- wisdom God gave you that took the pressure away
- a turning point spiritually in your life
- an unexpected chain of positive events
- And write honestly but privately about...
 - what torments you right now
 - a failure or your place in a problem
 - an unexpected chain of negative events
 - what you can't take anymoreOr something else that comes to mind...