

2021 Welcome to Journaling – Organize your supplies and Write it down!

Good morning everyone and welcome to TFW's Mountain Moments, this is Judith Garton. I am excited to be starting something special THIS MONTH - the long-promised journaling videos with you! Remembering that this journal is what I call a prayer journal, I want to focus on what things to record in them – things which come to each of us during prayer time. I am hoping to share examples of what I have written down in the past, as well as precious moments that pop up as we go on this journey together.

People often ask, WHEN do I NEED to pray? Well, the interesting thing to me is that prayer time CAN actually be ANY time of the day – I often find myself praying while I wash dishes, fold laundry, work in the garden, AND yes, I do often have a special time for my personal prayer time. Sometimes I will be talking to Yahweh while I am doing whatever, and not even realize I am talking to Him, until He answers me or gives me an idea. One example I would like to share happened in January (2021). Our one daughter was in the hospital after having given birth to our newest grandson.

I was just going about my morning routine: shower, dry and curl my hair, make coffee, refresh the kefir and feed sour dough starters, when suddenly Yahweh impressed upon me something so simple, “She will feel much better when she goes home. THEY will feel much better when they get to go home. Tell her she will feel much better when they go home.” I immediately picked up my cell phone and texted her a simple, “Hey, how was your night last night?”

And that was when she said to me, “Not great. But it will be much better when we go home.” I just stood there for a minute staring at the screen. I was speechless – So I told her, “I have to agree. And that is actually why I texted. Is everything alright?” And it took a bit but she shared. It was NOT okay. And her night was more than “not great.”

All it took for Abba to reach me was a simple thing in the morning: my having our daughter on my mind and a prayer in my heart while I was wandering around the house, doing daily tasks.

It wasn't a monumental revelation or earth-shaking moment, just a simple, yet perfect example of a prayer message I record in my journal. I never know when or why it will come up again that I need to KNOW of a moment like this. I may find myself or someone else in need of a simple word of knowledge or wisdom that came to me. A lot of people believe the only things we should record in our prayer journals are BIG things. Something major or prophetic, earth shattering or world changing, and those things MIGHT happen or come to you. But more often it is the little things that one day in the future might bring us or those we love some hope, joy, or comfort.

THIS is one of the reasons why I try to mark things with my coloured highlighters – it categorizes them according to my personal prayer journals colour-coded “map Legend.” and NO! I am NOT diligent with that little detail, I admit! I often forget to carry the two things together – journal and highlighters. Yet this is another of the things I hope to fix for myself this year – carrying my things together AND marking each day's messages with colours to show me what categories they are in. HOPING that it will make them easier to find in the future!

I have made a little helper for myself so that I DO start carrying things together. This little bag – I can carry it around the house as I move from room to room in case the Spirit moves me to write something down. It holds

my current journal, my day planner AND my favorite highlighters! I even take it at night to set on the bed table in case I have dreams that come to light in the night while I sleep.

So, here we go on our journey of journaling!

To summarize the main points:

- 1) it doesn't need to be a BIG revelation to record it in your prayer journal. It might be something small today, yet may help in a grand way later on down the line.
- 2) prayer time happens throughout your day, not just at your designated personal prayer time.
- 3) remember to be ready with your journal close by is you can, just in case you need it.
- 4) categorize your messages, if you can, so that they are easier to find in the future
- 5) Gather your things in one bag or carry case – journal, pen, highlighters, and create your own colour key!

I hope this message has ignited new enthusiasm for journaling, and a few easy ideas to help you, too.

Some links I will include in the description below will be:

- If you don't recall what I am referring to with the colour-coded legend using highlighters, please see the video titled The Mechanics.
- A link to the PDF printout of this transcript for you to use as notes or as a study guide to share with your loved ones, friends or study group.

*Praying always with all prayer and supplication in the Spirit,... Ephesians 6:18 KJV*

*Pray without ceasing. 1 Thessalonians 5:17 KJV*