

**Wellspring Covenant Church  
Sunday Message 04-21-24  
Pastor Dale Vallejo-Sanderson**

*“Deeper Companionship with Christ, myself and others through Journaling”*  
**Journal about how you are...**

**I. Receiving; humbly welcome and embrace**

*“Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.”*  
*James 1:17*

*A. What good have I received today, this week, over the years?*

*B. What challenges me from receiving?*

*C. What am I learning about Christ, myself and others from learning to receive?*

**II. Remembering; reliving to explore.**

*“They asked each other, “Were not our hearts burning within us while He talked with us on the road and opened the Scriptures to us?”*  
*Luke 24:32*

*A. What memories bring me deep joy and encouragement?*

*B. What might God want me to learn from specific memories?*

*C. What memories might God want to help me release with peace?*

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**III. Redeeming; finding the good God is giving from my life experiences.** *“Therefore if anyone is in Christ, this person is a new creation; the old things passed away; behold, new things have come. <sup>18</sup> Now all these things are from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation,<sup>19</sup> namely, that God was in Christ reconciling the world to Himself, not counting their wrongdoings against them, and He has committed to us the word of reconciliation.”* II Corinthians 5:17-19

**A. What freedom is God developing in me?**

**B. What strength is God developing in me?**

**C. What compassion is God developing in me?**

**IV. Responding; envision living into new ways.**

*“He said to him the third time, “Simon, son of John, do you love Me?” Peter was hurt because He said to him the third time, “Do you love Me?” And he said to Him, “Lord, You know all things; You know that I love You.” Jesus said to him, “Tend My sheep.”* John 21:17

**A. What new steps in your life are you taking from what you are receiving, remembering and redeeming?**

**B. What questions do you hold from this process?**

**C. What resistance are you coming across in yourself in this process?**