



The Church of England  
Diocese of Ely



The Journal

*"The booklet was jointly authored for the Diocese of Ely by  
Rachael Heffer (Mission team, Diocese of Ely) and Emma Perkins, (Freelance Youth Worker)"*

# INTRODUCTION: GETTING STARTED

*Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.*

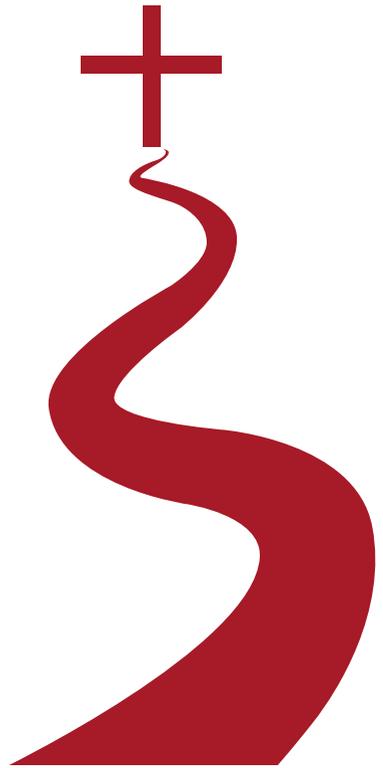
## **Hebrews 12:1**

Life is hard; it seems to be full of an intimidating stream of choices, responsibilities and life-making-or-breaking decisions and it can be hard to know what to do or where to turn. In the midst of all of the hustle and bustle of our everyday, it can seem almost impossible to find God, let alone hear what He might be saying or to spend time getting to know Him better.

We understand that having a faith isn't always easy – there are lots of questions to be asked and challenges to be found; but what we do know is that following Jesus is worth it.

Jesus told us he came so that we may have life and have it to the full (John 10:10), so why not spend some time journeying with us to find out what it really means to follow this guy who lived over 2000 years ago?

This journal is here to help you walk with God – whether you are just starting out or whether you have been on the path for a while. There are sections for each of the six sessions for drawing, doodling, writing and pondering – this is your space, how will you use it?





# TOP TIPS

## USE THIS JOURNAL

This journal is for you and no-one else. Doodle, write, draw, scribble...use it to start a conversation with God.

## DOWNLOAD THE APP

If you can, download the Remind App from GooglePlay or the Apple Store and sign up to the "@ywol-rtr" class, to receive daily encouraging texts.

## ASK QUESTIONS

Don't be afraid to ask questions! For all you know, someone else might be thinking the exact same thing.

## DON'T COMPARE

Don't compare your journal to anyone else's. We are all journeying with God and that is different for each of us. Run your own race – it's between you and God.

## PRACTICE MAKES PERFECT

If at first you don't succeed in reading the Bible or praying, keep trying and then try again! It's a great way to get to know God.

## PRAY

Praying is just talking to God. Ask Him questions or tell Him things – what have you got to lose?



**Draw your journey from week to week.**

**Where are the highs and lows?**

**Which bits of your week do you enjoy / not enjoy?**

START

FINISH



# TOGETHERNESS: ONE GOD, ONE BODY

YOU ARE NOT ALONE. WE ARE ALL PART OF ONE BODY WITH  
GOD AND WITH THE CHURCH

DOODLE PAGE

Scrawl here



Scribble here

WAYS TO CHANGE THE WORLD...

MY WEEKLY WONDERINGS ARE...

MY CHALLENGE FOR THE WEEK IS...



# WHOLENESS: GIVING YOUR ALL TO GOD

WE ARE ALL GIFTED. YOU ARE GIFTED.  
HOW CAN YOU USE THAT FOR GOOD AND FOR GOD?

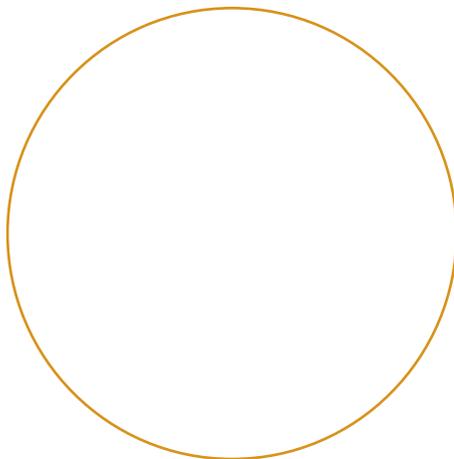
DOODLE PAGE

#madskills

#gotgifts

MY STAND OUT BIBLE BIT WAS...

MY WEEK IN A PIE CHART...



#stuffido

THIS WEEK I WANT TO...



