

Get started

How the We Fight Anxiety Journal Works

This is a journal. Getting something out of it will require having a pen or pencil in your hand! In June 2014, the journal *Scientific American* published a study entitled, "A Learning Secret: Don't Take Notes With Your Laptop." In the article, Dr. Cindy May writes about the effects of modern technology on learning retention. What she discovers is that, "Students who used longhand remembered more and had a deeper understanding of the material." Dr. May wrote a follow up article in May 2017 (also in *Scientific American*) called "Students are Better Off without a Laptop in the Classroom." At the close, she suggests, "Perhaps it is time for students to consider going 'old school,' and adding one more item to their shopping wish lists: a good old fashioned spiral notebook." There is a large amount of research which shows that if we write with a pen or pencil we will not only remember more of what we are studying, but we will also understand it better.

Handwriting has always been valued by God's people as a means to deepen our comprehension of Scripture (see Deuteronomy 17:18-20 for an intense example). I've seen people buy Reformation Journals and try to just read them. It doesn't work. This journal will lose the best part of its effectiveness if you don't actually write in it. But, if you use it as intended, you will begin to benefit from the powerful combination of meditating on the Bible and handwriting.

Here are General Instructions:

1. Try to find a quiet place where you can concentrate and give yourself some time. I know people who have spent hours on one worksheet. That's great, but if you only have 15 minutes that's fine too. Just get started!
2. Read the Personal Questions that come before the introduction to Anxiety. These questions will get you thinking, and will lead you to do some self-examination before you begin. After you have gone through the Scriptures and worksheets there is another set of personal questions to help you reflect on what God is teaching you.
3. Read the introduction to Anxiety carefully.
4. Read through all of the Scriptures that are provided for Anxiety on page 18. Start with the first worksheet (there is an example worksheet already filled out after these instructions to show you what a completed worksheet might look like).
5. As you begin a worksheet, pray that God will give you insight into His Word, and that the Holy Spirit will speak to you about the truth you are meditating upon.
6. Read the Scripture for your worksheet slowly, at least three times. Pause often to pray and ask God for insight.
7. In the **OBSERVE** section write down your first observations about this Scripture.

In the **WHAT DOES IT SAY?** section write down, in your own words, what the Scripture means.

In the **EXAMINE** section compare your thinking/beliefs to the Scripture. Write down where your beliefs need to change in order to be in sync with God's Word.

In the **CONFESS/REPENT** section, examine yourself and ask the Lord to search you. Is there any sin you need to confess? Repent of it. Write about it.

In the **BELIEVE** section, observe what God promises to do for you. Does He warn you against doing something? Write about it.

In the **APPLY** section ask yourself, "Where do I specifically need to apply this Scripture?" What circumstance(s) are you currently facing that need this truth? Write about it.

In the **SPEAK** section, imagine you are talking with another person about what you've just learned. Write a Summary telling them what's significant.

In the **PRAY** section, ask God to use this truth to transform your mind, and write down what you are requesting of Him. Watch and wait expectantly for His answers. Thank Him when He does answer and ask for grace to keep waiting if your answer seems delayed.

In the **TAKE IT WITH YOU** section, think about how to keep the Scripture in front of you. Write it down on a chalkboard or whiteboard. Carry it around on an index card. Talk to people about it. Memorize it! A great way to memorize Scripture is to write it down several times in your own hand.

- 8.** After you complete the worksheet, turn the page and read **DID YOU SEE THE GOSPEL SECURITY IN...** These are some bullet points on the Scripture you just explored that we want to be sure you don't miss.
- 9.** Are there other Scriptures that come to your mind that are not in the list provided? Write them down too! Begin to create an armory of verses for each topic so you can draw upon them when it's time to fight.
- 10.** Consider working through this journal as a study with another believer or a small group you trust. It's powerful to share what God is doing in our lives with trusted Christians and to pray for each other.
- 11.** Be sure to thank God for working in your life. Glorify Him by talking about changes He is making within you. When you are ready, point other struggling people to the God who has comforted you (2 Corinthians 1:3-5).