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Subject: **The Coaching Pair: Journaling as Communion with God (June 11, 2008)**

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**"Journaling, the writing out of our prayers and God's answers, provides a great new freedom in hearing God's voice." Dr. Mark Virkler**

**How would you describe your life purpose?**

Then Yahweh answered me and said, **Write the vision down**, inscribe it on tablets to be easily read. (Habakkuk 2:2; NJB)

As you undoubtedly know by now, Dr. Randy Peck and I are teaming up to do a 5-week, 35-day on-line course in journaling with a special emphasis on understanding your life purpose or destiny. This is an exciting combination of two of the most significant learning experiences I've been blessed with in my life, i.e., journaling as a means of engaging in a two-way dialog with God, and coaching with a specific emphasis on the "discovery" of one's life purpose and destiny.

The combination makes perfect sense. There is a line in a fantastic movie that Sharon and I rented last Friday night entitled "Bella." (If you haven't seen it...by all means plan to do so!) The line went something like this..."If you want to make God laugh, tell Him your plans." (A little Google research shows that the line was not original to the movie, but I still highly recommend the movie.) Anyway, wouldn't it make far more sense to ask God about His plans for you? Yes, but...God doesn't talk to me. Or does He?

Over 25 years ago, I was taught to journal as a means of hearing God's voice by Dr. Mark Virkler, who has since become a good friend and ministry colleague. Mark developed a seminar that he continues to teach to this day around the world, called "Communion With God." Highly acclaimed, the seminar is best described by Tommy Reid, Senior Pastor of Full Gospel Tabernacle in Orchard Park, NY when he wrote, "The problem [that keeps most Christians from an active prayer life], I believe, is not commitment or lack of desire. The problem is rather the monotony of the prayer life itself. One hardly desires to carry on a monologue. It is understandably 'boring' to talk to anyone who fails to talk back. Thus our prayer lives are plagued by an improper understanding of biblical prayer."

Link that perception of journaling as a dialogue with God with a theology that is founded on the notion that God designed each of us for a specific purpose and, toward that end, fully equipped us with all the gifts, talents, temperament, and opportunities to fully fulfill that purpose and I believe you begin to see the potential impact this on-line course could have on your life.

It's not too late to join Randy and me on one of the introductory journaling webinars and learn more about what we've got planned. There are two more webinars scheduled for later today. To attend, just go to REGISTER TODAY.

### **Prayer Power**

Lord, fill us with the desire to hear Your voice clearly and the desire to discover the purpose You had in mind when we were so "fearfully and wonderfully made."

### **Link of the Day**

Four Keys to Hearing God's Voice

[<http://www.cwgministries.org/Four-Keys-to-Hearing-Gods-Voice.htm>]

Blessings on you as you step out to explore the topic of journaling in depth.

Jerry and Sharon

The Coaching Pair

Jerry Graham, Ph.D., D.Min.

Sharon Graham, R.N.

### **Health Tip**

Your body is made up of cells, and healthy cells can equal healthy bodies. Properly communicating cells is a KEY to your health. Whether it's your immune system, digestive system, nervous system, or cognitive function, or any one of the myriad of your bodily functions, supporting cell-to-cell communication is vital. Call us at 757.482.4490 for details.