

5FIVE JOURNAL



CHRISTIAN
JOURNAL CO.

A person is sitting at a dark wooden table, writing in a notebook with a silver pen. Their left hand is holding a smartphone. The notebook is open, showing lined pages with some faint handwriting. In the background, there is a window with a view of a building, a bottle of wine, and a vase with dried branches. The scene is lit with soft, natural light.

**WELCOME TO
THE FIRST
WEEK OF
JOURNALING**

SPENDING TIME WITH GOD MADE EASY

When creating this journal, we pondered on this very question, "how can people enter the secret place easily?" This guided journal is unique in its essence as it is structured in a way that will enhance your prayer life and deepen your relationship with Jesus.

Our journaling structure includes four daily activities: expressing gratitude for three things to God, making three requests to God, engaging in a personal prayer with God, and reflecting on where God has moved during the day.

Below is a template to help you get started. We hope you enjoy the first 5 days, spending 5 minutes with God in the secret place.



A HEART AFTER GOD

There are many influential people in the Old Testament, but King David stands out as one of the most prominent personalities in the time before Christ.

King David's life was a portrait of success and failure, and the Biblical record highlights the fact that King David was far from perfect. But what made King David a cut above the rest was that his heart was pointed toward God. He had a deep desire to follow God's will and walk in obedience to God's voice. He was a man after God's own heart (1 Sam 13:14).

King David wrote psalms both lamenting and praising God. He poured out his emotions and recorded it, he let God into the deepest parts of his heart.

This journal will guide you through a King David journey, where you can be vulnerable with God and pour out your own lament unto the Lord. There will also be a section dedicated for you to be personal to the Lord just as King David did in His psalms.



Wishes, Sleepy List

- 1st of month
- 2nd of month
- 3rd of month
- 4th of month
- 5th of month
- 6th of month
- 7th of month
- 8th of month
- 9th of month
- 10th of month
- 11th of month
- 12th of month

THE SECRET PLACE

The Secret Place is a term used to describe the intimate relationship that we can have with God. It is a place of refuge, peace, safety, and rest. It is a place where we can commune with God, hear His voice, and be refreshed and recharged.

The Bible reveals to us that Jesus often withdrew himself to remote places to pray (Luke 5:16). Jesus knew the value and importance of intimacy. He knew when his Father was calling Him to slip away and He responded to it by carving out time to be alone in prayer. Jesus understood the importance of creating a consistent state of communion with God the Father and the Holy Spirit.

The Bible calls us to pray without ceasing, give thanks for everything, and “pray in secret”. The problem lies not in our understanding of the command, but our knowledge of how to do it.

This journal will guide you step by step into your secret place with the Lord, for 5 minutes, five days of the week.



TODAY I AM THANKFUL TO GOD FOR ?

1. *Waking up and spending time with you God, I was able to do it this morning I didn't sleep through my alarm. Just to be able to come into your presence, Jesus*
2. *My Family - I'm really Blessed Lord thank you! My 2 Boys and My wife we really are a family that has you at the Centre, I Thank you for that Jesus*
3. *For my Job! - I wouldn't be able to provide for my family if I didn't have this Job that you gave me, Thank you, Jesus!*

I AM ASKING GOD FOR?

1. *Help me to get a promotion at my job so I can support my family better and be more generous with my giving*
 2. *My friend Clare she is receiving when I'm telling her about you Lord Jesus, I want her to encounter Jesus and come to church*
 3. *I want to be more disciplined with my finances so I can go overseas - I want to find cheap flights to Europe, so I can take my family*
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MY PERSONAL PRAYER TO GOD

Heavenly Father, I come before you in the name of Jesus! Oh Lord, what can I say? but thank you for all you've done for me all of these years, another day here is another blessing from you Lord! I pray today that you give me favor at work and that they see me when they are looking for the person to promote. May I have your hand over this God? I really don't want to stay in this position any longer and I feel they have overlooked me twice now. Lord, I need your Help! Why when I'm doing more than the rest are they not seeing me? Help me be recognized. I find that Paul and Chris pick on me, give me patience and your heart to love them today that is my real struggle. but lord I know that I know you and that is all I need really! when I think of you and what you have done I Rejoice in you! Oh, Lord. YOU ARE AN AWESOME GOD. Even though I want the financial blessing and to move departments because I think it will make my work life better I say my life is better because I know you. I love you, Jesus. guide me today Holy Spirit I surrender this day to you, not my will but yours AMEN!

WHAT DID GOD DO TODAY

Today i was in my morning meeting and Bill – my manager mentioned me and told everyone to look to me as an example of an employee with integrity!! WOW integrity, they finally noticed me, and it's because of YOU LORD! You really do move, don't you? I just couldn't stop smiling all day! You're so good God.

**ARE YOU
READY TO
START
JOURNALING
AND TELLING
GOD HOW YOU
FEEL?**



**BUT YOU, WHEN YOU
PRAY, GO INTO YOUR
ROOM, AND WHEN
YOU HAVE SHUT
YOUR DOOR, PRAY
TO YOUR FATHER
WHO IS IN THE
SECRET PLACE; AND
YOUR FATHER WHO
SEES IN SECRET
WILL REWARD YOU
OPENLY.**

MATTHEW 6:6

TODAY I AM THANKFUL TO GOD FOR ?

1. _____

2. _____

3. _____

I AM ASKING GOD FOR?

1. _____

2. _____

3. _____

MY PERSONAL PRAYER TO GOD

WHAT DID GOD DO TODAY

TODAY I AM THANKFUL TO GOD FOR ?

1. _____

2. _____

3. _____

I AM ASKING GOD FOR?

1. _____

2. _____

3. _____

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MY PERSONAL PRAYER TO GOD

WHAT DID GOD DO TODAY

TODAY I AM THANKFUL TO GOD FOR ?

1. _____

2. _____

3. _____

I AM ASKING GOD FOR?

1. _____

2. _____

3. _____

TODAY I AM THANKFUL TO GOD FOR ?

1. _____

2. _____

3. _____

I AM ASKING GOD FOR?

1. _____

2. _____

3. _____

**“ASK, AND IT WILL
BE GIVEN TO YOU;
SEEK, AND YOU WILL
FIND; KNOCK, AND IT
WILL BE OPENED TO
YOU. FOR EVERYONE
WHO ASKS
RECEIVES, AND HE
WHO SEEKS FINDS,
AND TO HIM WHO
KNOCKS IT WILL BE
OPENED.**

MATTHEW 7:7-11



WELL DONE, FIRST WEEK COMPLETED!

You've committed and completed!
Five minutes with God for five days this week! How does it feel? Take some time to reflect back and read the wins! Notice how every day God shows up; He never leaves us or forsakes us.

It's time to enjoy your weekend and what God has created. Go into nature, take a walk, or fellowship with some friends.

If you want to continue the journey of journaling with us, head over to our website and grab yourself a copy.

www.christianjournalco.com/shop



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