

# *Journaling*

## *Your Thoughts for God*

*“A Message from God”*

**Evangelist LaTina M. Hubbard**



**“If you seek me you will find me”**

*Sometimes you have to journal to find who you are. God has blessed me to help you find your path and your light for which you were created.*

***Find the Peace within yourself***

# Journaling Your Thoughts for God

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Unless otherwise noted, all Scriptures are taken from the *King James Bible*.

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## ***Dedication***

I dedicate this book to  
My Lord and Savior, and my Christian family  
who supported me through my storms and trying times.

## ***Special Thanks***

I would like to thank Carmen V. Williams  
for helping me put this project together and  
my friends and family that encouraged me to keep  
pushing and made sure that I stayed  
focused to complete this book.

## **Acknowledgements**

I would also like to thank  
my sister in Christ Sister Sharon D. Megginson  
who stood by me and gave me the comfort and the strength  
to move forward with the purpose that God has planned for me.

Without you this book would not have been possible.

May God Bless you and keep you as you  
fulfill your journey in life.

**Godspeed**

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## INTRODUCTION

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### *What Journaling Means*

God often speaks into our hearts to help us become stronger and reliable on him. This can sometimes become troubling when you don't know which way to go or who to turn to in your time of trouble. Journaling your thoughts can be a great way to feel God's presence and understand what has been manifested in your mind, body and soul.

Through this journey you will be able to answer questions that God has placed in your soul to help you to become more one with yourself and in tune with him. God has placed a tabernacle within our bodies that needs to be restored by tearing down our old walls and building up a new wall, so that his anointing within us can pour out a special made blessing. In this book I will break down how to journal your everyday thoughts and use them to uplift your spirit, body and soul. I pray that this book becomes a blessing to you and helps you find your purpose in life.

***Dear God,***

***I pray that you touch and anoint the souls that read this book. Let your light shine and open their hearts to find your wisdom, peace, mercy and grace within their hearts. In the name of Jesus I pray, Amen.***

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## ***Understanding Your Life with God***

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## *The Concept of Journaling*

Journaling is a concept that very few people do, most people refer to it as keeping a personal diary, in aspect, it is keeping track of your most inner and outer thoughts. Journaling your thoughts will help you to speak what your mind, body and soul feels from a spiritual aspect of your life. By doing this it opens your mind up to a whole new spiritual life between you and God.

In order to channel what God has for your purpose in life you must experience his presence. You must know your path in order to find the truth, the way and God's purpose for your life; God speaks ***"I am the way, the truth, and the life: no man cometh unto the Father, but by me"***. *John 14:6 (KJV)*

God has made a path for us to have an effective prayer life to channel our thoughts and concerns to him. The gate is **"the way"** to channel you thoughts to God; the holy place (inner self) is **"the truth"** of what lies between your destiny and God's creation; and **"the life"** is what shines through you from God to fulfill his purpose for your life. In order to pass through the gate you must accept Jesus Christ as your Lord and Savior and accept his will as a part of your life.

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***I am the door: by me if any man enter in, he shall be saved***

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## *Have You Received Christ?*

If there is anyone who does not know our Lord and Savior Jesus Christ and would like to be in his presence speak out loud this scripture:

***“If you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.” Romans 10:9 (KJV)***

If you have spoken this out loud and accepted Christ as your Lord and Savior, it is now time to guide you on the path to eternal life and salvation. God has a purpose for your life and by reading this book I pray that you will find what that purpose is for your life.

In order to understand what God needs you to do, you must first dedicate at least 30 minutes to an hour a day studying and reading your bible. I would start out with the New King James Version of the bible and reference with the New Living Translation bible to understand its meaning and word context.

Now is the time for you to come boldly to the throne and accept your father for his truth, the way and the light of your salvation.

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***If you confess with your mouth the Lord Jesus and believe in your heart***

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# *How to Pray*

Prayer is one of the most important things needed to find your calling, your purpose and becoming one with God. There are eight watches that are given in the bible that I have listed below to help you start your prayer life off. Each watch has a bible verse to reference too.

