21 DAY

JOURNALING TO FREEDOM

Journaling Book

Sonja Marie Mejia

21 Day - Journaling to Freedom

By Sonja Marie Mejia

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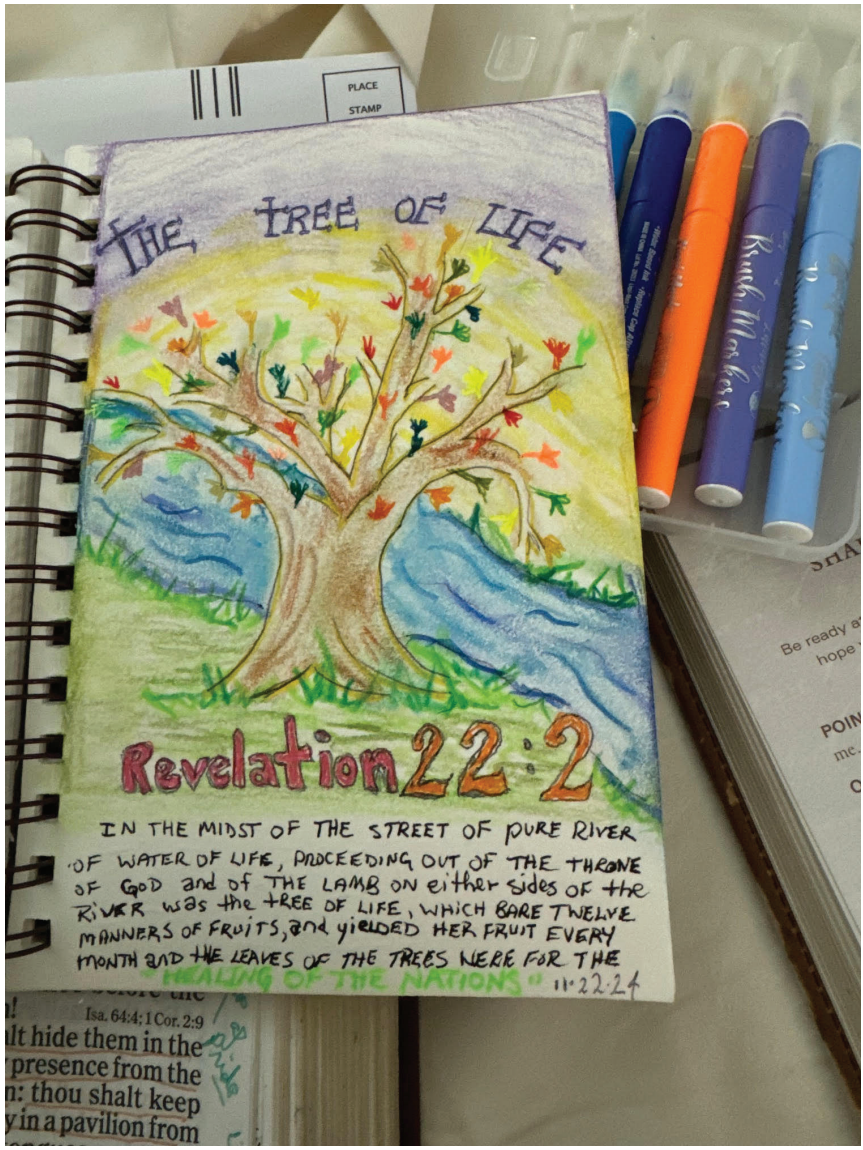
21 DAY JOURNALING GUIDE TO BE AN OVERCOMER



HOW TO USE THIS JOURNAL

1. Pick a theme
2. Pick a 30 minute devotion time DAILY
3. Start your 21 day journaling

Now you're beginning your journey to spending consistent time to seek God for answers pertaining to specific questions you might have been desiring in your heart to know for years. In this time you will:

- Learn scriptures pertaining to your theme
- Get closer to God, The Word and The Holy Spirit
- Find the beautiful you God wants to reveal
- Establish daily discipline to focus, have clarity and confidence
- Resolve issues or circumstances of the heart and mind

The following are suggestions to help you in your new journey:

- Instrumental worship music for meditation
- The Bible
- Seeking to fast from any of the following: People, business, sugars, caffeine, processed foods, internet, TV

Especially things that distract you from your new commitment.

RULES OF FASTING (IMPORTANT)

In the beginning, you must pick something that you were going to lay down for the month in a form of fasting to help you overcome. Example: if you have chosen to be free of eating chocolate, you would choose to fast from chocolate for the 21 days of journaling. If you are struggling with focus, you would choose to eliminate things like TV for 21 days. Some people have chosen to fast from eating certain things or fasting every day till 3 PM.

SUPPLIES NECESSARY:

You, God, quiet time, your favorite bible, art supplies, pen, paper.

Don't try to make it an arduous process. Let this be a time of reflection, comfort, enjoyment and peace.

Each month you continue to commit to daily devotion time, you will become more focused and consistent, growing in leaps and bounds as a human of faith who knows how to not just get by but to overcome and be a conqueror over all your anxieties, worries and fears.

INSTRUMENTAL VIDEOS SUGGESTIONS:

Resting Place : www.youtube.com/restingplace

Bethel Music: www.youtube.com/@bethelmusic

Dan Musselman : www.youtube.com/@danmusselman

SEEK FIRST THE KINGDOM OF GOD AND ALL HIS RIGHTEOUSNESS, AND ALL WILL COME TO YOU.

MATHEW 6:33