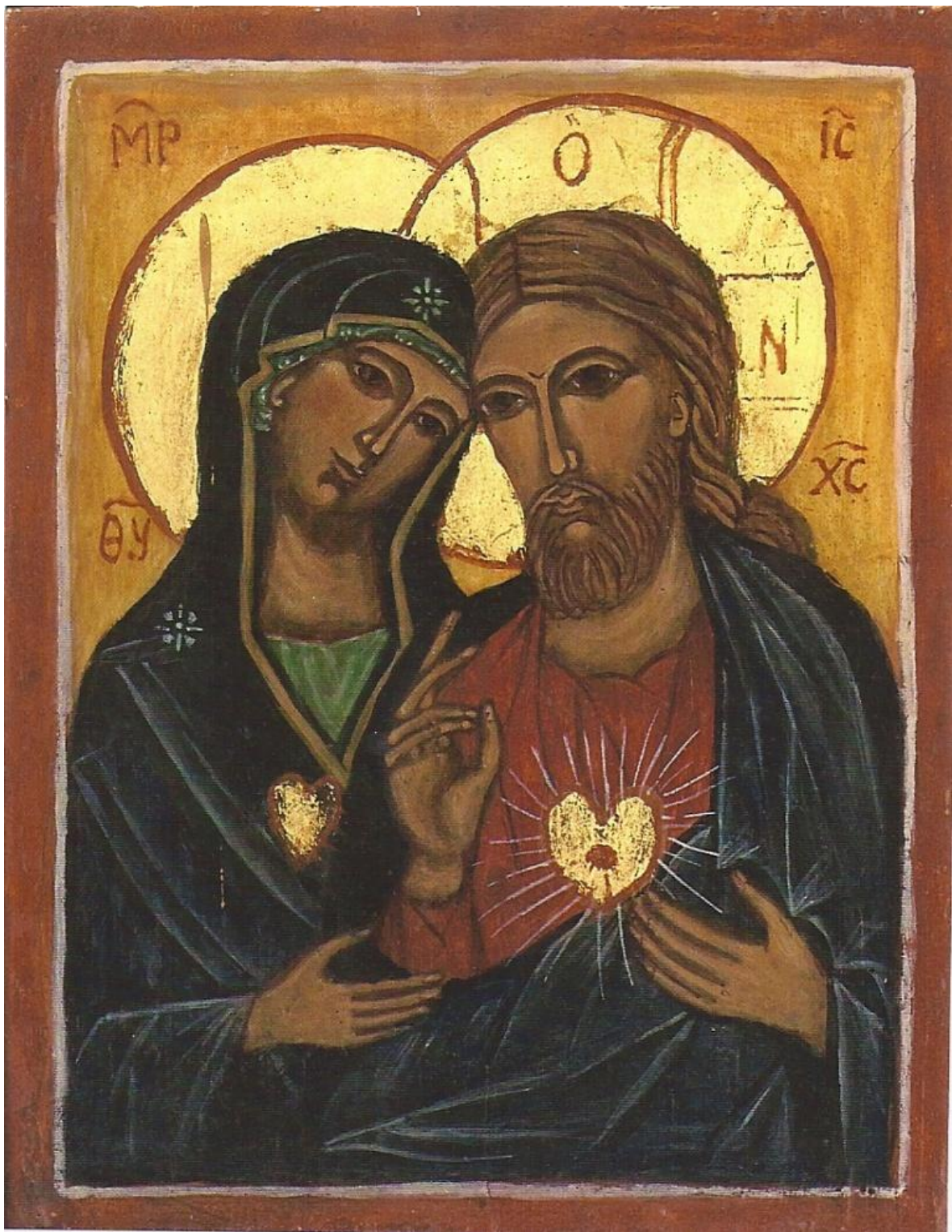


# JESUS JOURNAL

Use your JESUS JOURNAL to  
record your conversations with JESUS...



“This is what our LORD asks of you...

To be content to live with Him without anxiety, without any strain after perfection.

Rest content with the knowledge that He in His own Person, with the Father and the Holy Spirit, is in your soul, substantially, really, literally; that He does everything you do with you, from the humblest duties to the highest.

Your whole devotional life should consist in this companionship, accepted without ceremony, without intellectual or emotional effort, simply possessed and enjoyed, in perfect calmness and tranquility.

You are to say nothing to our LORD except that which comes of itself, and that in the most homely words. Never stop for a moment to ask whether or why you are worthy of this simple companionship on such a footing. Simply practice it; that is all.

As for the other things, such as acts of external devotion, they are only patterns, superimposed on this simple friendship. They should neither ruffle nor disturb its inward life.”

