**Note: I started keeping a Spiritual notebook back in the 1980’s. Over the years I tried the Notebook and the Journal method then recording into MS Word because my hand writing was so bad. I later moved to the Logos Software and they have tools for everything I needed to do. I have been using that method for over 20 years now**

Lesson #1

INTRODUCING THE SPIRITUAL NOTEBOOK OR A SPIRITUAL JOURNAL

Your Spiritual Notebook or Spiritual Journal is a tool designed to assist you in organizing and remembering the lessons and insights, which the Holy Spirit teaches you daily.

The unique feature of using your Spiritual Notebook or Spiritual Journal is to help you learn how to record, develop, and use the insights derived from the experience and discipline of your own Christian life.

Observation will show you that a large number of sincere Christians have never learned how to grow spiritually. For many the problem is not dedication but retention! For this reason the Spiritual Notebook or Spiritual Journal will particularly help those who are already committed, but who also want to organize and retain what they learn. Its format is simple and basic, so that any Christian young or old can utilize its concepts with a natural ease.

It is intended to serve as a companion unit to your Bible. Your notebook or journal will begin to grow as you add valuable material from your daily "quiet time", worship, personal Bible study, and numerous other periods of spiritual intake. Periodically, you will find it helpful to transfer your material to a file where it will be readily available whenever needed.

Each of the sections includes practical suggestions. You may add as many tabs and personalized divisions, as you need according to your own individual needs.

Proper use of your Spiritual Notebook or Spiritual Journal will help you develop a wide range of positive Christian attributes in your life. The psalmist said; “*When I think of thy ways, I turn my feet to thy testimonies" (Ps. 119:59, RSV).*

The following outline will point out the basic steps in properly using you Spiritual Notebook or Spiritual Journal.

I. What is a Spiritual Notebook?

A Spiritual Notebook is a notebook of some sort into which you make entries within a section pertaining to that topic. For example, an answered prayer will be recorded in the prayer section of your notebook.

II What is a Spiritual Journal?

A Spiritual Journal is a recording of what the Holy Spirit teaches us in a chronological order in a journal or diary format. There may be subsections as you go along. I am currently using Diarium software. It is very customizable.

III Why use a Spiritual Notebook or Journal?

 A. To grow in personal discipleship.

 B. To retain what the Holy Spirit teaches you.

 C. To fellowship with the Lord.

 D. To gain knowledge of God's Word.

 E. To organize the insights God gives you.

 F. To share Christ with others.

II. How to use your Spiritual Notebook or Journal.

 A. First, you RECEIVE a valuable spiritual insight,

 1. From a Sermon

 2. From a Bible study

 3. From a personal experience.

 B. Second, you RECORD the insight in your Spiritual Notebook or Journal.

 C. Third, you MEDITATE on the insight during the day.

 D. Fourth, you APPLY the insight in your life.

 E. Fifth, you TEACH the insight to others.

IV. When to use your Spiritual Notebook.

 A. Whenever you anticipate learning something of a spiritual nature.

 B. Whenever you plan to use your Bible.

 C. Whenever you plan a time of prayer.

V. Where to use your Spiritual Notebook.

 A. In your daily "quiet time".

 B. In personal or group Bible studies.

 C. In worship services, crusades, retreats, or conferences.

VI It will help you be an aggressive listener

A. A passive listener is one who likes to be entertained and made to feel good.

B. The aggressive listener. One who comes to church with a Bible a pencil and paper with intent on getting something.

Purpose of a Spiritual Notebook or Journal

I. What is a Spiritual Notebook?

A. A Spiritual Notebook is a means of **recording** what the Holy **Spirit** teaches us **daily**.

B. What is a Spiritual Journal?

A Spiritual Journal is a recording of what the Holy Spirit teaches us in a chronological order in a journal or **diary** format. There may be subsections as you go along.

C. PURPOSE: These are ***tools*** designed to help us **organize** and. **retain** the blessings of God

D. OUR BASIC PROBLEM: During each year, we are given valuableinsights from the bible, but these insights are usually forgotten. We have rich **spiritual experiences** during the year, but we allow the valuable lessons of those experiences to fade away. In Short, we have not retained God's, blessings!

E. Our spiritual problem may not be**dedication** but **retention.**

**II. How we can Internalizing God’s Word**

 A. “Seek ye out of the book of the Lord, and read*.”**Isa 34:16a*

 B. The Word of God is our Sword...

*Heb 4:12. 12 For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. (NIV)*

**Hear** the Word

*Deut 4:10 10 ... "Assemble the people before me to hear my words so that they may learn to revere me as long as they live in the land and may teach them to their children." (NIV)*

*Deut 32:1-2 1 Listen, O heavens, and I will speak; hear, O earth, the words of my mouth.2 Let my teaching fall like rain and my words descend like dew, like showers on new grass, like bundant rain on tender plants.*

**Read** the Word

*Matt 19:4 4 "Haven't you read," he replied, "that at the beginning the Creator 'made them male and female,' (NIV)*