# HOLINESS: BECOMING MORE LIKE JESUS

YOU ARE JOYFULLY MADE BY A CREATIVE GOD  
WHO LOVES YOU AND WANTS YOU TO KNOW HIM, TOO.

## DOODLE PAGE

this is my face



some other things i drew



WHAT I LEARNED FROM TODAY...

(DESCRIBE YOUR WONDERFUL SELF) I AM...

THIS WEEK I WILL SHINE BY...



# WITNESS: TELLING THE WORLD

LEARNING TO SHARE YOUR FAITH WITH OTHERS.  
IT'S CALLED GOOD NEWS FOR A REASON!

DOODLE PAGE

#mygoodnews

I WILL REMEMBER...

MY PRAYER DIARY...

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

MY CHALLENGE FOR THE WEEK IS...



# KINDNESS: SHARING THE LOVE

LEARNING HOW TO LOVE OTHERS LIKE GOD LOVES YOU.

CLUE: THAT'S A LOT.

DOODLE PAGE

Scrawl here



Scribble here

MY STAND OUT BIBLE BIT WAS...

MY WEEKLY WONDERINGS ARE...

NOW I'M GOING TO...



# BOLDNESS: SPEAKING UP FOR JUSTICE

YOU CAN MAKE A DIFFERENCE.

BE THE CHANGE THE WORLD NEEDS TO SEE.

DOODLE PAGE

#whereisthelove?

MY FAVOURITE VERSE...

PLACES I WANT TO PRAY FOR...

IDEAS TO MAKE A DIFFERENCE...

# THE COMMISSION: GOING FORWARD

This may be the end of the journey with the *Youth Way of Life* sessions but we pray you continue to run the race with your young people in the days, weeks, months and years ahead.

We truly believe that faith is not a sprint but rather it is a marathon; and one which takes training, trying and trusting to keep going.

Here are some of our top tips for your young people as they continue on the journey:

## BRINGING THE BIBLE TO LIFE

If colouring is your thing, find some biblical colouring to spend time focussing on the word and creating something beautiful. If writing is your thing, get a Bible with space to make notes.

## PRAYER JOURNALLING

Keeping a prayer diary can be a great way to see how God is moving in our lives. It can also be helpful to look back at our conversations with God and see how our relationship has changed.

## DOWNLOAD A BIBLE APP

Download a daily Bible reading app which will help you read the Bible each day and understand the passage/s - don't forget to find a translation that works for you (the NIV, NLT and Message translations are good places to start.)

## PRAYER PARTNERS

Find someone – or a few people – to meet regularly with; to pray with, chat with, share where you're at with God with and grow together with.

## KEEP ASKING QUESTIONS

Never be afraid to ask questions. It's good to ask and there is always more to learn – whether you're just starting out or have been running the race for a while!

## KEEP RUNNING THE RACE!

Here's the big one...don't give up! God is on your side – no matter what. Life won't always be easy, but Jesus promises that he is with us; always

We hope this resource has helped you a little along the way and our prayer for you and your young people going forward in all that is to come is this;

May you turn to God each new day,  
May you find peace when you pray,  
May you love others just as God loves you,  
May all you say be good and true.  
May you in the world be a shining light  
May you defend what is just and right.  
May you turn to God and draw ever near,  
May you find Him now, may you find Him here.

Amen.

And finally;

“So here's what I want you to do, God helping you:  
Take your everyday, ordinary life — your sleeping,  
eating, going-to-work, and walking-around life—  
and place it before God as an offering.”

*Romans 12:1 (The Message)*

# RACE REVIEW: PLAYBACK

This is a space we hope you'll keep coming back to.

Like all good athletes it takes training to keep on going and to stay healthy and strong, so we suggest taking some time in the next month/two months/six months (however many months, really!) to stop and reflect on the race so far.

So grab a drink, maybe a snack and spend some time with Jesus – maybe even grab a 'running partner' to go through these questions with. After all, it's better to not go it alone.

## TOGETHERNESS

If you could ask God one question, what would it be?

## WHOLENESS

What do you think God is doing in your life at the moment?

## HOLINESS

What does Jesus mean to you?  
Who do you say he is?

## WITNESS

How have you been Jesus-like?  
How could you be more like Jesus?

## KINDNESS

How has someone helped you this week?

