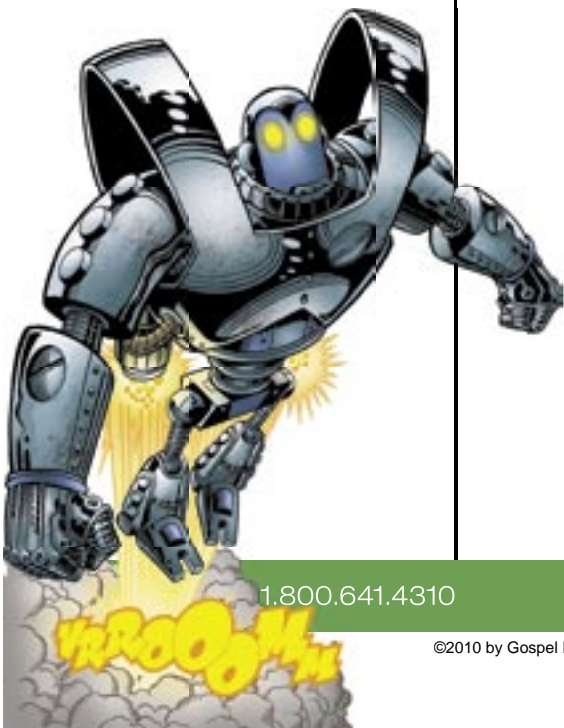


*If your child isn't  
thrilled by the  
prospect of writing,  
ask him or her to  
draw you a picture  
that depicts  
something significant  
from the day.*



### Journaling

## I Remember

In this issue of Holsom, many people take the time to record recent events so they'll remember their thoughts and feelings as it took place.

Journaling isn't a new concept. People have created things to help them remember the past for thousands of years. In 1 Samuel 7:12, Samuel sets a stone between two cities to signify God had helped the Israelites defeat the Philistines. Joshua set up stones to help parents remind their children of the things God had done for them. Instead of paper, the Israelites "journalled" with stones and altars.

Journaling is more than just "Dear Diary, this is what I ate today." Help kids set aside five or ten minutes every day for journaling. Journaling can be a great way to focus in on one thing they did or learned for that day. It can also be a good way to record prayer requests and things God has answered. If your child isn't thrilled by the prospect of writing, ask them to draw you a picture that depicts something significant from the day.

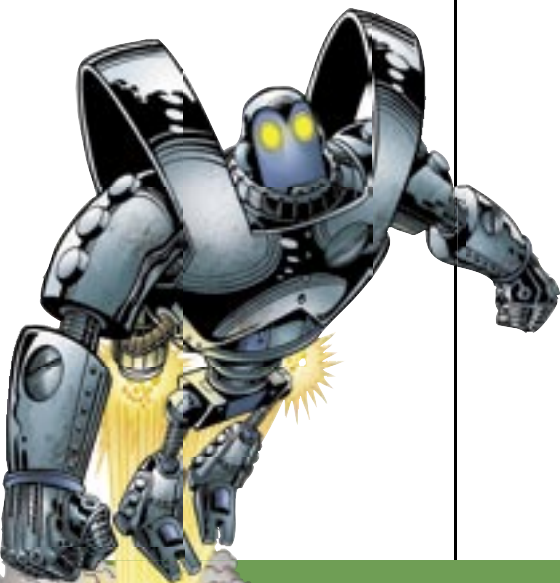
Journaling can help kids sort through their feelings. Encourage kids to read through their journals (or look at their pictures) once a month to see how much they've changed and how God is moving in their lives.



## Holsom Comics Discussion Questions

After kids have read [Welcome to Holsom, Issue 17](#), begin a discussion about journaling by asking these questions:

1. How do you think journaling helped the sheriff, Lucy, and Constance? *(It helped them collect their thoughts, look at the evidence, etc.)*
2. Do you think Otto Farless confuses what he sees on TV for reality? *(Yes.) Why do you think that is? (Answers will vary.)*
3. Do you think Lucy's questions about Rover will be answered? Do you think Horatio intended the "evil robots" to be dangerous? *(Answers will vary.)*
4. In Lucy's journal, she takes time to find God in the situation. Instead of blaming God for the current mess the town is in, she's thankful for God's protection, and she's certain God will help the town get out of it. Are there situations in your life where you need to be reminded God cares for you and will help you find a way out of whatever you're facing? *(Answers will vary.)*



## Activity

### Create Your Own Journal

**You will need:** construction paper, notebook (or unlined writing) paper, stapler, pens, crayons, markers, stickers.

Let your kids create their own journal. Whether they want to create a journal they will write in or draw in, give them materials to create a 5½ x 8½" journal.

1. Take a sheet of construction paper and five sheets of notebook paper. Place the notebook paper on top of the construction paper. Hold the stack of paper so the long side is left to right.
2. Fold the stack of paper so it opens like a book, and crease the edge on the left.
3. Staple the pages together in the crease (two staples).
4. Let the kids decorate the cover however they choose.
5. Send the kids home with their journal, encouraging them to set aside five to ten minutes a day for journaling.

