

# Family 1<sup>st</sup>



*Sunday Morning Series*

# Journaling Cheerful Thoughts

## GULF SHORES CHURCH OF CHRIST

Sermon for February 8, 2015 by Ray Reynolds

Introduction: We are living in an age when the Christian home is under attack. We are bombarded from every side and it is taking its toll on faithful Christians. We need to put the family first! In this specific lesson we will focus on journaling, specifically journaling cheerful thoughts. Journals and diaries have been popular for centuries. If you don't believe me just open your Bible and read the books of Psalms, Proverbs, Ecclesiastes, Song of Solomon, or Lamentations. Building on our last lesson - identifying positive communication - I wanted us to consider a creative outlet for positive thoughts. I pray that this will help you in your spiritual walk, in your marriage, with your family, and in all other relationships. Let's study together...

Discussion:

### *I. Journaling Increases Spiritual Discipline*

- A. Write something every day (Habakkuk 2:2, Proverbs 28:18, Deuteronomy 31:19).
- B. Write something positive (Philippians 4:8-9, I Corinthians 13:5, Proverbs 17:22).
- C. Write something meaningful (Psalm 8, Psalm 23, Psalm 51).

### *II. Journaling Improves Personal Humility*

- A. God loves humility (II Chronicles 7:14, Psalm 18:27, Psalm 147:6).
- B. God exalts humility (Proverbs 11:2, Luke 18:14, James 4:10).
- C. God seeks humble servants (I Samuel 13:13-14, Acts 13:22, Isaiah 66:2).

### *III. Journaling Imparts Emotional Stability*

- A. You can build hope, love, and joy (I Corinthians 13, Romans 12:12, Philippians 4:4).
- B. You can extinguish sorrow, fear, and hate (II Corinthians 7:10, II Timothy 1:7, I John 4:20).
- C. You can find peace (Romans 5:1, Ephesians 4:3, Philippians 4:7).

Conclusion: Make time for personal devotion. Set aside some time every day when you can pray, read the Bible, and journal your thoughts. Do not rush through life ignoring God's direction. If you are not living as a faithful and godly family... PLEASE repent and set your house in order. Do you need prayers for any other thing going on in your life? The family of God is here to pray for you!