



Welcome to Your Journal

For some, journaling may seem difficult. For others, it can be a fun time to use gel pens and stickers. Regardless of “how” you journal, the only wrong way is to not journal at all! The ultimate purpose of journaling with your ***Bridge to Recovery*** program is to help you develop a personal, intimate relationship with Christ.

Journaling has many benefits, as you will read below. However, in the ***Bridge to Recovery*** workbooks, you will be asked to ***ponder, process, and pause***. You will need to record your thoughts from these sections in your journal as part of your program. The word ponder simply means to “think carefully about something.” The word process means to “take a series of actions or steps in order to achieve a particular end.” And the word pause means “a temporary stop” which implies taking a brief time to cease all other activities in order to focus on something.

This is imperative because God tells us clearly in His Word that we need to abide in Him and abide in His Word. This is what the ponder, process, and pause emphasis helps you to achieve. The word abide comes from the Greek word *meno* which means to stay, continue, dwell, endure, be present, remain, stand, or tarry.

“Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.” (John 15:4-5).

“Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free.” (John 8:31-32).

“Let that therefore abide in you, which ye have heard from the beginning. If that which ye have heard from the beginning shall remain in you, ye also shall continue in the Son, and in the Father.” (1 John 2:24).

Journaling can help you to abide. While you may think you can do this without journaling, writing these thoughts down requires you to use more of your senses (sight, hearing, touch) which will help you to retain it longer and recall it later.

But that is not all. Journaling is beneficial to your whole being.



Welcome to Your Journal

For some, journaling may seem difficult. For others, it can be a fun time to use gel pens and stickers. Regardless of “how” you journal, the only wrong way is to not journal at all! The ultimate purpose of journaling with your ***Bridge to Recovery*** program is to help you develop a personal, intimate relationship with Christ.

Journaling has many benefits, as you will read below. However, in the ***Bridge to Recovery*** workbooks, you will be asked to ***ponder, process, and pause***. You will need to record your thoughts from these sections in your journal as part of your program. The word ponder simply means to “think carefully about something.” The word process means to “take a series of actions or steps in order to achieve a particular end.” And the word pause means “a temporary stop” which implies taking a brief time to cease all other activities in order to focus on something.

This is imperative because God tells us clearly in His Word that we need to abide in Him and abide in His Word. This is what the ponder, process, and pause emphasis helps you to achieve. The word abide comes from the Greek word *meno* which means to stay, continue, dwell, endure, be present, remain, stand, or tarry.

“Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.” (John 15:4-5).

“Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free.” (John 8:31-32).

“Let that therefore abide in you, which ye have heard from the beginning. If that which ye have heard from the beginning shall remain in you, ye also shall continue in the Son, and in the Father.” (1 John 2:24).

Journaling can help you to abide. While you may think you can do this without journaling, writing these thoughts down requires you to use more of your senses (sight, hearing, touch) which will help you to retain it longer and recall it later.

But that is not all. Journaling is beneficial to your whole being.



“And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.” (1 Thessalonians 5:23).

SPIRIT

At the ***Bridge to Recovery***, we learn that the program is all about CONNECTIONS. As you just read above, journaling will help you connect with God spiritually as you take the time to abide or dwell in His Word. As you go through the curriculum, your “pause” time will increase as will your relationship with Him!

SOUL

When you take the time to pause and write down your thoughts, God can (and will) reveal YOU to YOU! Learning to ponder your thoughts will help you discover why you think the way you do, and taking the time to ponder God’s Word will give you wisdom and discernment and even change the way you think! In the Bridge curriculum, you will learn to seek, find, and connect. As you read God’s Word, you will learn to look up each word in the Strong’s Concordance, record the definitions, and write what the verse means to you as you apply it to your life. Journaling these thoughts on paper will give you insight into your soul (mind, will, and emotions) and allow the Holy Spirit to bring conviction and instruction (2 Timothy 3:16-17).

BODY

Journaling is also proven to help reduce stress, improve your mood, and boost your immune system - it actually helps you ***physically!*** While this is not the ultimate purpose, who doesn’t want or need help in these areas? God is interested in being a part of your WHOLE life!

As you go through the workbooks at the ***Bridge to Recovery***, you will be asked to write down specific things in your journal. Along the way, you will be asked to add certain things to your “journey” of journaling. At times, you will be required to read certain chapters of the Bible. But remember - you can add anything along the journey that you desire! Your walk with God in this journey is ***personal***. You can add things such as sermon notes, special verses to you, quotes that speak to you, prayer requests, praise notes, things you want to remember, and more. This is YOUR journey as you learn to “walk in the Spirit” and “not fulfil the lust of the flesh”. Welcome to your journey of journaling.



“And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.” (1 Thessalonians 5:23).

SPIRIT

At the ***Bridge to Recovery***, we learn that the program is all about CONNECTIONS. As you just read above, journaling will help you connect with God spiritually as you take the time to abide or dwell in His Word. As you go through the curriculum, your “pause” time will increase as will your relationship with Him!

SOUL

When you take the time to pause and write down your thoughts, God can (and will) reveal YOU to YOU! Learning to ponder your thoughts will help you discover why you think the way you do, and taking the time to ponder God’s Word will give you wisdom and discernment and even change the way you think! In the Bridge curriculum, you will learn to seek, find, and connect. As you read God’s Word, you will learn to look up each word in the Strong’s Concordance, record the definitions, and write what the verse means to you as you apply it to your life. Journaling these thoughts on paper will give you insight into your soul (mind, will, and emotions) and allow the Holy Spirit to bring conviction and instruction (2 Timothy 3:16-17).

BODY

Journaling is also proven to help reduce stress, improve your mood, and boost your immune system - it actually helps you ***physically!*** While this is not the ultimate purpose, who doesn’t want or need help in these areas? God is interested in being a part of your WHOLE life!

As you go through the workbooks at the ***Bridge to Recovery***, you will be asked to write down specific things in your journal. Along the way, you will be asked to add certain things to your “journey” of journaling. At times, you will be required to read certain chapters of the Bible. But remember - you can add anything along the journey that you desire! Your walk with God in this journey is ***personal***. You can add things such as sermon notes, special verses to you, quotes that speak to you, prayer requests, praise notes, things you want to remember, and more. This is YOUR journey as you learn to “walk in the Spirit” and “not fulfil the lust of the flesh”. Welcome to your journey of journaling.