

A Time with God Journal

Prepared for the Left Brained person in mind



This Journal is for anyone who is Left-brained; you know that person who is often said to be more logical, analytical and objective. Or in everyday terms you know the person who sits down to start their quiet time with the Lord and immediately their brain starts thinking of the to-do list. This journal was created with you and ME in mind.

One morning, I decided to write down my to-do list on a scrap piece of paper and my mind settled down and my quiet time was uninterrupted with thoughts of what needed my attention that day.

The next day I did the same thing and even commented that I need to bring down one of my agenda sheets I have used in teaching Job Readiness.

Then I realized how much I missed using my template for my quite-time.

As I was reading a book called “Hear God’s Voice Everyday”, but Cindy Edgett she said:

“Now if you are like most of us, soon as you sit down, your mind will start to go to the list of things you need to do for the day.....”ⁱ

When I read those words I knew I was not the only one who had this issue. So may you enjoy these free downloadable templates to help with your daily quiet-time.

And now the reason for the picture... I realized that I feel like I am sitting over the tracks and the train of guilt and shame are barreling down on me when I can’t shut off my to-do list brain in the morning as I sit down to do my quiet-time. This picture represented my feelings so adequately and now I give myself permission to get the list written so that I can enjoy my time with the Lord.

On the following pages you will find 2 templates one for a daily agenda and the other is one I came up with to keep myself focused on listening to God while reading the scriptures. Please feel free to print them for your personal use.

Meredith Kendall

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Date: _____

Phone Calls to be made:

- _____
- _____
- _____
- _____
- _____
- _____

Appointments:

Notes:

Things to do:

Things that need to be accomplished this week:

Next week:

Write the scripture reference

- Write out the scripture on the right side
- Re-write the scripture in your own words on the left side

Then answer these questions:

- What does this scripture say to me?
- How can you apply it to my life?

Date: _____

Scripture: _____

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This next page is to take time to listen to God. Listen for God. Maybe you need to ask a question and wait for the answer to be spoken from God. I think sometimes we get so busy asking and answering that we don't wait to hear from the true Counselor.

Isaiah 9:6 (HCSB) *For a child will be born for us, a son will be given to us, and the government will be on His shoulders. He will be named Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace.*

Not sure about anyone else but I forget that I don't see the end picture. I don't know how everything will turn out. Sometimes I say "I will or have prayed" but in reality it was the proverbial prayer: "Thank you Lord, now this is where I am going. OK?" Usually a few feet into "it", I realize God did not come nor is He anywhere around. Usually He makes me finish the "it". Why does He make me finish? Because that usually is the only way I will learn to wait for Him. And He very seldom alleviates the pain I created through my disobedience.

I love all of Psalms 139 so if you are stuck start there. And then remember that Romans 8:28 (BLB) *And we know that God works together all things for good to those loving God, to those being called according to His purpose.* So even in our moments of selfishness God does work things out for HIS Purpose... NOT ours.

ⁱ Hear Gods Voice Everyday by Cindy Edgett page 24

ⁱⁱ Used by permission from The 180 Program www.the180program.org

ⁱⁱⁱ Used by permission from www.meredithsagekendall.com