



Present Over Perfect Guide

Two WAY Journaling

1. Pour out your heart in a journal
 2. Listen for the Lord to speak to you. Write what you hear down
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Ephesians 4:31 TPT

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil Behavior. Instead, be kind to each other, tender-hearted, forgiving one another just as God through Christ has forgiven you.

(Are any of these feeling in your heart?)

1. Your Heart poured out

What is heavy on your heart?

What bothers you?

Describe your specific situation or need

What's in your heart? Really go there

Write your strong emotions.

Even ask what is behind that emotion. ***Emotions are clues to our healing.

Let all the UGLY out. He can take it. Just be present with the Lord, don't worry about perfect just let it all come out.

1 Peter 5:6-7 TPT

If you bow low and God's awesome presents, he will eventually exalt you as you leave timing in his hands. **Pour out all your worries and stress upon him and leave them there**, for **he always tenderly cares for you.**

2. Listen or look for what Jesus shows/speaks to you. Get your eyes on Jesus

Get ready to hear the Lord. He will be Present with you. (Some are visual, I hear more. Journal what you see and or hear HIM say to you) Keep your eyes fixed on Jesus. Let Him talk to you about your situation.

I see you in this situation

I hear what your saying

I understand how your feeling

I realize this is really big for you because you want...

I am glad to be with you and I am proud of you for your...

I want to encourage you and help you by....

Matthew 20:34 TPT

Jesus was deeply moved with compassion toward them. So he touched their eyes, and instantly they could see! Jesus said to them, “ **your faith has healed you.**” and all of the people praise God because of this miracle. And the two men became his followers from that day onward.
