

CBR Journaling is the discipline of writing TO GOD as you read the Scriptures.  
As you read the day's chapters, use the following categories to converse with the Lord in regards to what He is revealing to you, reminding you, or teaching you.

## “CBR Journaling Is Praying Through Your Pen”

### A Prayer for Illumination & Transformation

“Jesus, I want to see You, love and believe You, and become You to others.”

### Four Historic Categories

Adoration  
Confession  
Thanksgiving  
Supplication

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#### **ADORE** and **WORSHIP** God...

for who He is, what He has done, is doing, or will do as Creator, Sustainer and King of all

**CONFESS** your sinfulness and **REPENT** from your sins...  
For who you are, what you've done, are doing, or want to do

Express your **GRATITUDE** and **THANK** Jesus...  
For who He is, what He has done, is doing, or will do to Save you in the Gospel

**SUPPLICATE** or **ASK** the Spirit of Jesus to make you like Him in specific ways...  
so that others can see the love of Jesus in you

### Preparing for Gospel Community

How can you be prepared to bear witness concerning what God has revealed to you today?  
Who can you encourage with specifics from today's passages?  
Who can you ask to share with you what God taught them this morning?