

## POD INTENSIVE SESSION 5

### The Most Common Reasons for Mistakes in Journaling

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This document is designed to help you explore issues and conditions that may exist in your heart and life right now that keeps you from fully benefiting from journaling effectively before the Lord. Take time to review the following 9 issues that hinder our journaling and ask God to show you the issues of your heart and which issues below need your attention. The goal is for you to more clearly hear God's words, thoughts and themes for your life so that you can live out Romans 12:1-2. Before you start reading the material below, ask God to guide you through the issues outlined below and reveal His thoughts to you about you. In John 10:1-18 states three times that *"My sheep hear my voice"* so be encouraged about God's motives for you to hear His voice. You will be blessed by His thoughts and words to you as you learn to journal the voice of the Lord as he speaks to you!

- 1. Improper Focus.** Sometimes you may discover yourself inadvertently praying with an idol in your heart. That is, you are *focusing more intently on the "thing" you are praying for than you are on Jesus Christ*. Thus the answer comes back through the *"thing"* rather than purely from Jesus' heart.

**The Solution** – Fix your eyes on Jesus as you pray. Watch Him address the *"thing"* you are praying about.

- 2. Improper Interpretation.** Sometimes I think God has said a certain thing to me. I got and act on it, but it does not come to pass as He said it would. I have often found that when I go back and read the actual words which are in my journal, they are different than I had thought them to be. I had immediately jumped to a conclusion, interpreting the words in a certain way based on my own analytical thoughts. However, when I looked again at the precise words, I found that these actual words were fulfilled. It was my interpretation that was wrong.

**The Solution** – Be careful not to interpret what God says to you. Ask Him to interpret it for you. He will do that!

- 3. Not acting as God instructs** – I have found that if I do not act on the words of God in the way and according to the timing which He gives me, the release of God's perfect will (Romans 12:2) into the situation can be hindered.

**The Solution** – Do what God says, when He says it, the way He says to do it. Our actions become acts of faith, prophetic actions and acts of obedience, and as such they open the door for God's miracle-working power to be released.

- 4. Not a large enough conduit to release God's power.** God chooses to have His Power (Dunamis) flow through His earthen vessels, allowing his will to be released. The earthen vessels are often us! If God has spoken that His will is to do a supernatural feat through me, and my vessel is clogged through improper spiritual care and exercise, my constricted vessel can hinder God's miracle, and my journaling may appear to also be wrong. However, my journal probably did reveal God's perfect will (Romans 12:2) but it was not accomplished because of the vessel being too small to allow a sufficient amount of the Holy Spirit's power to touch the point or person in need.

**The Solution** – Take good care of your spirit through continual praying, spending time with the Lord, meditating on the Word, picturing what God has promised as already fulfilled positionally (appropriation), confessing all sin and obeying the voice of God in your heart. The bible passage 2 Timothy 2:20-21 states *"In a large house there are articles not only of gold and silver, but of wood and clay; some for noble purposes and some for ignoble. If a man cleanses himself from the latter, he will be an instrument for noble purposes, made holy, useful to the Master and prepared to do any good work."*

Take a few minutes to reread 2 Timothy 2:20-21 above and ask God to examine your heart and speak His words to you about where you stand

before him right now with respect to the content contained in this passage and write down His thoughts below:

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- 5. Not having the right word in my vocabulary to fit the feeling within my spirit** – As God grants impressions within our hearts, our spirits search for an adequate vocabulary to attach to these impressions so that we can gain wisdom and understanding. If I do not pause to get exactly the right word, or if I do not have the right word in my vocabulary, I can hastily assign a wrong word or meaning to the inner sensation and find I have messed up my journaling.

**The Solution** – Wait for the “right” word to be formed within your heart, the word that fully and completely conveys the feeling of your spirit.

- 6. Blocking the divine flow by having my sights fixed on a limited number of options** – Sometimes when I ask a question I am looking for a “yes” or a “no” and have thus closed my heart to other creative possibilities. Often God has ingenious approaches to situations which I have never heard or thought of because I am locked into a narrow framework or perspective. In this case I may find myself journaling the answer I most want to hear, since I have blocked the divine flow.

**The Solution** – Be watchful to be open to God’s limitless possibilities to take up your cause or maneuver you through the obstacle. David inquired of the Lord 7 times in 1 and 2 Samuel regarding his next step in dealing with enemies and obstacles and each time God responded to David’s inquiry with direction and outcomes from God’s heart to David’s, if you inquire with your whole heart, expect God to also give you His direction and outcomes! Remember the encouragement found in Isaiah 55:8-9 exhorts us to understand that God’s thoughts and ways are higher than ours and the Lord loves to answer those prayers and inquires of His saints whose hearts are fully devoted to Him!

**7. My advisors may answer quickly without hearing from God** – Sometimes when you share your journaling with your spiritual friends and advisors, they may not agree with what you have written down. In this case, make sure that they have not just answered you “off the cuff” or just given you “their best opinion” concerning the issues without seeking God’s full counsel themselves. You are not asking for their best judgment but you are asking them to seek God’s voice and face to also hear from God to confirm what you have written down or heard from the Lord.

**The Solution** – Ask them to pray about your issue and inquire of the Lord themselves and what they may have heard from the Lord. Proverbs 17:17 states that *“A friend loves at all times and a brother is born for adversity”*. A true friend of yours will be motivated to pray and inquire of the Lord in your behalf!

**8. God will not violate mans’ free will** – God desires that all people come unto repentance; however, some never will. Therefore, God’s perfect will is not always realized in each person’s life. When we are journaling, and a word is given that involves another person, we need to realize that this person can and may choose a direction that is contrary to God’s perfect will for them and that our journaling, even though it may be reflecting God’s perfect will, may not be fulfilled.

**9. Beware of your own desires as you journal** – If you feel strongly about a certain thing or person, it is very easy for your own desires to come through your journaling. Prominent examples would include: romance, sexuality, power, greed, lust and fame to mention a few. These things can flow so easily and effortlessly into your journal that you are most certain it is Christ, yet you find out later that it is only of your own desires and thoughts.

**The Solution** – Remember the exhortation found in James 4:1-10. Read that passage right now and take time to ask God to examine your heart for you so that you may understand the desires of your heart and where they come from. Are you having trouble submitting to God right now? Verse 7 states to *“submit yourselves, then, to God. Resist the devil, and he will flee from you.”*

Ask God to show you how to live out verse 7 mentioned above and write down God’s response to you below.

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