

# ABIDE P.U.R.P.O.S.E. JOURNALING

## PRAY TO START

### PRAYERS OF PRAISE

I KNOW MY GOD'S PRESENCE PERSISTS WHEN...

### PRAYERS OF PETITION

WHEN LONELINESS COMES, HELP ME SEE...

### PRAYERS OF CONFESSION

SOMETIMES I PRETEND YOU ARE NOT THERE WHEN...

### PRAYERS OF THANKSGIVING

THANK YOU FOR SENDING THE RIGHT PERSON WHEN...

## UNWIND THE TEXT

WRITE DOWN TODAY'S SCRIPTURE.  
1 JOHN 4:16 CEB "WE HAVE KNOWN AND HAVE BELIEVED THE LOVE THAT GOD HAS FOR US. GOD IS LOVE, AND THOSE WHO REMAIN IN LOVE REMAIN IN GOD AND GOD REMAINS IN THEM."

SPEND MORE TIME IN SCRIPTURE TO BETTER UNDERSTAND THE CONTEXT. READ ALL OF 1 JOHN 4.

YOU MAY FIND THE FOLLOWING PROMPT HELPFUL.

## REFLECT IN CONTEXT

TAKE A PAUSE, REFLECT USING THE FOLLOWING PROMPT.

GOD IS AT HOME WITHIN ME AND I KNOW THIS BECAUSE...

## PEN TO PAPER

IT'S TIME TO WRITE ANYTHING ON PAPER, ON PURPOSE. SIMPLY PRACTICE THE PRACTICE OF JOURNALING. USE THE PROMPT IF NEEDED. SHARE A THOUGHT WITH YOUR GROUP OR IN COMMENTS ONLINE.

## OUTLINE THOUGHTS

TO HELP US FOCUS AND EXPAND OUR THOUGHTS ON TODAY'S TOPIC AND WRITING IN A HOLISTIC WAY, WE WILL JOURNAL USING THE STRUCTURE OF THESE FIVE FOCI.

### MIND

RESPOND TO THE PROMPT IN LIGHT OF THE MIND, PROCESSES OF THINKING, UNDERSTANDING, OR THE GIFT OF INTELLECT.

### BODY

CONSIDER THE PHYSICAL IMPACTS, PERSONAL BENEFITS, TANGIBLE BEHAVIORS, OR COLLECTIVE BODIES.

### SPIRIT

IMAGINE THE HOLY SPIRIT AT WORK AROUND AND THROUGH LIFE IN PRACTICE AND SPIRITUAL PRACTICES.

### SELF (SENSE)

FOCUS ON YOURSELF IN THIS MOMENT. HOW MIGHT YOU USE THIS WORD OR WHAT DOES IT INSPIRE?

### OTHERS (OTHERS SAY)

FOCUS ON OTHERS IN THIS MOMENT. HOW MIGHT YOU USE THE WORD/PHRASE OR WHAT DOES IT INSPIRE?

## SHARE YOUR STORY

WRITE A POSTCARD TO SOMEONE YOU LOVE OR SOMEONE YOU ARE HAVING A DIFFICULT RELATIONSHIP WITH. EITHER WAY, AS GOD ABIDES IN YOU AND YOUR WORDS, MAY THE LIGHT AND LOVE THAT RESTS ON YOUR HEART BE SHARED WITHOUT HOLDING BACK.

## END IN PRAYER

LISTEN TO OR OFFER YOUR OWN CLOSING PRAYER FOR TODAY. YOU MAY FIND IT HELPFUL TO USE THE SAME TYPES OF PRAYER AS WE USED IN THE "PRAY TO START" OF PRAISE, PETITION, CONFESSION, AND THANKSGIVING.

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Contact Linda Furtado at [lfurtado@scarrittbennett.org](mailto:lfurtado@scarrittbennett.org) if you would like to attend or offer a P.U.R.P.O.S.E. Journaling series, workshop, or retreat experience.

# Journal for Today

WORD - PROMPT - COMMITMENT

**ABIDE**

Word of the Day  
1 John 4:16

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Prompt for Prayerful Journaling

GOD IS AT HOME WITHIN ME  
AND I KNOW THIS BECAUSE...

Write a prayer, poem, or other thoughts as you fulfill your commitment to spend time with God.

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GOD IS AT  
HOME WITHIN  
ME AND I  
KNOW THIS  
BECAUSE...

MIND

BODY



SPIRIT

SENSE

OTHERS SAY

# Praying On P.U.R.P.O.S.E.



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