

# Journal with Jesus

Experience Results,  
Relief and Restoration!



Experience "More" Of What You Are Seeking!

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# **Journaling exercise helping Women Leaders experience Results, Relief and Restoration as they balance it all through Him!**

**Directions: Print this document and block out 45-60 minutes of quiet time with Jesus to complete this exercise.**

Imagine you are heading out to have coffee (or tea!) with Jesus at your favorite coffee shop. You walk in the door and see Him sitting near the window with a big smile on His face. He's already ordered your favorite drink and glances over with a friendly wink to alert the Barista to bring it over to His table.

Jesus walks over and gives you a big hug before you sit down because He's so excited to spend time with you. He then comfortably sits in his chair, with endless joy and love in His eyes, just waiting to hear what's on your heart.

Because He's known you since before you were born, He recognizes the high-performing woman you've become, having the ability dive into anything with gusto; and that you are fully-committed to excellence as you work towards a variety of results in your personal and professional life.

Jesus also sees that you take your work and family responsibilities seriously; and by giving your best to both, sometimes you feel a deep weariness over time even though you truly enjoy everything you are involved with. He realizes that you've had several disappointments throughout your life and is so pleased that have done your best to surrender those situations to Him.

As you settle into your seat and take a sip of your drink, you smile at Jesus and begin to share your heart about the Results, Relief and Restoration you desire.

***[Begin having a 2-way conversation through your journal with Jesus: You asking questions or sharing your heart, and then pausing silently to listen for His answer]***

## **Results**

*"Many are the plans in a man's heart, but it is the Lord's purpose that prevails."* (Proverbs 19:21)

*Jesus, these are the Results I have been working towards in my life and your work? (list them below)*

- Family Results: \_\_\_\_\_
- Work Results: \_\_\_\_\_
- Personal Results: \_\_\_\_\_

*Is this the best use of my time, money and resources in this season of my life?*

**(Jesus' Response)**

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[If Jesus confirmed those results are on track for this season of your life ask this question...if not, move on to the next question] *"What do I need to know right now to partner with you effectively as I take another step towards those Results?"*

**(Jesus' Response)**

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[If Jesus suggested you focus on something else in this season of your life, ask this question] “*What areas of my Family, Work and Personal Life should I be focusing on right now?*”

**(Jesus’ Response)**

- Family Focus: \_\_\_\_\_
- Work Focus: \_\_\_\_\_
- Personal Focus: \_\_\_\_\_

*Lord, what results do you want me to experience in each of those areas?*

**(Jesus’ Response)**

- Family Result: \_\_\_\_\_
- Work Result: \_\_\_\_\_
- Personal Result: \_\_\_\_\_

*What Bible Verse(s) do you want me to cling to as I journey towards achieving those results which will encourage me and keep me moving forward during any challenges I may experience along the way?*

**(Jesus’ Response)**

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*Is there anything else you want me to know, Lord?*

**(Jesus’ Response)**

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**Relief**

*“Come to me, all you who are weary and burdened, and I will give you rest.” (Matthew 11:28)*

*Lord, I am feeling weary and need some Relief to keep being effective in my life and work [share your heart with Him]:*

1) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**(Jesus’ Response)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Which of the fruits of the spirit [Galatians 5:22-23] should I spend time studying to embody those fruits more consistently which will allow me to manage my life and work **THROUGH** you more easily?*

**(Jesus’ Response)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Is there anything else you want me to know or a scripture verse you want me to hold onto?*

**(Jesus’ Response)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Restoration

“Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up. You will increase my honor and comfort me once more.” (Psalm 71:20-21)

*As I reflect back on my life, I still feel sadness around a few situations in my personal and professional life where I've experienced a loss or things didn't go as I had hoped. [list them below]*

1) \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

3) \_\_\_\_\_

\_\_\_\_\_

*Lord, you are the Great Restorer. Your word says that you will redeem my life from the pit, satisfy my desires with good things, and bring vindication and justice to those who were oppressed (Psalm 103:3-6).*

*How are you working to Redeem and Restore the situations I mentioned previously?*

**(Jesus' Response)**

1) \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

3) \_\_\_\_\_

\_\_\_\_\_

*What Bible Verse(s) do you want to give me as Promises to hold onto as I wait to experience the Restoration you are working out in your perfect timing?*

**(Jesus' Response)**

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\_\_\_\_\_

Is there anything else you want me to know, Lord?

(Jesus' Response)

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As you wrap up your Journaling exercise with Jesus, return to the coffee shop scene. See Jesus holding your hand and hear him assuring you that He is working everything out for your good, and you will see Beauty to replace the ashes you've experienced.

Imagine him reaching behind him and handing you a beautifully wrapped package, saying, **"This gift is for you. It embodies my Strength for you to draw on in difficult times, my Joy for you to see the 'silver lining' in any circumstance, my Love for you to embrace when you feel uncertain and alone, and my Peace which is an invisible shield against anything harmful the enemy tries to do to you."**

Jesus stands up, gives you another hug and reminds you He's always with you...even when you can't see it or feel it. Then he smiles and walks out of the coffee shop.

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**I hope this journaling exercise was valuable to support you in receiving the information you needed to experience the Results, Relief and Restoration you've been seeking in every area of your life.**

**Remember that the Lord's purpose always prevails (Proverbs 19:21), so hold tight to what He told you and begin to walk it out with faith that He'll be there with you every step of the way.**

**If you are interested in chatting with me in more detail about how I can support you in experiencing a more consistent lifestyle of Results, Relief and Restoration, click on the Coffee & Conversation picture to send me an email to set that up, or call me at 404-551-3601.**

**Have a great rest of your day and may the Lord bless you richly in your work, family and the rest of your life!!!**

~Kris Castro :)

