



The Presbyterian Church in Canada {Bible Journaling}



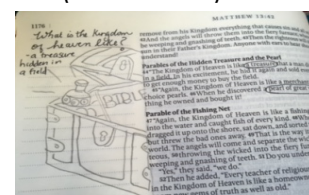
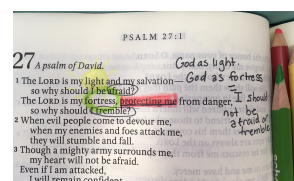
Bible journaling is a creative way to engage with scripture. It involves contemplating scripture and then responding through drawing, taking notes, highlighting key passages, colouring, etc. There are now journaling Bibles that have large margins and colouring pages, but you can also use a standard notebook to keep track of your creative reflections on scripture.

Tips for Getting Started

- **No fancy tools necessary.**
Use what you've already got—pencils, pens, crayons—to start writing, doodling and drawing in your Bible or notebook.
- **No special skills necessary.**
You don't need to be "artistic" to do Bible journaling; start by using some colour on the page and see where it takes you.
- **No need to follow a specific plan.**
Start where you want to start, perhaps with a favourite passage or story, and let the Spirit guide you as you continue to read and journal.

Engaging with Scripture

- Look for **keywords** that stand out to you in the passage you are reading. Highlight those words and engage with them creatively: re-write the words in different fonts, draw images or symbols to represent the words, write a personal reflection based on the verse, etc.
- Use a specific colour to **highlight promises that God makes to us** and another colour to **highlight significant repeated phrases**.
- Note the **If/Then** or **So/That** phrases you come across:
"I have said this to you, **so that** in me you may have peace" (John 16:33).
- Pick out **key imagery** and sketch out the images beside the words. If you aren't confident in your drawing skills, print out images to glue or trace.





Creative Inspiration

- A simple Google search for “Bible journaling” will yield many creative and inspiring ideas. Here are some of our favourites:
 - **Fun tips and useful Bible journaling links:**
<http://journalingthebible.com/tips/>
 - **Best Bible journaling images on Pinterest:**
<https://www.pinterest.ca/HHomeschooling/bible-journaling/?lp=true>
 - **Free printables for Bible journaling:**
<https://creativecoloringblog.wordpress.com/2016/02/06/free-printables-for-bible-journaling/>
 - **Make your own journaling Bible tabs:**
<http://www.littlebitfunky.com/2015/01/20-minute-crafter-journaling-bible-tabs.html?m=1>
 - **How to use colouring pages:**
<https://embracingthelovely.com/coloring-pages-bible-journaling/>
 - **How to use washi tape:**
<http://www.rachelteodoro.com/2016/09/using-washi-tape-in-your-bible-journal.html>