

Bible journaling 101: Getting started and lessons learned

Caught in the everyday routine of life, I realized I needed to renew my relationship with God and be spiritually challenged. I wanted to try a new way to worship the Lord—one that would take me out of my comfort zone.

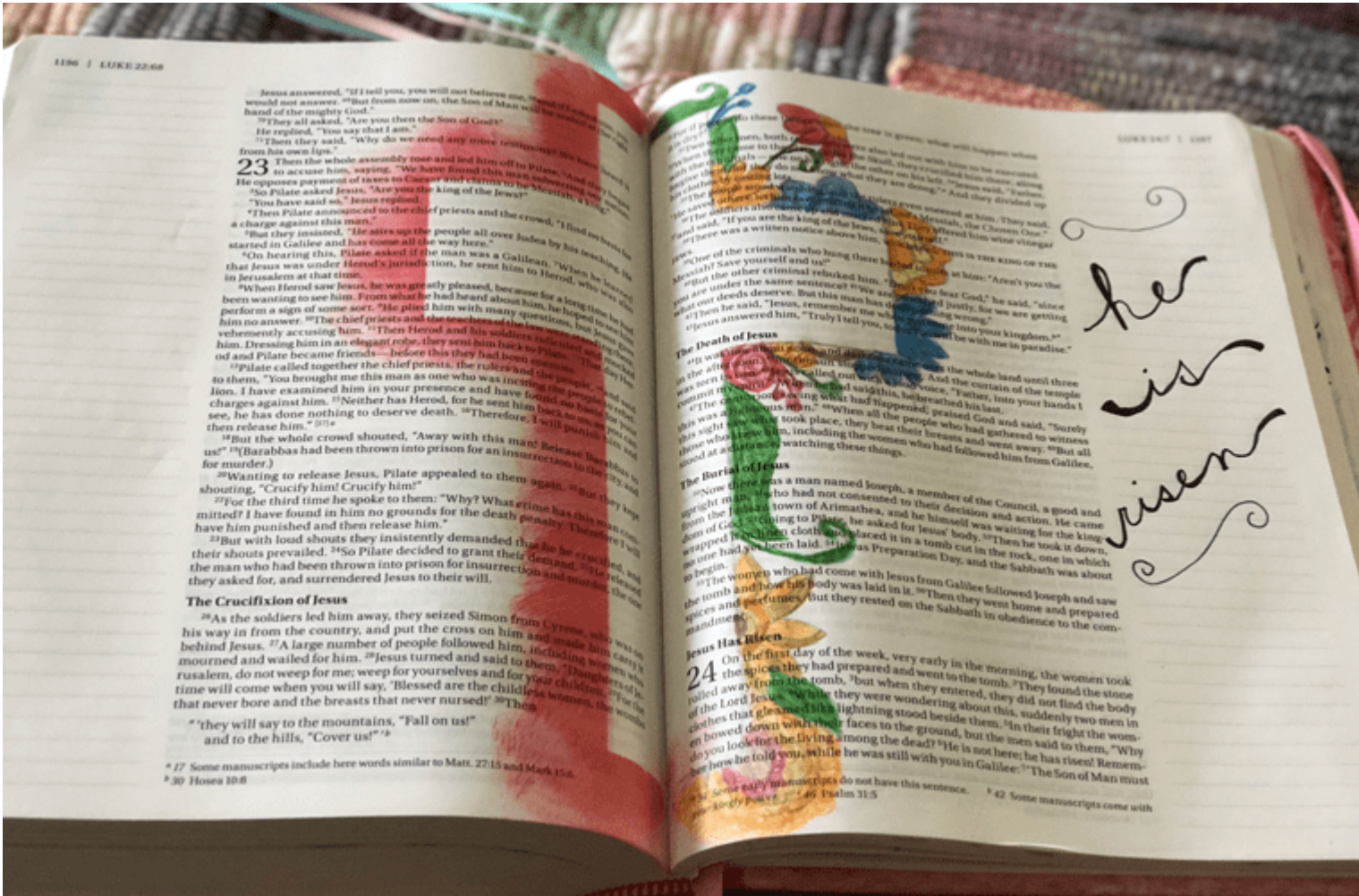
Knowing I was not an artist, I decided to join a Bible journaling study. It opened my eyes to a newfound creativity I didn't know I had, while offering a new way to connect with the Lord and learn more about myself.

