

**Habits of Grace; *David Mathis***

**Discussion Questions- Noted by Hollyn Bedford**

**Chapter 11: Journal as a Pathway to Joy**

- 1. Why do people journal? (p.129 – 130)**
  
- 2. What benefits can journaling bring to your past, present, and future? (p. 129 – 132)**
  
- 3. What five tips does Mathis give to flourish in journaling? (p. 132 – 135)**
  
- 4. Do you keep a journal? If so, what are some benefits you have seen in your personal relationship with God?**
  
- 5. Why is it important to include Scripture throughout your journal? (p. 133 – 134)**
  
- 6. What are some other things you can include in your journal? (p. 130 – 133)**