

KEEP A

# JOURNAL

and



REMEMBER GOD'S KINDNESSES

"Begin today and write in it your goings and your comings, your deeper thoughts, your achievements, and your failures, your associations and your triumphs, your impressions and your testimonies. We hope you will do this, our brothers and sisters, for this is what the Lord has commanded, and those who keep a personal journal are more likely to keep the Lord in remembrance in their daily lives." - Spencer W. Kimball

"There is something about journal writing that causes us to meditate, to recommit, and to receive spiritual impressions in the process of such pondering. Frequently, you will have cause to rejoice at how the Lord has been sensitively involved in guiding and watching over you and those you love and care about"

- Elder L. Edward Brown

So, you think your life isn't very exciting, or that you're not a good writer? Consider this:

The experiences you have are unique. Years from now you will be amazed at how much you have grown.

Be honest about yourself. Your journal is the perfect place to sort out your feelings, set goals, and develop dreams.

Write down experiences as soon as you can. Interesting details can fade quickly.

Moroni didn't think he was a great writer either (see Ether 12:23-25), but we'd be missing a lot without his writings.

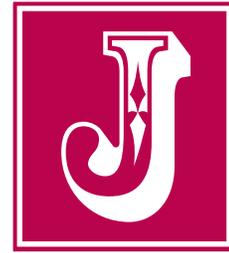
If nothing else, write your testimony. Nephi said, "We ... write, to persuade our children ... to believe in Christ" (2 Ne. 25:23).

"When we receive promptings regarding God's children, if we write down the thoughts and inspiration we receive and then obey it, God's confidence in us increases and we are given more opportunities to be instruments in His hands."

- Elder Don R. Clarke

## CHALLENGE:

For three weeks, every night before going to sleep, ponder Elder Henry B. Eyring's question, "Did God send a message that was just for me? Did I see His hand in my life?"



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