

## *Chapter 1*

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### *Purpose of a Journal*

You are about to embark on one of the most exciting and exhilarating journeys of your life. You will find yourself in mind-boggling experiences. You will walk in a love that is so deep and so thick that it blankets and covers your entire being. This love is in no way stifling or smothering. In fact, this love will inspire you and tap into the potential hidden inside of you. You will want to do more, see more, and experience more of the world around you. Keeping a journal will enable you to literally take note of what transpires between you and the Father. It will also help you to keep track of your progress.



Every moment of your life is precious. When you take time out of your busy schedule to make journal entries to your Father, a beautiful bond develops. Many people have known about the Lord God for years. Millions love Him and have accepted His gift of salvation. It seems that the majority of a Christian's lifetime is filled with trying to gain knowledge in the things of God. A Christian also spends a great deal of time trying to grow spiritually in God. The father-child relationship between God and Christians is usually neglected. In some cases this type of relationship is never sought out.

### What's Important?

This book will help everyone who reads and diligently follows its instructions to strengthen and develop a deeper, more heartfelt love for God the Father. This deeper relationship helps to make staying in His will easier than you can imagine. I know that the Lord's strength will build and encourage you as you walk with Him. This

***Proverbs 3:6  
In all thy ways  
acknowledge  
Him, and He  
shall direct thy  
paths.***

Father-Child relationship is the basis for man's existence—which leads me to believe that it is very important to establish and nurture it. It does not take much to do this.

Establishing this relationship will simultaneously lay a foundation on which other relationships can be built. This relationship ripples through the fabric of your entire life. It has the ability to strengthen, reinforce, and hold it up. This relationship is the nexus and heartbeat for all the other relationships that you will have. That is why special attention should be given to establishing and maintaining it. Without a proper relationship with God in place, every other relationship you engage in will have major problems.

In these chapters, you will observe how a few simple things like: morning prayers, bible readings, and journal entries can be used to form a foundation for your important relationship with the Father. The right frame of mind and foundational position can have an enormous effect on the development of your relationship with the Father. A small amount of time and effort coupled with genuine

determination will establish and build the most important relationship you will ever have.

### Building the Relationship

Just as each person must work out his or her own soul salvation each person must also work to establish a relationship with the Father. No other person can start, establish, or nurture a relationship between you and the Father. Other people can intercede and pray to the Father on your behalf, but there is a limit or a boundary that is impenetrable by anyone other than you.

*“Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.” (Philippians 2:12)*

### Shedding the Bonds

There is a relationship between you and the Father whether you acknowledge it or not. Some people deny it altogether, which is well within their rights as a creation of God. Some people do acknowledge Him but never take steps to establish a relationship. Some people may desire to have a relationship but go about it in the wrong way. Others may want to be closer to the Father but may not know how to go about increasing the bond between them and the Father.

To be successful in your endeavors, you must be able to shed any and all former thoughts or teachings that would interfere with your ability to develop an extremely close relationship with the Father. Your Heavenly Father will not force you into relationship with Him, nor will He rush you into a closer relationship. Therefore, the speed or pace at which this relationship progresses depends on you. He stands by His decision to give you a free will. Because you have free will, the relationship must move along at a pace that is comfortable for you.

***Matthew 11:30  
For my yoke is  
easy, and my  
burden is light.***

He loves you so much that He refuses to have you go through this life alone. He intends to always be available to you as a source of support.

*“And I will pray the Father, and He shall give you another Comforter, that He may abide with you forever;<sup>17</sup> Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you .<sup>18</sup>I will not leave you comfortless: I will come to you.”(John 14:16-18)*

He has made provisions for you to always have a part of Him with you. You have a magnificent Comforter that was sent by the Father. You need only to communicate with Him and you will never be lonely. He will readily provide you with understanding and guidance.

### Beginning the Process

A journal is absolutely necessary for the process of establishing and building a relationship with the Father. You don't need to complete this book before you purchase a journal. You do need to take your time when selecting a journal but don't labor over the process. You should make sure you like the way the cover of your journal looks. If the look is appealing and inviting, you will want to write in it more often. Almost any book can be used as a journal. The journal can have lined or unlined paper. They come in all shapes and sizes. The covers can be plain, decorated, or textured.

When purchasing your journal, you don't have to purchase the most expensive one in the store. You want to make sure the journal is durable. Tablets, spiral notebooks, theme books, composition books, and 3-ring notebooks do not make good journals. The pages in those types of notebooks tend to crumple easily and tear out at the most inopportune times. The pages of the journal need to stay bound together and in the correct order. Remember your journal will be an expression of yourself. Make sure you like the way the journal looks and feels when you handle it.

***Proverbs 4:26  
Ponder the path  
of thy feet, and  
let all thy ways  
be established.***

Good intentions are often forgotten with the passage of time. Actions on the other hand produce results. When you combine actions with determination, diligence, and good intentions they make a powerful force that produces great success. Over time this powerful force can and will build positive energy and momentum. Positive energy surging through your life will cause numerous opportunities and blessings to come into your life.

***Proverbs 4:7  
Wisdom is the  
principal thing;  
therefore get  
wisdom: and with  
all thy getting get  
understanding***

This edition includes many changes that will help make establishing and building your relationship easier. Habit Former cards are included in this book. They will prove to be very instrumental throughout this early developmental stage. These cards can be used at anytime or point in your life. They can also be used to help in the building process of any habit. They are portable and very easy to use.

The instructions for their exact use will be covered in the “Journal Entries” chapter. To begin the process of establishing or developing an intimate relationship, we must lay down a few ground rules. These will also assist you in creating a new, more effective way to live your life.

- Keep an open mind when following the instructions in this book (some things may be new for you)
- Don't rule out or dismiss any instructions we cover before trying them thoroughly
- Ask the Father to open your spiritual eyes and ears
- Ask the Father to open your heart and your understanding
- Do all of the exercises, including the surveys
- Do not allow any of the exercises, surveys or journal entries to become stressful. They are meant to help you, not create undo strain
- Complete the entire reading portions of this book (the appendix is extra and can be read in your leisure time)

You must decide what kind of relationship you want to have with your Creator? Will you keep Him at arms length? Will He always just be God to you? Or will you wholeheartedly embrace His love? Why not have the kind of relationship with Him that He intended? You will find that something as simple as a journal will help establish and enhance your relationship with your Heavenly Father. Nothing can compare to the journey you are embarking on. The small investment you make here will bring you tremendous benefits for the remainder of your life.