

Journaling?

by Wayne Goff

Bible Journaling has become popular in recent years with most companies offering Bibles with a column on the page where you can write your thoughts, doodle, or design your own art to reflect what you have learned. I suppose this can be a good practice, but I've always marked up my Bibles with personal notes, comments, etc., which reflected my own study of those passages.

But "**Bible journaling**" isn't something new. It may have been called something different, but Bible readers and believers have been writing down personal thoughts, diaries, etc. for centuries. The fiery Puritans Cotton Mather and Jonathan Edwards used their diaries to write down their personal sins and failures to greater holiness. John Wesley inherited his journaling practice from his devout mother. C.S. Lewis' *A Grief Observed* emerged from his personal reflections he kept after the loss of his wife.

Should you do a Bible journal? I think it's a good practice if it's done correctly. Just writing down subjective thoughts after reading the Bible may not lead you in the right direction. But studying the Bible, learning its proper meaning, and then writing down your reflections and reactions can be personally productive.

The bottom line is that you should read the Bible, study the Bible, learn the Bible and obey the Bible. If that's done by your own personal "journaling," then God bless you!

362004