## ***Praying Hours:***

- ✓ *First Watch-6:00 p.m.-9:00 p.m. (Early)- Psalm 119:148*
- ✓ *Second Watch-9:00 p.m.-12:00 a.m. (Late)- Acts 23:23*
- ✓ *Third Watch-12:00 a.m.-3:00 a.m. (Midnight)- Psalm 119:62*
- ✓ *Fourth Watch-3:00 a.m.-6:00 a.m.(Early Morning)-Isa. 58:8*
- ✓ *Fifth Watch-6:00 a.m.-9:00 a.m. (late Morning)- Acts 2:15*
- ✓ *Sixth Watch-9:00 a.m.-12:00 p.m.(Exit & Entry)- Mt. 20:3*
- ✓ *Seventh Watch-12:00 p.m.-3:00 p.m.(Foundation)- John 4:6*
- ✓ *Eighth Watch-3:00 p.m.-6:00 p.m. (Transform)- Acts 3:1*

These hours are very important to your journey to success with God. If you commit yourself to do his will and take self out of the equation you will feel the presence of the Lord in your mind, body and soul. Picking a certain hour gives you the ability to discipline yourself for God's will. I advise you to pray and ask God what watch he would like for you to pray on. You may not pray the whole watch, but if you can do one minute or more a day your glory for God will be sufficient.

If you find yourself struggling on what to pray for, **Matthew 6:9-13(KJV)** is a good place to start for prayer:

### ***Lord's Prayer***

***Our Father which art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done in earth, as it is in heaven.***

***Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, forever.***

***Amen.***

Remember God presence is always in the midst when you pray whole heartedly and sincerely. Let God be your pilot and you sit back and enjoy the heavenly ride from Christ our Lord and Savior.

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***Take self out of the equation so you may feel the presence of the Lord***

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## ***Journaling for Healing***

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# *How to Start Your Journal*

God has a purpose for you here on this earth and now is the time to build a relationship with him and find out what your purpose is. Now close your eyes and imagine you are on a journey to success in your life! Can you see what that journey is? How long will you wait to rise to that level in your life that God has planned for you? Well the answer is within your thoughts and through the scriptures of your bible.

I have created a schedule that will start you off on your journey. As you get closer to your breakthrough you will have started your own day to day schedule that will help you through the rest of your life's journey. I suggest that you invest in a journal so that you can utilize it to help guide you through your journey.

## ***Schedule to Success***

***Day 1-*** Today is thought day. Get in tune of having a prayer life. This will help you open your mind to listen to God's will and purpose for you.

***Day 2-*** Use your journal and list three things that you would like to accomplish in your life. List your goal for the next 2 years.

**Day 3-** Pray and ask God where he would like you to start in your bible reading to get an understanding on what he has next for you. (Use your journal throughout this whole process. Note what you read and write down any questions you may have about what you did not understand during your study time of the bible).

**Day 4-** Develop a study plan to help you stay on track. This helps you create a day-to-day prayer life, study life and relationship with God.

**Day 5-** Once you create your prayer life, your study life and a relationship with God, now you should be closer to knowing your purpose and be closer to God than ever before.

**Day 6-** Build your trust in the Lord and he will lead the way to salvation, success and eternal life.

God created us all in the mere image of him, we must learn to use our spiritual side to channel into the true light that shines within us.

**Day 7-** God create seven days in a week, use these days to journal your thoughts and let day seven be your God seeking day. Listen to the voice that God has place in your mind, body and soul to seek his kingdom and glory.

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***Let this day be a foundation for your life***

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## *Understanding Bible Quotes*

The Bible speaks of many quotes and parables that God told his disciples and the people about his great wonders and miracles that he performed. Keep these two important quotes close to your heart: **Proverbs 3:5-6(KJV)** ***“Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths”*** and **Matthew 6:33-(KJV)** ***“But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”***

If you trust in the Lord, he will give you wisdom and knowledge. If you seek his kingdom, he will allow you to prevail for what he has in store for you in his heavenly gates. God tells us in **John 14:2(KJV)** ***“In My Father’s house are many mansions”***, God has given you his request and open the door for you to become the King or Queen that he has called or ordained you to be. So, accept your inheritance that God has stored up in his heavenly rem for you to receive.

Everyday pray to God and ask him to send you to a bible verse to study for that day. Seek to understand how that verse applies to your life. Write your verse in your journal then apply it to your everyday living. Always remember that God will provide what he has given you in his word to your life each and every day and know that he

is worthy to be praise in the midst of ALL OF YOUR VICTORYS AND STORMS.