We went over Scripture, and were encouraged to illustrate it in any manner we chose. What started as an hour-long class once a week, became my peaceful escape from the business of life, giving me time for myself that allowed me to connect with the Lord.

There are so many benefits I've found in Bible journaling. I find that while and after Bible journaling, my anxiety and worries dwindle, my stress is at a minimum and I feel closer to God.

It may seem like a new, unique worship experience that is daunting to start, but once you pour your heart into it, it is so rewarding.





How to get started

There are many different techniques for Bible journaling, and the reason why is because we are all artists with our own styles.

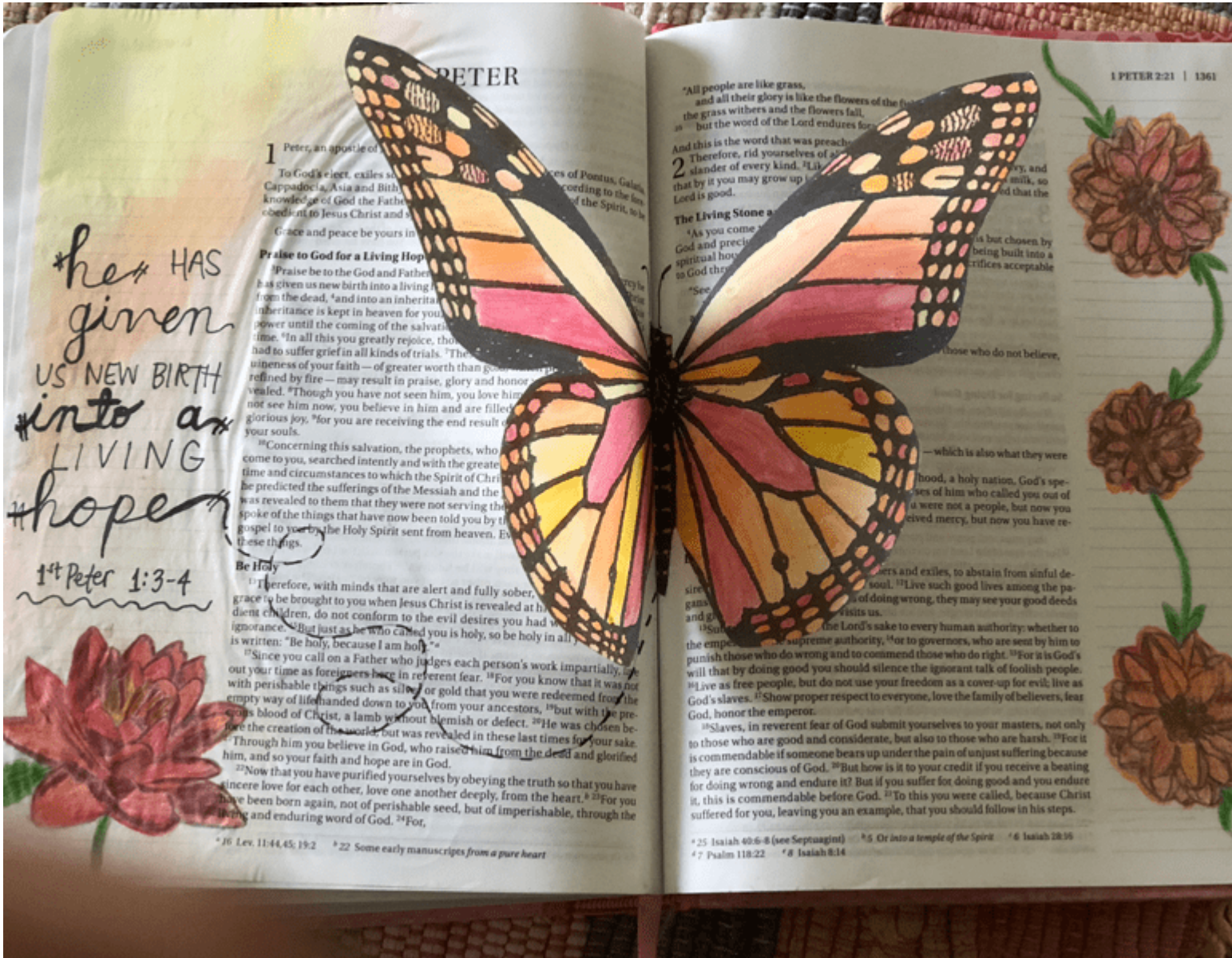
You don't need to overwhelm yourself with all the fancy art tools. All you need is a journaling Bible, pencil, felt-tip or calligraphy pen, template or stencil (if you are more comfortable tracing at first), colored pencils, paint brushes and watercolors.