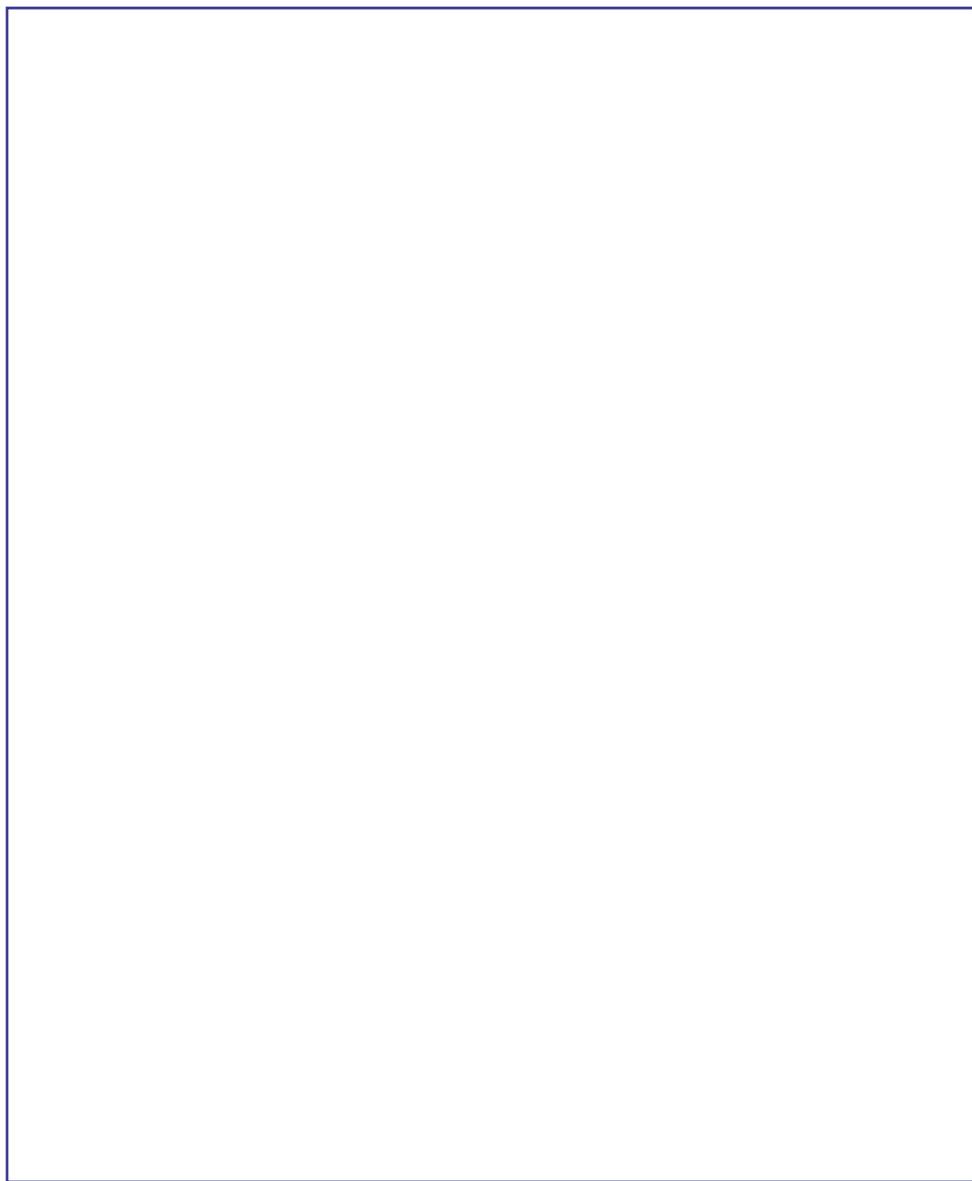
## BOLDNESS

Who are you praying for? Who do you want to get to know Jesus?

*The answers won't always be easy, but we believe in you.  
You've got this. Run well, and remember – You're not alone.*



A large, empty rectangular box with a thin dark blue border, intended for writing notes.





# HELPFUL CONTACTS

## **Diocese of Ely website**

To see more of what is happening in the Diocese of Ely, including events happening near you, visit:

[www.elydiocese.org](http://www.elydiocese.org)

There are lots of resources and ideas you can follow-up at the *Way of Life* section of the Diocese of Ely's web site: [www.elydiocese.org/way-of-life](http://www.elydiocese.org/way-of-life)

## **Helpful Links**

Remind App (available at Apple Store and Google Play) @ywol-rtr

YouTube videos found in a playlist by searching "*Youth Way of Life* Diocese of Ely"

## **Youth Way of Life email**

We'd love to hear your thoughts and feedback on *Way of Life: Run the Race* and to know if there is anything we can do to help you as you continue going forward.

If there is anything you would like to say or share, please email us at:

[lisa.tulfer@elydiocese.org](mailto:lisa.tulfer@elydiocese.org)

## **Acknowledgements**

The Diocese of Ely is grateful to the work done by Rachael Heffer and Emma Perkins in creating the material for the *Youth Way of Life: Run the Race*.

Nurturing a confident people of God