*Matt 21:16 16 "Do you hear what these children are saying?" they asked him. "Yes," replied Jesus, "have you never read, "'From the lips of children and infants you have ordained praise'?" (NIV)*

*Matt 22:31 31 But about the resurrection of the dead-- have you not read what God said to you, (NIV)*

**Study** the Word

*2 Tim 2:15 15 Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth. (KJV)*

**Memorize** the Word

*Ps 119:11 11 Thy word have I hid in mine heart, that I might not sin against thee. (KJV)*

**Meditate** on the Word

*Ps 63:6 \6 When I remember thee upon my bed, and meditate on thee in the night watches. (KJV)*

**Apply** the Word

*James 1:22 22 But be ye doers of the word, and not hearers only, deceiving your own selves. KJV)*

**III. How to hear and remember the word for Faith**

 *ROM 10:17* ***“****Faith comes by hearing...*

 A. We remember:

 **10%** of what we hear after 72 hours.

 **30%** of what we read after 72 hours

 **50%** of what we hear and read after 72 hours

 **90%** of what we hear, read and do after 72 hours

Edgar Dale was born on April 27, 1900 – March 8, 1985. He received a B.A. and M.A. from the [University of North Dakota](https://en.wikipedia.org/wiki/University_of_North_Dakota) and a Ph.D from the [University of Chicago](https://en.wikipedia.org/wiki/University_of_Chicago). a professor at [Ohio State University](https://en.wikipedia.org/wiki/Ohio_State_University). In 1946, Dale introduced the Cone of Experience concept. The "Cone of Learning," it purports to inform viewers of how much people remember based on how they encounter information. Not to be taken as an absolute but for relationship value.

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| --- |
| **Dales Cone of Experience (Retention)** |
| **Percentage** |
| 10% of what they read |
| 20% of what they hear |
| 30% of what they see |
| 50% of what they hear and see |
| 70% of what they say and write |
| 90% of what they do |

 - Edgar Dale (Cone of Experience)

<http://www.qscience.com/doi/pdf/10.5339/qproc.2015.elc2014.6>

<http://www.queensu.ca/teachingandlearning/modules/active/documents/Dales_Cone_of_Experience_summary.pdf>

<https://www.facultyfocus.com/articles/course-design-ideas/designing-a-course-with-accountability-and-dales-cone-of-experience/>

https://en.wikipedia.org/wiki/Edgar\_Dale

 B. We need to reverence God’s Word.

*Neh 8:1 all the people assembled as one man in the square before the Water Gate. They told Ezra the scribe to bring out the Book of the Law of Moses, which the LORD had commanded for Israel*

*Neh 8:8 They read from the Book of the Law of God, making it clear and giving the meaning so that the people could understand what was being read. (NIV)*

 C. We need to **prepare** our hearts to listen. (Satan doesn’t want you to have a prepared heart. He will try to distract you.)

 D. God gives his **pearls** to those who will value them.

*Matt 7:6 6 Do not give dogs what is sacred;* ***do not throw your pearls to pigs****. If you do, they may trample them under their feet, and then turn and tear you to pieces. (NIV)*

 Jesus is saying here, do not give something of great value to someone who is not prepared to value it.

 Christ or the Holy Spirit will not give **us** something of great value unless we demonstrate, by our **actions** and **attitude** that we will value

 that which HE gives.

 E. Write it down

 1. God has placed a great deal of **value** in the written word. That is why His word the Bible has endured through the ages.

 *Exod 17:14 14 And the LORD said unto Moses,* ***Write*** *this for a memorial in a book, and rehearse it in the ears of Joshua: ... (KJV)*

*Jer 36:2 2* ***Take thee a roll of a book, and write therein all the words that I have spoken unto thee*** *against Israel, and against Judah, and against all the nations, from the day I spake unto thee, from the days of Josiah, even unto this day. (KJV)*

 *Rev 1:11 11 Saying, I am Alpha and Omega, the first and the last: and,* ***What thou seest, write in a book****, and send it unto the seven churches which are in Asia... (KJV)*

 2. Man has tried to **destroy** it, **discredit** it, hinder its distribution, and **ignore** it, but to no avail.

 *Isa 55:11 11 So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it. (KJV)*

 F. Sermon notes

An insight without an **application** is only for the intellect. God is not interested in giving us more knowledge.  *Paul said “knowledge puffs up”, makes us proud*. The idea here is that we **grow** in the **knowledge** of Christ, and we apply that which we learn. The Holy Spirit is more interested in shaping our **charact**er than filling our heads with knowledge. He wants our character to become **Christ like**.

Conclusion: We need to hear the word of God for **faith**. We need to hear it in worship, Sunday School, or any other opportunity that God makes available to us. Then we need to come with a **prepared** heart. Then we need to use a **tool** to help us organize and **retain** what God has revealed to us. We need to learn to **listen** to Him, and when He speaks, we need to record what He teaches us and apply it to our lives.

 *Tell about notes in smart phone by the bed and when driving.*

Assignment:

1.. Begin taking notes in your notebook or Journal in Sunday School and Church.

 (*You will find that the time will pass by very quickly)*

Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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