Abbe de Tourville - Letters of Direction



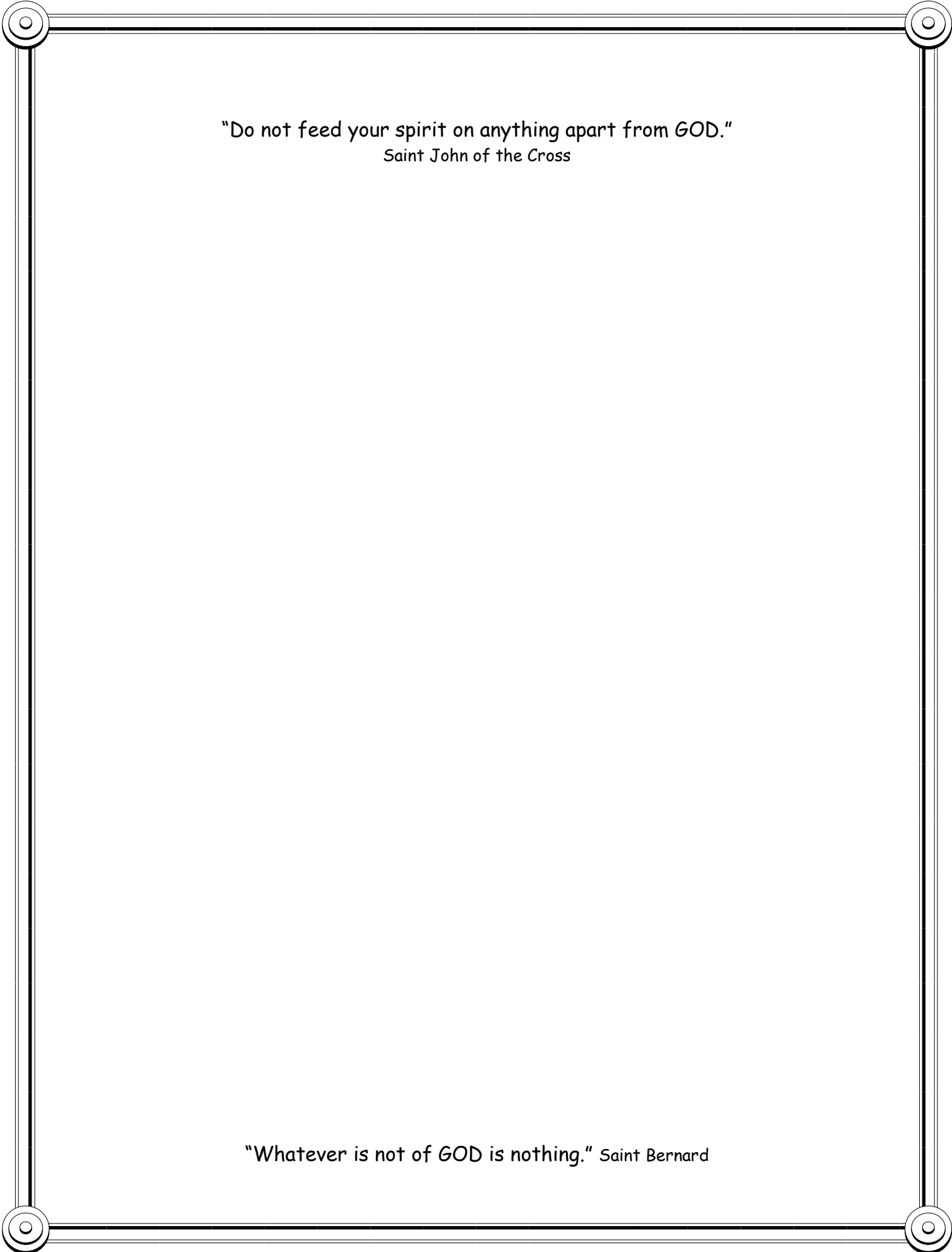
*Journaling Pages*

"A single human thought is worth more than the whole world;  
Hence, *GOD* alone is worthy of being its subject."  
Saint John of the Cross

" Your reward for one year of thinking about *Me* in your mind will be  
greater in heaven than it would be for one hundred years of vocal prayer."  
JESUS to Margery Kempe - Anchorite

"In all our thoughts and actions we ought to remember the presence of *GOD*, and to count as lost any time in which we don't think of Him."  
Saint Bernard of Clairvaux

"Be deeply sorry for any time that is lost or passes without your loving *GOD*."  
Saint John of the Cross



"Do not feed your spirit on anything apart from *GOD*."  
Saint John of the Cross

"Whatever is not of *GOD* is nothing." Saint Bernard



NOTE FROM AUTHOR: The **FIRST** way JESUS talks to us is through our Daily Gospel Reading (**See: Forever in my Sight**) The following is an example of how JESUS instructed & chastised me over 4 pages!!!! ... as I pondered Mathew 7:1-5...

