



90-Day

MEDITATION JOURNAL

Name: _____



This is your 90-Day Meditation Journal.

**Here's to growing deeper and soaring
higher in Christ.**

**May you experience times of deep
intimacy and the thick presence of His
Holy Spirit.**

God instructs us to meditate on His Word. In so doing, we will know who we are in Christ Jesus.

Being in Christ means you can be so much more than what the world says. You become more successful than you ever thought possible because you know you have the God of the universe with you. His plans and purpose for you are more than you could ever even begin to imagine doing yourself.

It takes 90 days of a consistent action to develop a habit. Over the next 90 days, train your brain into the habit of consistent meditation with God and use this journal to track your progress. This is and can only be a win-win!

Consistency with focus will only yield a stronger relationship with God while learning to hear directly from Him for every area of your life.

Do you consider yourself to be a low or average achiever?

Living in God's truth will see you attempting greater things and achieving greater levels of success with Him. Too many Christians live frustrated and defeated lives because they have forgotten that they are more than powerhouses and more than overcomers unless they understand the benefits they have in Christ.

How To Use The Journal

Each day, spend time to meditate with God. Write down your Scripture with reference for meditation.

Refer to your Holy Spirit Meditation Guide. Sit in a quiet place. Perhaps this may become your daily 'spot'. Close your eyes. Breathe in deeply for six seconds and out for six seconds. Repeat.

Clear your mind and meditate on the Scripture. Ask the Holy Spirit to show you what it means. Listen. You may hear Him speak (it may even sound like your voice but you will know it is not you), you may hear a song or sound or receive a vision. Write down your experience, what you heard or saw and without judgment.

Do this everyday and be sure to look back at your progress. Should you need to sit on a verse for a while, do so. Seek God as well on anything about which you need clarity.

Growth is guaranteed through time with God. How you respond to people and situations will change over time.

Happy Journaling! Here's to every success.

Day 1

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 2

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 3

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 4

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 5

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 6

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 7

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 8

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 9

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 10

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 11

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 12

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 13

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 14

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 15

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 16

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 17

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 18

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 19

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 20

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 21

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 22

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 23

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 24

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 25

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 26

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 27

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 28

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 29

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 30

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

30-Day Progress

Date _____

Yes! 30 days. Keep going!

I've meditated for _____ of the 30 days

How I've grown...

How my thinking has changed

Confirmations of God's Word to me

Any experience that stands out

Day 31

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 32

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 33

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 34

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 35

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 36

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 37

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 38

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 39

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 40

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 41

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 42

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 43

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 44

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 45

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 46

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 47

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 48

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 49

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 50

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 51

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 52

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 53

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 54

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 55

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 56

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 57

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 58

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 59

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 60

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

60-Day Progress

Date _____

60 days! Praise God for growth!

I've meditated for _____ of the 30 days

How I've grown...

How my thinking has changed

Confirmations of God's Word to me

Any experience that stands out

Day 61

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 62

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 63

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 64

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 65

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 66

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 67

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 68

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 69

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 70

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 71

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 72

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 73

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 74

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 75

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 76

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 77

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 78

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 79

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 80

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 81

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 82

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 83

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 84

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 85

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 86

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 87

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 88

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 89

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

Day 90

Date _____

Today's Scripture/Biblical meditation

My experience with the Holy Spirit - what He said to or showed me

Actions I will take today

90 Days! Thank You Lord!

Date _____

90 days. I thank God for allowing me to grow deeper in Him

I've meditated for _____ of the 30 days

How I've grown...

How my thinking has changed

Confirmations of God's Word to me

Any experience that stands out

Congratulations! You've made it through. Having done this consistently and with discipline means you have formed a habit, a neural pathway in your brain. You have trained yourself into habitual meditation. You have become stronger in the Lord, experiencing intimacy with Him.

Keep going sis. This is too sweet to stop. Ever. Remember to track your progress and check back on anything the Holy Spirit revealed to you. There may be something He may need you to do or know.

Do what He says and without judgment. There is so much more in Him to learn and so much more for you to be in Him.

In Christ,
Kristojay