

## Journaling

### Scripture Reading — Psalm 90:1-12

*Teach us to number our days, that we may gain a heart of wisdom.*  
—Psalm 90:12 —

One possible strategy for remembering is journaling. I kept a journal for each of our children as they were growing up. I recorded special things they said, funny experiences I enjoyed with them, and noteworthy moments that revealed something of who they were becoming.

When my son was married, I read his journal again, intending to find some good material for my “father of the groom speech.” I was delighted to discover a whole host of conversations, incidents, and special moments I had almost completely forgotten about.

We should journal about our relationship with God for the same reason. What did he teach me five years ago? What prayer did he answer three years ago? What new part of his character did I discover seven months ago? Much of that would be lost if I didn’t journal it.

The writer of Psalm 77 said, “I will remember the deeds of the Lord; yes, I will remember your miracles of long ago” (v. 11). Writing those events down on paper or in a saved file on your computer can help in the act of remembering.

Psalm 90 tells us to “number our days.” Pause to remember where God has been at work in your life. But don’t just count your days; pause to consider the meaning of your days. That’s the gift Sabbath provides!

### Prayer

*Thank you, Father, for our memories, by which we can recall the ways you’ve expressed your love for us through Jesus. Your grace has touched our lives again and again! Amen.*

**Devotion topics:** [Sabbath](#), [Life](#), [Christian Life](#)

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