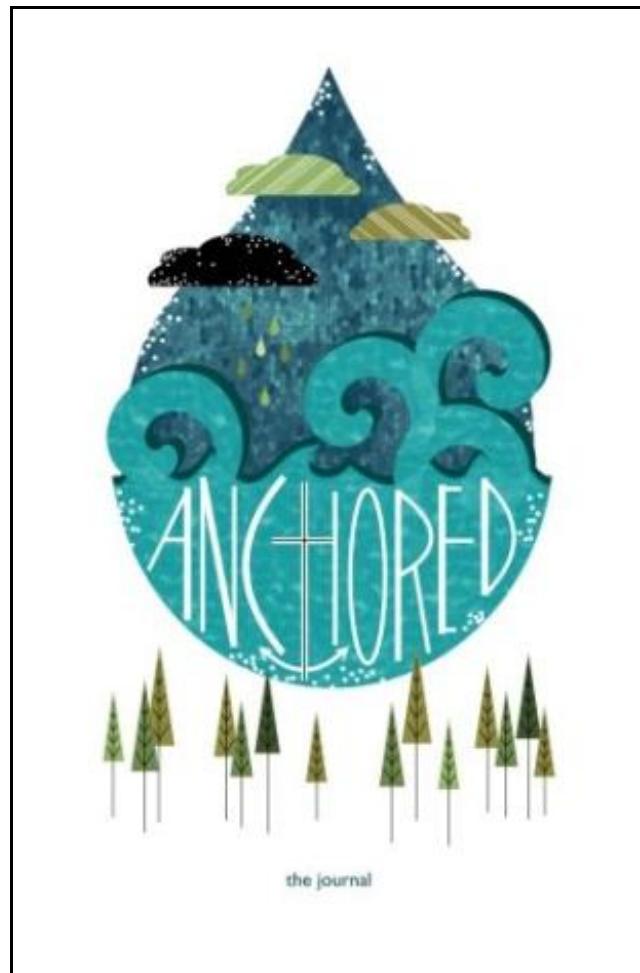


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Createspace, United States, 2015. Paperback. Book Condition: New. Lori R Hetteen (illustrator). 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. This journal accompanies the devotion book by the same name - Anchored. Each journal entry in this journal aligns with the devotion entry in the book which uses the same verses note at the top of the page. After hundreds of years in captivity and slavery in Egypt, the Israelites escape with God's help. Once away from their captors and no longer dependent entirely on God, they start to disobey His commands resulting in an additional forty years of wandering in the wilderness before God leads them across the Jordan River and into the promised land. Joshua 4:20-24 details the actions that Joshua and the leaders take to remove twelve stones from the Jordan River to place as reminders of how God delivered them. Without pen and paper to record all that He had done, these stones served as visual reminders so that the story could be handed down from generation to generation. Our Bible, with the story of Joshua in it, comes in a sense from those stones. Journaling allows us to remember what God has done for us and through us so that we can remember His faithfulness. Having a written record of our interactions with God and His hand in our lives can encourage us when times get hard again. The Psalms of David provide us with four essential types of journaling: 1.Praise (see Psalm 145 as an example) 2.Thanksgiving (see Psalms 118 and 138 as examples) 3.Frustration/Venting (see Psalm 40 as an example) 4.Confession (see Psalms 32 and 51 as examples) We have a hard time remembering what we thought yesterday let alone what we thought a year ago....

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