

The cover features a light-colored marbled paper with intricate, flowing patterns in shades of cream and pale yellow. The edges of the cover are finished with a vibrant teal or turquoise color, which is accented with a shimmering gold leaf or glitter. The overall aesthetic is elegant and artistic.

SATISFY

— *my* —

THIRSTY SOUL

*journal*

LINDA DILLOW

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*Satisfy My Thirsty Soul Journal*

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Don Pape, Publisher; Caitlyn Carlson, Editor; Elizabeth Schroll, Copy Editor;

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# INTRODUCTION

*Happy are those who hear the joyful call to worship,  
for they will walk in the light of your presence,*

*LORD.*

*They rejoice all day long in your wonderful reputation.*

*They exult in your righteousness.*

*You are their glorious strength.*

*It pleases you to make us strong.*

PSALM 89:15-17, NLT

Wonderful promises spill forth from Psalm 89. The verses declare that those who worship will walk in the light of God's presence. They will be filled with rejoicing over who God is all day long. They will delight in God's attributes, and the Lord God will become their strength—not just ordinary strength but *glorious* strength—because the Holy One delights to make His worshipers strong!

My friend, you hold in your hands the companion journal to *Satisfy My Thirsty Soul*. This is the third piece of the puzzle to encourage you to grow as a worshiper.

1. The book, *Satisfy My Thirsty Soul*, is an honest account of what I learned during my worship journey, combined with teaching and application to help you grow in living a lifestyle of worship.
2. The Bible study, located in the back of *Satisfy My Thirsty Soul*, takes you into Scripture so you can learn firsthand about worship. A major part of each Bible

study lesson is a “worship experience” designed to enhance and deepen your understanding of worship.

3. This *Satisfy My Thirsty Soul Journal* is a place for you to record what you discover during the worship experiences.

Maybe you’re saying, “If I am reading a book and doing a Bible study, why do I need to journal?” It is a good question. Let me try to answer it.

The *Satisfy My Thirsty Soul Journal* not only acts as a historical record of your walk in the light of God’s presence, it serves as a window into your soul. Your written words become an album of your thoughts, feelings, and experiences. As you chronicle, draw out, and reflect on who you are *becoming* as a worshiper, your worship experience will become more concrete.

Time to get started. The blank pages await you, not as a place to write pious prayers to God or to jot down what you think your Bible study leader wants to hear but as a place for you to spill out your soul. Go ahead and stain the pages with your tears. Or doodle delightful pictures on the margins. This is your space, your place, where you can be real. That means:

- ☺ you can misspell;
- ☺ you can be sloppy;
- ☺ you can write what you really feel;
- ☺ you can be **real**; and
- ☺ you can write sideways or upside down.

Here are other creative ideas that I really like from those I call “Super Journalers”:

1. *Pray on paper.*

Start with “Dear God” or “My Father” like you’re

writing a love letter to Him. Write straight from your heart the concerns uppermost on your mind. Instead of concluding with “Amen,” sign it, “Your Loving Daughter, (*your name*).”

2. *Think on paper.*

Commit to embrace truth and reject lies about who God is and who you are.

3. *Sing on paper.*

Allow your words to flow lyrically in unceasing fashion as David’s words do in the Psalms.

4. *Feel on paper.*

Be real! Don’t be afraid to say, “This journaling stuff is hard,” or “I never realized I was such a good writer.”

5. *Draw on paper.*

You don’t have to be an artist! No matter your skill level, get some colored pencils or magic markers and give artistic creative expression a try. The sky’s the limit. Scrapbook, sculpt, paint—use any medium.

6. *Document on paper.*

Keep a record of what you have learned and how you have grown. Be sure to date each entry.

7. *Don’t let perfection keep you from writing.*

You aren’t performing for anybody. Come just as you are.

8. *Try a new place.*

Discover a new location. Journal as you sit in the sun—or, if you’re brave, in the snow!

9. *Record your emotions.*

What is your dominant emotion this week? Anxiety? Joy? Hope? Write about it.



