

CBR Journaling

CBR journaling is the practice of writing to Jesus as you read the Scriptures.

As you read the day's chapters, use the following guide to write to Jesus about what you have read. Journaling to Jesus is praying through your pen.

One Prayer

“Jesus, I want to see You, fall in love with You, and become You to others.”

One Word

Adoration

Confession

Thanksgiving

Supplication

One Directive for Journaling

Adore and worship God for who He is, what He has done, is doing, or will do to save you

Ask God to forgive you for who you are, what you've done, are doing, or want to do

Express the gratitude you feel toward Jesus for who He is, what He has done, is doing, or will do to save you

Ask the Spirit of Jesus to make you like Him on some specific way, so that others can see the love of Jesus in you