**PRAYER:**

*Most gracious Heavenly Father, we come boldly to your throne and ask that you humble our hearts and open our minds to your wisdom and knowledge, your mercy and grace and that you bestow the Holy Spirit upon us so that we may walk, talk and live by your will only in our sinful lives.*

*Most loving God, you said in John 3:16 (KJV) For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.*

*In Jesus your name I pray, Amen.*

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*For God so loved the world He gave His only begotten Son*

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## God's Presence

Experiencing God's presence is a blessing that God wants all his children to experience and feel. By his grace we are all God's children. Jesus died on the cross and shed his blood to save us from sin. **Philippians 3:13-14 (KJV)** *“Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.”* Pressing forward to the highest calling of God allows you to see and gain God's Holy Spirit and receive the knowledge and understanding of, God the Father, God the Son and God the Holy Spirit. God says in his word: **“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” Romans 12:2 (KJV).**

When you pray and speak to God always pray in the spirit and not in the flesh. Praying in the flesh will stop the spirit from accepting the full effect of God's presence. As you begin to pray to God ask him to touch you with the Holy Spirit and to channel your mind to feel his true and glorifying presence. Doing this opens the door for the Holy Spirit to come into your life and bless you with God's unconditional love, mercy and grace. **John 14:16 (KJV)**

***speaks “And I will pray the Father, and he shall give you another Comforter, that he may abide with you forever”.***

To start praying find a quiet space and clear your mind from all noise and problems that may be occurring right now in your life. Close your eyes, lift your hands and open your mouth to God and begin to speak, meditate and praise him for what he has already done and what he is about to do in your life. Know that God’s mercy and grace is sufficient and proven in his word. Tell the Lord that you decree and declare from this day forward that you would like him to be your Lord and Savior and the driver for your purpose in life. Praise him in advance for what he has already done in your life.

***Remember:***

***Ask, and it shall be given you; seek, and ye shall find, knock and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. Matthew 7:7-8 (KJV)***

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**Ask, and it shall be given you: seek, and ye shall find**

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## ***The Inner You***

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## *How to Find Peace*

Have you ever felt the love of God in your presence? Do you often wonder why you feel chills going down your veins? Well that is what God's peace feels like when he is standing before you. God is a God of Agape love. He never changes nor leaves you standing in the midst of darkness. Sometime we feel a dark cloud over our heads. Often we ask the question why is there so much darkness in my life? Sometimes you have to go dark in order for God to bring you the true lightness in your life. If you give God the praise in the midst of all your storms he will never forsake you or leave you even when you are in your darkest hour. God tells us in his word, ***“Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.” Matthew 28-30 (KJV)***

In order for your yoke to be easy you must have the three basic keys to being free. Those three keys are Love, Joy and Peace. With these keys it allows God to give us the mercy and grace that we need in order to receive the understanding and wisdom that he has placed in our mind, body and soul.

God wants us to feel love, joy and peace in all areas of our lives. For the next 40 days pray this prayer at night before you go to sleep and watch the spirit of God flow in your soul and add Love, Joy, Peace and Happiness in the midst of your darkest hour.

***“Prayer for Peace”***

***Lord I lay down my burdens and I give you my worries. I cast my cares upon you, I ask in your name Jesus today for you to calm my storms.***

***Lord I hear your words***

***“Peace Be Still, Peace Be Still”***

***My storm has now CALMED.***

***IN JESUS NAME I PRAY.***

***AMEN***

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**I Hear Your Words Peace Be Still, Peace Be Still**

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## *God's Agape Love*

What is **AGAPE LOVE**? Is it how we express ourselves when we speak to one another, or maybe how we see a love one when they pass our way. **AGAPE** is selfless, sacrificial and unconditional love that God gives us even when we feel unconditionally loved by others and ourselves.

Agape is love which can only be given from God, whose very nature is love itself. The Apostle John affirms this in **1 John 4:8(KJV): "God is love."** God does not merely love; he is love itself. Everything God does flows from his love. The bible speaks in **1 John 4:8(KJV) "Whoever does not love does not know God, because God is love."**

You must know the definition of love and to know the definition of love you must trust and believe in God, with this you truly find the true meaning of God's love. God loves because that is his nature and the expression of his being. He loves the unlovable and the unlovely is (us!), not because we deserve to be loved, but because it is his nature to do so and he must be true to his nature and character of loving the ones he created. With this saying, if you start to feel misused or even mistreated know that God is on your side, there is nothing too hard for God to accomplish. Always remember what the enemy meant for bad, God means for the good.

