



Top Ten Journaling Tips for Hide & Seekers!

You are invited to **Write your Heart Out...**

ENJOY Journaling with Jesus! Your Jesus Journal is a place for you to "write your heart out" and *pray* in cool creative ways! Use it during your DEEP Dives in your Secret Place to write or draw about things discover on your adventure! ***Here are some easy tips to help you:***

1. **Follow the Prompts** - Each page has a special question or idea to guide your time with Jesus.
2. **Use your Own Words** - Don't worry about spelling or grammar. Just write like you talk.
3. **Ask & Seek** - Write down your big questions and search for answers in the Bible or through prayer.
4. **Be Honest** - This journal is a safe spot to write your real feelings, thoughts or experiences. Share them with Jesus - He loves hearing from you!
5. **Draw & Doodle** - If you can't find the words, use pictures to show how you feel or what you're thinking.
6. **Treasure His Truth** - Write your favorite Bible verses, promises, and things Jesus shows you.
7. **Be Creative** - Use colors, stickers, or anything fun to make your journal special.
8. **Celebrate Blessings** - Write about the good things God does in your life and what you are grateful for!
9. **Keep it Personal** - This journal is just between you and God. Share it only if you want to.
10. **Enjoy your journey and make amazing memories with God!**