10. *Thank God for revealing new things to you.*

Do you ever say, “It hit me” or “I suddenly realized as I wrote . . .”? These insights are gifts from God, so thank Him for giving them to you.

11. *Ask probing questions.*

Ask the hard questions. You don't have to have answers.

12. *Thank God you are growing.*

Detail new ways you are growing as a worshiper.

The journal I kept during my adventure of growing as a worshiper is one of my most prized possessions because it holds a part of me. I often pull my journal off my shelf and read through the pages. As I do, my heart leaps with joy. I can see how I've grown. I remember wonderful encounters with my Father. My reading turns to worship and prayer as I reflect on the joy of discovering God's voice and delighting in His presence.

In *Experiencing God*, Henry Blackaby said, “If the God of the universe tells you something, you should write it down.”<sup>1</sup> I am so thankful I wrote down my journey. This is why I feel passionately about you doing the same. I believe your journal will become a safe place where you can observe, reflect, understand, and move toward change.

I am convinced that if you faithfully read *Satisfy My Thirsty Soul*, study God's Word, and journal about your worship journey, at the end of the ten weeks you will say, “I have grown as a worshiper, and I am beginning to walk in the light of God's presence!”

Moses asked God to give the light of His presence for his journey to the Promised Land. God promised Moses that He would go with him. As you begin your journey, know that I am asking God to go with you and to be your ever-present Companion.

God's blessings on your journey!

*Week One*

MY  
THIRSTY SOUL



*Week One*

## MY THIRSTY SOUL

---

*O God, you are my God,  
earnestly I seek you;  
my soul thirsts for you,  
my body longs for you,  
in a dry and weary land  
where there is no water.*

PSALM 63:1, NIV

I am excited that you have made the choice to go on your own worship journey! So much has changed in my life since I first began this journey:

- ☺ God's presence has become my portion.
- ☺ I am becoming a prayer warrior.
- ☺ My joy is unspeakable.
- ☺ I delight in intimacy with the Lord.

I was surprised to discover that God's presence is hidden in worship and that as I grow in worship, I also grow in intimacy with the Lord. Worship begins in holy expectancy that we will see God, and it ends in holy obedience. It is the response of a lover to her Beloved; it is the lifestyle of a grateful heart.

We all long for *into-me-see* oneness with someone. Here is what my friend Kathy told me:

I thought I would find deep intimacy in my marriage, but since my husband and I were both emotionally crippled for the first decade or so of our marriage, our relationship did not meet *my* expectations. I'd always searched for a soul mate, but felt that my husband wouldn't ever be that person. I craved someone . . . anyone . . . to be able to find me and know me to the core of my being. I longed for it and searched for it in Christian friendships. However, nothing and no one ever seemed to truly satisfy the deep need to "be known" so intimately.<sup>1</sup>

The amazing news is that God intimately knows you and me, and He longs for us to know Him. The psalmist David said that the mighty God of the universe had searched and known him. God was intimately acquainted with all of David's ways (Psalm 139:1, 3). And the wonderful news is: Your ways are completely known to Him as well.

## A TEN-MINUTE WORSHIP EXPERIENCE

It is time for your first worship experience. Four or five days this week, worship God by declaring WHO HE IS.

Here are some suggestions for your worship time:

1. Put on worship music, bow or fall to your knees, and be still in God's presence for ten minutes. Ask God to teach you about intimacy with Him.
2. As you kneel before Him, read Psalm 63:1-8 out loud to God. Ask Him to teach you about who He is and how you can grow in your worship of Him.
3. Declare all the truths you find about God in these verses. Here are four; continue reading and you'll find more.

- ☉ You are MY God.
- ☉ You are powerful.
- ☉ Your lovingkindness is better than life.
- ☉ I am satisfied with you—more satisfied than with chocolate (Linda's paraphrase).

Look at David's worship responses. Here are four to get you started.

- ☉ He thirsted and yearned for God.
- ☉ He saw God.
- ☉ His lips praised God.
- ☉ He lifted his hands to God.





















