Consider The Evidence - Daily Journal

The quest for truth is one of consistent intentionality. Find patterns as you make spiritual efforts and experience the results of those efforts. "The scriptures are laid before thee, yea, and all things denote there is a God." (Alma 30: 44)

Date:

My Current Focus:

Spiritual Practices

Jot down the actions you took to seek spiritual wholeness.

"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:" (Matt 7:7-8)

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Results of your Efforts

Jot down the thoughts, emotions, or mental shift you experienced.

"The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control." (Gal. 5:22)

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What did you learn today?

What did the spirit teach you? Did you feel a shift in your emotions? Did you experience withdrawals? Did you experience a boost of energy?

Learning Forward - Positive Reflection

What is one thing you tried today that you will do more of or continue doing?

Learning Forward - Negative Reflection

What is something that you should stop doing to help you experience more fruits of the spirit?

"I will give unto the children of men line upon line, precept upon precept, here a little and there a little; and blessed are those who hearken unto my precepts, and lend an ear unto my counsel, for they shall learn wisdom; for unto him that receiveth I will give more. . ." (2 Nephi 28:30)

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