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***Living A Righteous Life***

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## *God's Purpose for You*

We must know that God has a purpose for all of us. In order to find that purpose we must find God within ourselves. Keeping a prayer life can open the door to what God has written already in his word. We will sometimes fall short, but with God's mercy and grace he will keep us from Satan's devious ways. Take a close look in the mirror and truly ask yourself "**am I who God says I am**". In order to know who you truly are you must first find God within yourself and then you can see the true meaning of who he really created you to be here on this earth.

Find your journey and place in God for he is the way, the truth and the light. **Self-control** is the first start of finding your purpose. Everyday use your journal and write things about your day including the good and the bad. If you find that there is more negative than positive in your life then began to fast and pray to God for guidance on how to turn your negative into a positive in your life.

Always remember you may have a bad day, but when you pray and ask God to help you overcome what is transpiring that day it will help you take control of self and be able to hear God more now than ever. One major concept that needs to be remembered is to always keep a close prayer life with God. This is your way to Victory, Salvation, Wisdom, Knowledge, Hope, Faith and Peace.

***May God bless you and keep you.***

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## Closing

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*God knows our hearts and God knows our ways. Never misjudge what he has planned for you daily. God is love. He says so in his word so remember he loves us in spite of what we say or do.*

### ***“A Special message from God”***

***My children always remember that I am your father, your mother, your sister and your brother. I made the heavens and the earth, the flowers and the trees, the moon and the sun. I spoke your life here on earth and placed you in the belly of your mother’s womb with peace, love, joy and happiness all the days to come. If you hear my voice and seek my word, I will always be there when you call. My love for you is unconditional even when you turn away in your darkest hour. I know you hear me and will never forsake me so I open my heart and take you in under my wings. I AM WHO I AM; no other man can change, nor forsake me for I am your Father, The Holy Spirit, and The Son of Man. Love, your Father God***

# **Joshua's 30 Day Fast**

## **The Book of Joshua, Chapters 1-23**

*The Joshua 30 day fast was created and spoken by God Almighty; he wants his people to fight a good fight and live a good life. God created us here on earth to do his will and inherit salvation, wisdom and The Holy Spirit, which gives us hope to fulfill his purpose and to hold on to his faith and loving word here on earth. Joshua's 30 day fast will help you to tear down the walls that the enemy has built up to stop God's purpose for his children's lives. God spoke a prayer for wisdom and discernment to help guide your way through these 30 days.*

### **My children,**

*I ask today that you open your mind, body and soul to prepare for this fast. I blessed you with this day and by faith my anointing will pour out to those who follow with fasting and praying while on this journey. I spoke in Matthew 5: 5 "Blessed are the meek: for they shall inherit the earth." The Joshua 30 day fast will open your mind, renew your heart, cleanse your body and bless your soul with a new beginning in your life. Through this heavenly journey my presence will always be there, even when your heart is not. My children, I ask that you remember this day, your heavenly Father Jesus Christ who died for all of your sins.*

***This scripture is for protection while going through this 30 day fast remember it and remember God:***

**Isaiah 54:17**

*No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the Lord, and their righteousness is of me, saith the Lord.*

***On the next page, you will find the 30 day flow chart. This chart was designed to help make your Joshua 30 day fast a great success! You may choose what time of day will be sufficient for you to do your fasting and praying for the next 30 days.***

**Thirty day flow chart:**  
**Sunday – Saturday for the next 30 days.**

**(If you attend church, you may fast and pray after church hours)**

**Sunday:**

**Prayer hours:**

Morning: 6:00 a.m. – 8:00 a.m./Evening: 9:00 p.m. – 11:00 p.m.

For 1 to 2 hour fast and pray, in the morning or in the evening.

Study & Read, The Book of Joshua, then journal what you have read and apply it to your everyday life.

Listen for God's still voice and write down the verse he gives you to apply to your everyday life.

**Monday:**

**Prayer hours:**

Morning: 8:00 a.m. – 10:00 a.m./Evening: 6:00 p.m.- 8:00 p.m.

