

Personal Journal

Notes

Jesus rose early in the morning to be alone with the Father. What will you have to do to be alone with the Father (Mark 1:35-39)?

What did I learn about God?

What do you learn about prayer from Jesus' explanation (Matthew 6:7-13)?

What did I learn about myself?

List three benefits of meditating on God's word (Psalm 1:1-3).

What will I do with what I just learned?

Do you think it is common for people to spend time alone with God, praying and meditating on His word? Why or why not?

Prayer List