

# ADDING COLOUR TO YOUR FAITH: A PRACTICAL INTRODUCTION TO BIBLE JOURNALING

## WHY DO WE WRITE IN A JOURNAL?

- ⇒ Write down any information that might be helpful in the future
- ⇒ Write down things you want to remember
- ⇒ Write down a record of things that have happened
- ⇒ Help to unpack ideas

## SO WHAT IS BIBLE JOURNALING?

Journaling is defined as a personal record of occurrences, experiences and reflections. Bible Journaling is keeping a record of all those things, but in relation to scripture and our own personal walk with God.

Psalm 102:18 “Let this be written for a future generation, that a people not yet created may praise the Lord:”

When you journal— record the things God has spoken to you, the things God has given you, the things God has done for you — it not only serves to remind you of the ways God is moving in you life, but it is also a witness to those around you and who may see your journaling in the future.

Above anything else, and no matter what your style of journaling, it’s about glorifying God by recording all He has done and worshipping Him.

Some journal in their bibles, some in notebooks, some on scraps of paper... it doesn’t matter! And it doesn’t matter whether your journaling is great works of art or scribbles of notes. We are made in the image of a creator God (Psalm 104 tells of God’s creativity!), using our own creativity, whatever that might look like, can be a wonderful way of worshipping Him and He loves it!

## TYPES OF JOURNALING

There are so many ways to unpack scripture and to pray over what God is speaking to us:

### Art Journaling:

- Choosing scriptures that stand out to us and creating something – drawing, painting, doodling – around that verse or passage while meditating and praying over it
- “Worship Collision” – adding words from worship songs alongside scriptures to help unpack the meaning, adding different insights and layers to the passages
- Using colour and images can help us remember scripture – images are easier to recall than words!

### Verse Mapping:

- Taking a verse and unpacking key words
- Replacing names with “I”, “me” etc to make the scriptures more personal

### Note taking / Written Journaling:

- Writing out scripture helps us remember it
- Written “letters to God” can help us focus on our prayers
- Recording any words and pictures given to us so we can look back over them and see what God is doing

## Doodling

- Choosing a person, situation or place to pray for and writing it down, then “doodling” around that word whilst meditating on it and praying over it can help keep us focused on what we’re praying for... how many of us doodled in school to stop us daydreaming?!
- Use symbols or a colour code to highlight key themes in the passage and doodle shapes and images that remind you of the scripture

There are so many more ways to journal too. It’s worth trying them all and finding what works for you. And don’t worry about what you do, how it looks or what other people think. This is between you and God, and is about whatever you need to do in order to dig into God’s word more.

## STEPS TO GET STARTED:

1. Read the passage and find a verse that speaks to you. Spend time with God worshipping and just soaking in His word
2. Pray and ask God to guide you to a verse
3. Write it down – what is God telling you/showing you
4. Draw it, map it, write it, doodle it... whatever works for you but helps you record it
5. DATE IT – always date your entries, then when you look back and see something God told you last week, month, year you can reflect on how that impacted your life
6. If you’re journaling in your bible, use a tab so you can easily find it again
7. Forget the rules! As long as you are spending time with God and engaging with his living Word it doesn’t matter how you do this!

(Rules based on the “7 steps to illustrating your faith” card by Illustrated Faith)

### Some helpful links:

[www.illustratedfaith.com](http://www.illustratedfaith.com)

[www.facebook.com/illustrateYOURfaith](https://www.facebook.com/illustrateYOURfaith)

[www.documentedfaith.com](http://www.documentedfaith.com)

### Follow on insta:

*Someone once said, fill your newseed with things that inspire you. These are some Instagram accounts that journal in a variety of ways and styles that might inspire you. Or use the search function to find other s.*

@mackleelettering

@thesaltybiscuit

@illustratedfaith

@topknotsandjesus

@my.journey.with.jesus

@krystalwhitten

@faith\_seeds

# ART JOURNALING

**7 STEPS TO (Illustrating YOUR Faith)**

- 1 Spend time with GOD!**  
 READ A DEVO!  
 LISTEN TO WORSHIP MUSIC!
- 2 Pray about it!**  
 ASK GOD TO GUIDE YOU!  
 pray. create. repeat.
- 3 Write it down!**  
 WHAT IS GOD TELLING YOU?
- 4 Draw it!**  
 BRING THAT BIG IDEA INTO THE MARGINS OF YOUR BIBLE!  
 amen! a little point is fun too!
- 5 Date it!**  
 IT'S SO IMPORTANT TO DATE YOUR ENTRIES SINCE YOU ARE GOING TO GO BACK TO THESE VERSES OVER AND OVER!
- 6 Tab it!**  
 USE TABS TO SEE WHAT THEMES YOU'RE ON!
- 7 FORGET the RULES!**  
 JUST CONNECT WITH GOD IN THE WAY THAT'S MOST NATURAL TO YOU!

#illustratedfaith www.illustratedfaith.com

TOP POSTS  
#biblejournaling

karencrapsinva · Follow



neelysphoto · Follow  
Joplin, Missouri



# VERSE MAPPING

WWW.WOMANOFNOBLECHARACTER.COM

## INTRODUCTION TO VERSE MAPPING



### 1 CHOOSE A VERSE TO STUDY

And write on your worksheet or notebook.



### 2 LOOK UP 2-3 TRANSLATIONS OF THE SAME VERSE

Write them on your worksheet or notebook

### 3 CIRCLE KEYWORDS/LOOK UP DEFINITIONS

Use a lexicon or Bible Dictionary to look up definitions and translations of the circled words



### 4 WHO/WHAT/WHERE/WHEN

Who wrote it, what it was written about, where it was written and when it was written



### 5 PRAY/JOURNAL

Pray about the verse and what God is teaching you through the verse then journal about it on your worksheet or notebook



### 6 APPLICATION

Journal about how to apply this verse to your life



### 7 RELATED VERSES

Use a concordance to look up related verses and add them to your worksheet or notebook

### 8 OPTIONAL: BIBLE JOURNAL/CREATIVE WORSHIP

Bible journal or art journal this verse or add doodles and drawings to your verse mapping sheet



### 9 OPTIONAL: MAPS/HISTORICAL CONTEXT

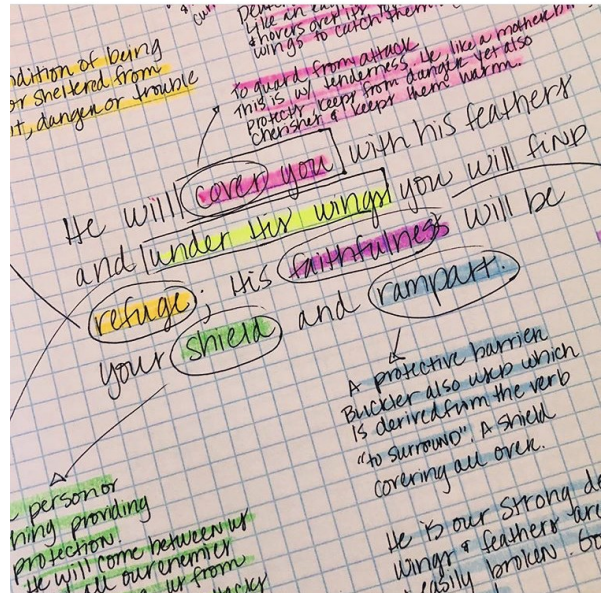
Add Draw or print maps of where the verse was written or is about, research additional historical context related to the verse. Go where the Holy Spirit leads you to learn more!



## TOP POSTS #versemapping



swtblesshhan · Follow



tinamarie\_lopez · Follow

