

# Taking Control of Your Destiny

## Journaling for Growth & Purpose

---

### Introduction

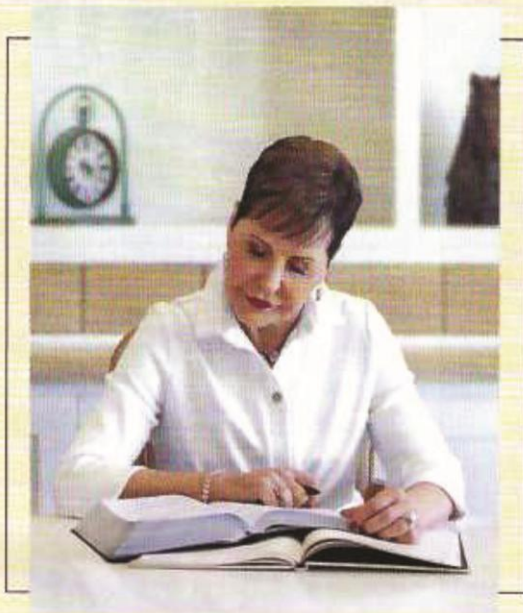
As someone who deeply believes in purpose, growth, and intentional living, I've learned that one of the most powerful tools we have is reflection. In the busyness of life—whether in business, ministry, or personal development—it's easy to move forward without ever pausing to process where we've been, what we've learned, and how we're growing.

Journaling has become a meaningful way to do just that. It creates space for clarity, healing, strategy, and spiritual alignment. It allows us to slow down, hear our own thoughts, and, more importantly, hear from God.

In this article, Joyce Meyer shares six things she loves about journaling—insights that are both practical and transformative.

— Dr. Millicent Davis, DBA

# THE LIST



## 6 THINGS I LIKE ABOUT JOURNALING

Over the years, journaling has been one of the tools God has used to help me grow in my faith. I've kept journals for nearly 50 years, starting during some difficult early days in ministry. Writing became part of my healing process, giving me a safe place to pour out my thoughts to the Lord.

My journals are filled with scriptures, prayer requests, special things God has done for me, and notes about what I believe God is teaching me. Some days, my entries are just a few heartfelt words: "Good morning. I love You." I'll ask God to help me with whatever I'm doing that day. Other days, I write longer reflections. Either way, each page marks a step in my walk with Him.

From time to time, I pull out an old journal and read through what I wrote. I find entries where I was worried or waiting for an answer, and it

encourages me because I can now see how God came through. Seeing His faithfulness on the pages renews my joy and gratitude.

If you've never kept a journal, consider starting one. Write your prayers, concerns, questions, blessings, or the things you're grateful for—whatever is on your heart. Let it become a chronicle of your journey with God. When you reread it, you'll be reminded that He is faithful—yesterday, today, and tomorrow.

Journaling is one of the ways I've learned to see His faithfulness in my life, and I want to share six reasons why it's been so meaningful for me:

- 1 WORDS TO GOD**  
My entries are like my love letters to God. I write them as if I am talking to God.
- 2 MY HEART EXPRESSED**  
I find writing to be a good way for me to express things that are in my heart.
- 3 PROBLEM PROCESSING**  
If I am having a problem and I write it in my journal, it has the same effect as sharing it with someone who loves me.
- 4 INTIMATE CONVERSATIONS**  
I can tell God things I can't tell anyone else.
- 5 HIS GOODNESS REMEMBERED**  
I like to have a record of things God has done for me so I can go back and remember how good He is.
- 6 DELIVERANCE RECALLED**  
I like to go back to the past and read about the times I had troubles and God delivered me.

## **Closing Reflection**

Journaling is more than a habit—it's a discipline of awareness, growth, and transformation.

Whether you are navigating challenges, building a business, strengthening your faith, or seeking clarity, your journal can become one of your greatest tools for breakthrough.

The question is not whether journaling works. The question is: Will you make the time to do it?

## **Call to Action**

Start today:

- Set aside 10–15 minutes
- Write honestly
- Reflect on your growth and purpose

Let's take control of your next level—together.