



SIMPLE GUIDE  
**JOURNAL**

START TO REALIGN YOUR HEART WITH GOD

*by Nicole Potter*   
*Legacy Game Changers*

# *Journaling with God:*

*A Simple Guide to Deepening Your Connection with Yourself & God*

Dear Friend,

I'm so glad you've taken the first step toward a deeper connection with God by downloading this Simple Journaling Guide! I believe that God is always speaking to us, but sometimes we need to slow down, make space, and learn how to recognize His voice in our daily lives. Journaling is one of the most powerful ways to do that, and I'm excited to walk alongside you as you begin this journey.

When I first started journaling, it felt like an intimate, two-way conversation with God that I had been missing for so long. It wasn't just about writing down my thoughts or prayers; it became a way for me to hear from God in real time. I began to experience His presence in a deeper way, receiving the clarity, peace, and confidence that I had been longing for. It changed my life—and my relationship with Him—forever.

That's why I'm so passionate about teaching others how to journal with God. This simple practice creates room for God to speak directly into your heart. Whether you have 5 minutes or 30, taking a moment each day to write down your thoughts and listen for His response can transform your faith journey. It's not about getting it perfect; it's about creating space to hear, connect, and encounter God right where you are.

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In this guide, you'll find easy-to-use prompts and encouragements to help you get started. Whether you're new to journaling or looking to reignite your practice, this guide is designed to meet you wherever you are. Even if you can only commit to 5 or 10 minutes a day, that's enough for God to meet you in powerful ways.

I hope you'll find this guide a meaningful resource as you learn to connect with God through journaling. I'm confident that as you lean into this practice, you'll experience the love, guidance, and presence of God in fresh and beautiful ways.

Let's get started on this journey together!

Rooted In His Love

Nicole Potter

Legacy Game Changers, Founder



Legacy Game Changers

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## Introduction

In our busy lives, it can be challenging to find time and space to connect with God. Journaling is a powerful way to invite Him into our thoughts, feelings, and experiences. This guide will help you establish a meaningful journaling practice that fosters your relationship with God.

## Getting Started

### 1. Choose Your Tools

- **Journal:** Select a notebook or journal or even your laptop or other mobile device you can take notes in. We have access to so many things. So choose what works best for you! It could be plain or decorated, but it should be a space where you feel comfortable expressing yourself.
- **Writing Instruments:** Use pens or pencils that you enjoy writing with. Consider colored pens for highlighting key thoughts or prayers. If this is your format of choice.
- **Quiet Space:** Find a comfortable and quiet place where you can focus without distractions. This might be a cozy corner in your home, a park bench, or anywhere you feel at peace.

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## 2. Set the Mood

- **Find Comfort:** Bring in a blanket, a cup of tea, or soft music that helps you relax and enter a mindset of prayer and reflection.
- **Start with Prayer:** Begin your journaling time with a simple prayer, asking God to speak to you and help you hear His voice.



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## Journaling Prompts

### 3. Daily Reflection Prompts

Use these simple prompts to start to guide your journaling practice:

- What am I grateful for today?
- Reflect on the blessings in your life, big or small. Gratitude opens our hearts to receive God's love.
- How am I feeling right now?
- Take a moment to express your current emotions. Be honest with God about your feelings.
- What do I sense God is saying to me today?
- Write down any thoughts, scriptures, or impressions that come to mind during your quiet time.
- What struggles am I facing?
- Share your challenges with God, inviting Him into your circumstances. Ask for His guidance and support.
- What truth from God's Word can I hold onto today?
- Reflect on a scripture that resonates with you, writing it out and meditating on its meaning in your life.



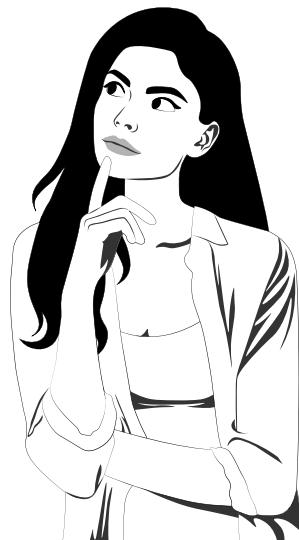
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## . Listening Exercises

In addition to writing, practice these listening exercises:

- **Silent Listening:** After you write, spend a few minutes in silence. Ask God what His thoughts and truths are about what you wrote. Pay attention to any thoughts or images that come to mind. Write these down, or draw them if able, as they may be God's gentle nudges.
- **Scripture Meditation:** Choose a verse and read it several times. Then, jot down words that seemed highlighted to you, any insights or feelings that arise as you meditate/ think on and reflect on it.



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## Closing Your Journal Time

### 5. Conclude with Prayer

As you wrap up your journaling time, close with a prayer. Thank God for His presence and guidance and express your trust in Him to lead you through the days ahead.

### 6. Create a Routine

Consider journaling at the same time each day or week to establish a habit. Whether it's in the morning with your coffee or before bed, find a rhythm that works for you.

## Final Thoughts

Journaling with God is a beautiful way to deepen your relationship with Him. It allows you to process your thoughts, emotions, and experiences while creating space to hear His voice.

Remember, there's no right or wrong way to journal – just be open, honest, and willing to connect.



☀️ Are you ready to deepen your connection with God? ☀️

I'm thrilled to share an exciting opportunity with you! For a limited time, you can access to Connection Reset: Realigning Your Heart with God Course for FREE

5 Lessons, over 3 Hours of Video Lessons:

- Making Room For God
- Hearing God's Voice
- Breakthrough Spiritual Blocks
- Anchoring to His Truth
- Walking it out Daily

You can scan this QR Code for Instant Access:



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### Closing Note

I truly hope that this Simple Journaling Guide has been a blessing to you and has provided you with the tools to begin your own journaling journey with the Lord. My heart's desire is that through this guide, you can now take those precious moments each day—whether it's 5 minutes or more—to journal with the Lord and hear His voice more clearly.

Remember, this is your personal time to connect with God, to pour out your heart, and to listen to what He has to say to you. Even if the process feels slow at first, keep going—God is faithful, and He delights in speaking to those who seek Him.

Thank you for allowing me to be part of your journey, and I pray that your connection with God deepens as you continue to journal and spend time with Him.

With love and prayers,  
Nicole Potter



*This is just the beginning.  
What will your next chapter with God look like*

**Let's Continue This Journey Together!**

**Join the Legacy Game Changers Community**

Be part of a faith-filled sisterhood where we grow in God's love, strengthen our confidence, and support each other's healing journeys. [Join here](#)

**Deepen Your Walk with God through The Reconnect Reset: Realign Your Heart with God**

Ready to break free from fear and realign your heart with God's truth? Explore The Reconnect Reset – available as a one-session experience, a 5-day workshop, or a retreat. Send Email [here](#)

**Booking Now**

Are you looking for someone to speak at your women's group, church, or community event?

I would love to come and share a message of healing, identity, and deep connection with God. Whether it's an intimate home gathering or a larger community event, it's my heart to meet women right where they are and walk with them toward transformation and truth.

Let's connect and see how we can partner together to create something meaningful and powerful for your group

Stay Connected

Don't miss out on upcoming workshops, resources, and encouragement straight to your inbox. Subscribe to my email list

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