



MEETING WITH GOD

April 2016

*As the deer pants for streams of water,
so my soul pants for you, my God.
My soul thirsts for God, for the living God.*

Psalm 42:1-2

Have you tried journaling? Have you tried talking with God by writing to Him, as you would write letters to a friend? Through sharing of yourself in this way it's possible to have a more intimate relationship with Him. When you write regularly to Him, you and God can come to know each other better as you open yourself to Him and as you become aware of Him with you.

Like many of you, I live with multiple ups and downs. But my need to touch base with God through journaling never changes. My journal is precious to me. When I open it and pick up my pen, I'm ready to meet with Him. I'm ready for that exquisite quiet time of writing, bringing to Him my concerns and my feelings, whether joyous or painful.

All my entries are addressed to God, or Lord, or Jesus, or Father. Starting my writing off that way reminds me of who I'm talking to. I try to keep the awareness of His presence with me throughout.

As I write, I know that God is reading, because by the time I've told Him about my

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troubles and run out of words, I feel encouraged. When I'm overly excited about life, God helps keep me steady. When I'm confused or when my thinking is foggy and I don't know what to do about a problem, just writing to God about it helps sort it out. When I have things I'd like to accomplish, writing it down for God's eyes to see motivates me to get going. He guides my plans as my pen moves across the page.

When something important springs to mind and I don't want to lose it, I grab my journal without delaying and write it down. (We *do* lose thoughts, even important ones.) I try to keep my journal handy everywhere I go, ready to open when I have something I want to share with God.

Journaling is always good, no matter where we are or what time of day it is. However, meeting with God is at its best first thing in the morning, before the busyness of life takes hold of us. It's then that our mind is most open and rested, most ready to receive.

Does this amount of journaling sound excessive to you? Some might think so. However, as a habit I developed over a ten year period, it has paid off. Through journaling God has helped me with many projects, tough issues, as well as emotional struggles. Through journaling He has led me to writing the reflections that I've been able to share with you.

Does journaling sound like something you would like to make a part of your time with God? I encourage you to try. You don't have to go as far as I do. Simply using it during your quiet time will make a big difference to your relationship with God. Write, honestly revealing yourself to Him—all your needs, sadness, and joy. Open yourself to His loving presence. Receive, so that you in turn can share Him with others.

Write, knowing that you're meeting with the God you love, the God who loves you. One day you will find that He is as close as your pen is to the paper.

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