Choose a verse that is on your mind, and reflect on it. Think about what this verse means to you, and what it stands for. What images or symbols come to mind when you read it? Then draw it out on the page. And if you want to take it a step further and dabble in calligraphy, then write the verse out.

Once it's all drawn out, you can color it in with the colored pencils, or if you're feeling extra artsy, get out the paintbrushes and watercolors and play with the colors. The possibilities are many.

For beginners, like me, it may be easier to start journaling by tracing different templates available online, slowly working up to drawing freehand. It should not be a stressful time, so don't worry about making it perfect.

If by the end of Bible journaling you feel at peace and connected with the Lord, then your journaling has served its purpose and is truly a masterpiece.



Why to start

It's easy to study Scripture, and not fully understand what it really means. Through Bible journaling, you really get to break down each verse and reflect on it, coming up with the best visual representation of what it means.

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This is a great way of worshipping, especially for those of us who are always on the go, and need something to remind us to slow down and make time for the Lord.

So if you've had an exceptionally [challenging day of parenting](#), stressful day at work, or just a long, overwhelming day, take out your Bible journal, take a deep breath, soak in the Scripture and lay it all out on the page for the glory of God.



⁶Who is this coming up from the wilderness
like a column of smoke,
perfumed with myrrh and incense
made from all the spices of the merchant?
⁷Look! it is Solomon's carriage,
escorted by sixty warriors,
the noblest of Israel,
⁸all of them wearing the sword,
all experienced in battle,
each with his sword at his side,
prepared for the terrors of the night.
⁹King Solomon made for himself the carriage;
he made it of wood from Lebanon,
¹⁰its posts he made of silver,
its base of gold.
Its seat was upholstered with purple,
its interior inlaid with love.
Daughters of Jerusalem, ¹¹come out,
and look, you daughters of Zion,
Look ¹²on King Solomon wearing a crown,
the crown with which his mother crowned him
on the day of his wedding,
the day his heart rejoiced.



He
⁴How beautiful you are, my darling!
Oh, how beautiful!
Your eyes behind your veil are doves,
Your hair is like a flock of goats
descending from the hills of Gilead.
²Your teeth are like a flock of sheep
coming up from the washing
Each has its twin;
not one of them is alone.
³Your lips are like a scarlet ribbon;
your mouth is lovely.
Your temples behind your veil
are like the halves of a pomegranate.
⁴Your neck is like the tower of David,
built with courses of stone,
on it hang a thousand shields,
all of them shields of warriors.
⁵Your breasts are like two fawns,
like twin fawns of a gazelle
that browse among the lilies
and the shadows flee,
and to the mountain of myrrh
and to the hill of incense.
⁷You are altogether beautiful, my darling,
there is no flaw in you.

You are
altogether
beautiful
my love
there is
no flaw in you

^{10,11} Or interior lovingly inlaid / by the daughters of Jerusalem. / ¹¹ Come out
of Zion. / and look ¹² The meaning of the Hebrew for this phrase is you

He
⁵ I ha
I ha
I have
I hav
Friends
Eat, friend
drink yo
She
² I slept but my
Listen! My

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