For 30 minutes to an hour fast and pray in the morning or in the evening.

Study & Read, The Book of Joshua, then journal what you have read and apply it to your everyday life.

Listen for God's still voice and write down the verse he gives you to apply to your everyday life.

**Tuesday:****Prayer hours:**

Morning: 8:00 a.m. – 10:00 a.m./Evening: 6:00 p.m.-  
8:00 p.m.

For 1 to 2 hour fast and pray, in the morning or in the evening.

Study & Read, The Book of Joshua, then journal what you have read and apply it to your everyday life.

Listen for God's still voice and write down the verse he gives you to apply to your everyday life.

**Wednesday:****Prayer hours:**

Morning: 8:00 a.m. – 10:00 a.m./Evening: 6:00 p.m.-  
8:00 p.m.

For 30 minutes to an hour fast and pray in the morning or in the evening.

Study & Read, The Book of Joshua, then journal what you have read and apply it to your everyday life.

Listen for God's still voice and write down the verse he gives you to apply to your everyday life.

**Thursday:****Prayer hours:**

Morning: 8:00 a.m. – 10:00 a.m./Evening: 6:00 p.m.-  
8:00 p.m.

For 1 to 2 hours fast and pray in the morning or in the evening.

Study & Read, The Book of Joshua, then journal what you have read and apply it to your everyday life.

Listen for God's still voice and write down the verse he gives you to apply to your everyday life.

**Friday:****Prayer hours:**

Morning: 8:00 a.m. – 10:00 a.m./Evening: 6:00 p.m.-  
8:00 p.m.

For 30 minutes to an hour fast and pray in the morning or in the evening.

Study & Read, The Book of Joshua, then journal what you have read and apply it to your everyday life.

Listen for God's still voice and write down the verse he gives you to apply to your everyday life.

**Saturday:**

Prayer hours:

Morning: 7:00 a.m. – 9:00 a.m./Evening: 7:00 p.m. –  
9:00 p.m.

For 1 to 2 hour fast and pray in the morning or in the evening.

Study & Read, The Book of Joshua, then journal what you have read and apply it to your everyday life.

Listen for God's still voice and write down the verse he gives you to apply to your everyday life.

*Once you have completed your 30 day Joshua fast I pray that you have a renewed and prosperous spirit. All old things should have passed away and your new purpose in life should be ready to be placed in full effect.*

***May God be the head of your life and a  
Father to your soul!***

## **Author's Biography**

*Evangelist LaTina M. Hubbard the founder of Touched and Anointed Ministries, was inspired by the Lord, All Mighty, with a gift to open the minds and hearts of those that are in need of love, peace and joy. Coming to Christ at a late age has made her more understanding and open to helping those that are in need. She has been ordained to this ministry with love, passion and God's anointing to help God's children be what he created them to be for their purpose here on earth.*

*Evangelist Hubbard is very grateful to have the opportunity to share her first self-published book with all of God's children.*

### **My prayer for you:**

***"I pray that this book spiritually touches you in all areas needed to help you find your purpose here on this earth. God created all of us in his own unique way and only your love and spiritual prayers can open the door to what The Lord All Mighty, our Father Jesus, has in store. May God bless you and lead you to your new found Wisdom and Prosperity."***

## ***Be a Blessing to our Ministry***

*We pray that this book enlightens your heart and is a true blessing to your souls. We would love to hear from you and get your feedback on what your thoughts are or even a testimony if Journaling Your Thoughts for God was a blessing to your mind, body and soul.*

*You may contact us at [www.touchedandanointed.com](http://www.touchedandanointed.com) or [touchedandanointed@gmail.com](mailto:touchedandanointed@gmail.com)*

*Evangelist LaTina M. Hubbard founder of Touched and Anointed & Inspiring Minds International would love for you to stand with us and help our ministry to continue to grow and be a blessing to the world. We are accepting non-taxable contributions to address listed below:*

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P.O. Box 4025  
Cedar Hill, TX 75106*

*Or online: [touchedandanointed.com](http://touchedandanointed.com)*

***In Loving Memory***

***Of***

***Eugene and Loretta Hubbard  
45 Years of Marriage***

***I did it Daddy and Momma***

***Love***

***Tina***

