



# Journal

*A weekly record of praises to God*  
*[www.virtualhomechurch.org](http://www.virtualhomechurch.org)*



## What is a Praise Journal?

- A weekly record of what God has done and how you reacted to Him
- The Journal covers a whole month of up to five weeks
- Just print it out and start tracking the LORD's activity in your life

## How does it work?

1. Keep your eyes on Christ throughout the week.
2. Jot down on the Review page, anything He does that catches your attention
3. Identify what they have in common
4. Scan Psalms in the Bible and Hymns in your Hymnal for any that echo the theme of your testimonies and confirm it
  - a. Write down on the Scan page texts from the Bible, or names of hymns
  - b. Quote the texts or lyrics; or write out thoughts from them
5. Search Genesis to the Gospels for acknowledgments of the LORD's care
  - a. Texts that use the theme of your testimonies
  - b. That point people to- or refocus them on- Christ
  - c. With the potential to lead people to the Cross
    - i. Write down the texts from the Bible on the Search page
    - ii. Quote the texts or write out thoughts from them
6. Check Acts to Revelation for appeals for loyalty to the LORD
  - a. Exhortations, warnings, examples, or blessings that use the theme of your testimonies
  - b. That inspire people to make the journey to the Kingdom
  - c. With the potential cultivate or generate lifelong faithfulness to the LORD
    - i. Write down the texts from the Bible on the Check page
    - ii. Quote the texts or write out thoughts from them
7. Review how you praised the LORD during the week
  - a. List the more memorable songs, prayers, and quotes in the left-hand column
  - b. Show what motivated you to sing, pray, or witness:
    - i. Write: (R) Respect, (G) Gratitude, (A) Approval, (AD) Admiration in the "Why" column on the right
    - ii. Add an explanation, if you wish.

## What is its purpose?

- To improve your daily experience with the LORD
- To prepare you for weekly worship

# From \_\_\_\_\_ to \_\_\_\_\_

## Review the Week

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Were there any close calls, unexpected blessings, opportunities to witness, divine math, peace that defies understanding, joy in spite of the world, forgiveness toward or from others, victory over temptations or sins, God's mind over your matter, healing, dramatic turnarounds, etc.?

Day	What did God do?

## Scan Psalms in the Bible and Hymns in your Hymnal

Explore those that echo the theme of your testimonies and confirm it



<b>Text Reference:</b>	<b>Hymn Name:</b>
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# Acknowledgments of the LORD's care that may lead people to the Cross

Search Genesis to the Gospels for texts that use the theme of your testimonies



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# Appeals for loyalty to make the journey to the Kingdom



Check Acts to Revelation for pleas, warnings, and examples based on today's theme

QUOTE	THOUGHT
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## Songs and Prayers to God, Testimonies to others



Praise the Lord

How did you praise and thank the LORD this week?

- What songs did you sing?
- What prayers did you offer?
- What did you say to others?

List the more memorable songs, prayers, and quotes in the left-hand column

Use this code to show what motivated you to sing, pray, or witness: (R) *Respect*, (G) *Gratitude*, (A) *Approval*, (AD) *Admiration*. Add an explanation, if you wish.

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