



Growing Spiritually as an Elder

Journaling Prayers



From mystics to missionaries and writers to wanderers, people have kept journals to map the progress of their spiritual growth and life experiences. Journals are a valuable tool for keeping track of what God is doing in your life personally or in your life as a group.

You can use your journals for personal use, not sharing what you write with your partner Elders. You might also consider keeping a Elders' journal with highlights of your time together and prayer concerns.

In your journals you can make lists of:

Prayer concerns — leaving space for how you see

God answering those prayers

People for whom you are praying by name

Things/people for which you are grateful each day

One highlight from each day of your life

Scriptures that touch you deeply each day or week

Questions Eldership is raising for your spirit

List quotations from things you read that help you

You can also keep journals about feelings and/or write stories and draw in them. You might find some help in reading journal entries to each other sometimes if you choose to do that as a group. Psalm 90:12 states, "Teach us to number our days that we might gain a heart of wisdom." Journals help us to number and rejoice in each day as God's gift.

