

The image shows a top-down view of a desk setup for journaling. A white marble desk holds a gold pen, a clear container with paper clips, a blue fabric object, and a black and white patterned object. A notebook with a black and white striped cover is open in the foreground. The text 'Journaling Time with Jesus' is overlaid on the scene. 'Journaling' is in a large, bold, black sans-serif font. 'Time with' is in a smaller, black sans-serif font. 'Jesus' is written in a blue, cursive script font. A blue line loops around the word 'Journaling' and underlines 'Jesus'.

# Journaling

Time with

*Jesus*

# Journaling Time With Jesus

Rev 3:20 (NLT)

*“Look! Here I stand at the door and knock. If you hear me calling and open the door, I will come in, and we will share a meal as friends.”*

The culture that Jesus lived in was so different that ours today. Many eat dinner on the run and rarely enjoy a sit-down meal with friends and family. Mealtimes in Bible times were a long, relaxing event. You sat on the floor at a low table with pillows to lean on. Conversation and fellowship were as important as the food served.

Can you just imagine what it would be like to share a meal like that with Jesus?

Would you love just once to be in Mary's place, lost in the wonder of His words and His presence? Not just once but many times!

We are starved for fellowship and intimacy in our busy lives. Our hearts ache for it and our spirits weaken for lack of it. I crave it!

A meal may not be on the menu, but time with Him is always available to us. In truth, he knocks today and we only have to answer.

Print out this simple guided prayer journal. Each day you will notice your blessings, share your concerns and lean into one of the promises in the Bible.

Look up the verse noted and journal the thoughts you have about it, asking God to give you encouragement and direction day by day.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I am grateful for the ways that you are working in my life and in the lives of those who are precious to both of us.

**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Isaiah 40:29 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Exodus 14:14 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

James 1:5 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Deuteronomy 31:8 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I am grateful for the ways that you are working in my life and in the lives of those who are precious to both of us.

**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Isaiah 54:17 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

2 Chronicles 7:14 says:

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Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

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**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Philippians 4:19 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

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**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

James 4:7 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

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**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Isaiah 43:2 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Jeremy 29:11 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

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**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Joshua 1:9 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I am grateful for the ways that you are working in my life and in the lives of those who are precious to both of us.

**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

John 8:39 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I am grateful for the ways that you are working in my life and in the lives of those who are precious to both of us.

**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Psalm 18:3 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I am grateful for the ways that you are working in my life and in the lives of those who are precious to both of us.

**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Romans 8:28 says:

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Thank You Lord for this precious time. Love, Me.





Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I am grateful for the ways that you are working in my life and in the lives of those who are precious to both of us.

**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Psalm 50:15 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I am grateful for the ways that you are working in my life and in the lives of those who are precious to both of us.

**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Psalm 23:4 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I am grateful for the ways that you are working in my life and in the lives of those who are precious to both of us.

**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Philippians 4:6-7 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I am grateful for the ways that you are working in my life and in the lives of those who are precious to both of us.

**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Romans 10:9-10 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I am grateful for the ways that you are working in my life and in the lives of those who are precious to both of us.

**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Matthew 6:31-33 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I am grateful for the ways that you are working in my life and in the lives of those who are precious to both of us.

**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

John 14:13-16 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I am grateful for the ways that you are working in my life and in the lives of those who are precious to both of us.

**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Luke 11:9-13 says:

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Thank You Lord for this precious time. Love, Me.



Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I am grateful for the ways that you are working in my life and in the lives of those who are precious to both of us.

**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Mark 11:24 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I am grateful for the ways that you are working in my life and in the lives of those who are precious to both of us.

**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Psalm 27:1 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I am grateful for the ways that you are working in my life and in the lives of those who are precious to both of us.

**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Psalm 34:17 says:

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Thank You Lord for this precious time. Love, Me.

Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I am grateful for the ways that you are working in my life and in the lives of those who are precious to both of us.

**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Malachi 3:10 says:

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Thank You Lord for this precious time. Love, Me.







Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I am grateful for the ways that you are working in my life and in the lives of those who are precious to both of us.

**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Ephesians 3:16-19 says:

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Thank You Lord for this precious time. Love, Me.



Dear Jesus, my heart is hungry for intimacy and I am so glad that you invite me to spend time with you.

**First things first, I thank you for these blessings...**

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I am grateful for the ways that you are working in my life and in the lives of those who are precious to both of us.

**Next, these things are weighing on my heart...**

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I know you have my life in your hands and I trust you.

**Now Jesus, is there anything special that You want to say to me?**

Isaiah 41:13 says:

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Thank You Lord for this precious time. Love, Me.

# Continue Meeting with Jesus

Jer 29:13 (NIV)

*“You will seek me and find me when you seek me with all your heart.”*

The wonderful thing about Jesus is the more we seek Him, the more we discover He’s been seeking us! Intimacy with God doesn’t have to be reserved for just special occasions...it’s an on-going, day-to-day conversation.

Now that you’ve completed your journal, you can continue to use the same format to meet with Jesus daily. Start each encounter by thanking Him for a blessing, sharing your concerns, and pausing to listen for His voice.

Even when life gets busy and hectic, aim to spend just five or ten minutes with Jesus. There’s nothing more refreshing than basking in your Savior’s presence!