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## BENEFITS OF REVIEWING YOUR JOURNAL

1

### PRAYER AND MEDITATION

Meditation and prayer allow God reveal what is most important.

2

### CLARITY AND DIRECTION

We gain clarity and direction when we look for repeated concepts and the big picture of what God has taught over time.

3

### GROWTH

Rather than be forgotten, lessons learned turn into wisdom with time to mature through application.

4

### FAITH

Fear turns the corner to faith and unbelief bows to truth when we embrace the truth God teaches.

5

### REST

Weariness finds rest when we spend time with God. Meditating on what God has taught us refreshes our soul and builds our faith.

6

### PERSPECTIVE SHIFT

The Holy Spirit can reveal where our perspective needs to shift from self to God. Truth reveals the motivations of our hearts.

7

### STRENGTH

Struggles transform into strength when we trust God is working in our lives. Attending to what we learn reminds us God is with us in our challenges.

8

### GRATITUDE

Remembering what God has done ignites gratitude in our hearts.

9

### JOY

Take time to celebrate what God has taught you-- the lessons learned and the victories won.

10

### FRESH GOALS

Yesterday's lessons become today's goals to multiply the value of what we have learned.