

# POD Session 5 Addendum

## Journal Exercise

Spend some time with the Lord in this Journal Exercise and go to your stronghold to spend time with him. If you do not have a “stronghold” place and time right now, find some time to answer these questions when and where you are comfortable and away from all distractions.

Fix your eyes on Jesus turning your full attention to Him and then tune in to hearing His voice and record what he says to you below. Be ready to share what you wrote down with your group if you are comfortable.

1. “Lord, what do you want to say to me about the use of journaling as a tool to helping me hear your voice?

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2. How important is journaling to you at this time in my life?

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3. What do You want to speak into my life at this time?

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4. Share what God has spoken to you about your life with your POD group and discover just how much God cares for the details in your life!