

Bible Journaling

- 1) Pick a passage. There doesn't need to be any rhyme or reason to what you choose, but think about choosing something in length that you can easily re-read several times. Need some ideas? Check out the list below.
- 2) Read your selected passage once through and take it in – absorb the words. Read your selected passage a second time through, this time, observing thoughts / insights / inspirations / words or phrases that stick out to you. Read your selected passage for a third time. On your last pass through, think about the imagery you see based on the thoughts / insights / inspirations / words or phrases that stuck out to you.
- 3) Begin to create! Use whatever art supplies call out to you. There are no mistakes in Bible Journaling. Allow the time you spend creating in your Bible to be soothing, meditative, and holy.

If you're not crazy about the idea of doodling in your personal Bible, use a separate piece of paper and tuck it into your Bible next to the actual passage as a reminder for later!

Passage Suggestions for Bible Journaling:

Old Testament...

Ecclesiastes 3:1-8
Ecclesiastes 4:9-12
Habakkuk 3:17-19
Psalm 37:4
Psalm 147: 1-20
Jeremiah 29:11
Proverbs 3:5-6
Lamentations 3:21-24
Ruth 1:16-17
Isaiah 43:1-3

New Testament...

1 Corinthians 12:4-11
1 Corinthians 13:4-8
Romans 8:38-39
Romans 15:13
Matthew 5:16
John 8:31-38
Galatians 6:1-10
Philippians 1:6
John 14:27
Matthew 11:28-30