The 'eye for eye',  
tooth for tooth,  
Judgement of GOD!  
As you do - so it will be done to  
you!

To judge is to accuse.  
The Devil is the Accuser!

Matthew 7:1-5  
Your command is clear

**Do NOT Judge!** period

To judge is to risk  
being condemned by  
GOD as a **HYPOCRITE!**

How much you hate  
Hypocrisy in the heart  
and action.

Only GOD Himself  
can judge truly.

Your compassion for the  
one judged (spech of dust)

**No more  
judging**

You rebuke with severity  
and yet with humor.

Your condemnation  
of the one judging  
(plank!)

The secret-hidden - sin of  
the heart. secret even from myself.  
LORD OPEN MY EYES!

How severe my own judgements are  
of others - how they look - stand -  
walk - dress !!! What they say -  
their very hearts !!! ALL THE TIME !!!

the black heart of the  
**HYPOCRITE!**

**DO NOT  
EVER EVER  
EVER  
Judge!**

Lord let me look with  
love. Lord let me  
look with mercy.  
LORD let  
me never  
ever ever judge  
another ever again.

With what humility  
with what brokenness  
with what pain  
I do it all the time

With what  
humility  
brokenness  
pain  
I do it all the time

**HYPOCRITE**

Give me Your  
♥ JESUS

**As You ARE in your heart - so you will judge.**

Be like the Desert Father  
who would not judge a  
proven sinner. Would not even  
pronounce a true judgment on  
another because he  
knew his own  
sin.

Judgement is in  
the gaze of  
the **HEART.**

If the heart is kind - so will be  
the judgment. If the heart is  
broken - the judgment will be  
merciful & humble.

**Blessed are the  
merciful!**

for they will receive mercy.

Your judgement reveals your heart.

God's condemnation is  
for the one passing judgment  
His mercy is for the sinner

HE at all had the right to condemn - the  
right to judge. He took the judgment  
upon himself.

Jesus's  
judgment of  
our sin was  
to die to  
free us from it.

He did not condemn.  
He gave himself  
to heal & free us.

**DIE BEFORE YOU JUDGE!**

JESUS shows us how far we  
must go not to condemn. ✝



The 'eye for eye'  
'tooth for tooth'  
Judgement of GOD!  
As you do - so it will be done to  
you!

To judge is to accuse.  
The Devil is the Accuser!

Matthew 7: 1-5  
our command is clear

Do NOT Judge!  
period

To judge is to risk  
being condemned by

Only GOD Himself  
can judge truly.

How much you hate  
Hypocrisy in the heart  
and action.

GOD as a **HYPOCRITE!**

our compassion for the  
one judged (speck of dust)



You rebuke with severity  
and yet with humor.

Your condemnation  
of the one judging  
(plank!)

The secret - hidden - sin of  
the heart. secret even from myself.  
LORD OPEN MY EYES!

How severe my own judgements are of others - how they look - stand - walk - dress !!! What they say - their very hearts !!! ALL THE TIME !!!

the black heart of the  
LIGHT!  
**DO NOT**  
**EVER EVER**  
**EVER**  
**Judge!**  
one who  
time  
I do it all the  
with what humility  
with what brokenness  
with what pain  
I should be  
forced to  
judge  
an other.

Lord let me look with  
love. Lord let me  
look with mercy.  
Lord let  
me  
never  
ever  
ever  
Judge  
another  
ever again.

**HYPOCRITE**

Give me Your  
♥ JESUS

As you ARE in your heart - so you will judge.

Be like the Desert Father who would not judge a proven sinner. Would not even pronounce a true judgment on

Judgement is in the gaze of the HEART.

Your Judgment reveals your heart.

If the heart is kind - so will be the judgment. If the heart is broken - the judgment will be merciful & humble.

Blessed are the merciful

for they will receive mercy.



God's condemnation is  
for the one passing judgment  
His mercy is for the sinner

HE of all had the right to condemn — the  
right to judge. He took the judgement  
upon himself.

Jesus's  
judgment of  
our sin was  
to die to  
free us from it.

He did not condemn.  
He gave himself  
to heal & free us.

DIE BEFORE YOU JUDGE!

JESUS shows us how far we  
must go not to condemn → 