

SPECIAL JOURNAL PROJECT CHAPTER 5

It is especially healing to pray for others.

Often this unselfish endeavor comes back to us in healing and blessings 10 to 100-fold.

Your special Journal project for Unit 5 is to select one thing from the news, or from your community, or from work, or from within your own family, and pray about it by writing 7 (number of completeness) verses from the Scriptures that address the problem or situation.

That will not be quite sufficient.

You will then need to take each verse and keep it actively in thought for no less than 3-4 minutes — letting that “Mind that was in Christ Jesus” work in your thought. Listen in this prayer rather than speaking, informing, or petitioning. Listen. Be still and quiet. Hold to the main idea of the verse with intent for peace and adjustment in the situation you have selected to pray about.

Then give thanks after you’ve had some spiritual realization, and leave it actively in the hands of God.

If you know of the results, record them.

If you are praying for a particular world problem, check in on it again soon.

Blessed Journaling,

Abby