

Ten Reasons a Journal will Benefit You

1. Indicates to God that you are paying attention.
2. Offers security to others as evidence that you are seeking God's guidance.
3. Keeps a record of God's faithfulness in answer to prayer.
4. Gives a means of setting goals and living by priorities.
5. Provides a helpful tool for evaluating decisions.
6. Stores a wealth of material for teaching.
7. Gives insight into your thoughts at all ages.
8. Establishes an accurate source of dates and records.
9. Leaves a legacy of your life to sons and daughters.
10. Encourages a greater awareness of the passage of time.