

The perfect companion to
the delightful story
The Disappearing Seat.

In *The Disappearing Seat*,
Elita Brown shares her love
of journaling—and how
writing down her gratitude
and burdens helps her. This
companion journal invites
readers to walk alongside
Elita, discovering and
savoring the good gifts all
around them.

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Hello to you!

Every time you write in this journal, you're helping yourself feel a little more joyful, a little less anxious, and a little more connected to God.

I spend a few minutes every morning filling out my lists of **gratitude, my needs, and people I'm praying for**. I also like to record any special Bible verses I find (especially in the Psalms).

You can look back on your ***Sit and Savor Journal*** in years to come to see all the ways God brought good things into your life to savor and all the ways He answered your prayers.

Just like Elita Brown, we can learn to sit and savor.

Enjoy this special journal made just for you.

—Heather Holleman

Journaling Structure ~~~~~

My Gratitude:

Give thanks in all circumstances; for this is God's will for you in Christ Jesus. —1 Thessalonians 5:18

My Needs:

I lay my requests before you and wait expectantly. —Psalm 5:3

Friends I'm praying for:

Therefore . . . pray for each other. —James 5:16

Notes from Bible Reading

Things I'm thinking about and learning about

Date: _____

MY
GRATITUDE:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

MY
NEEDS:

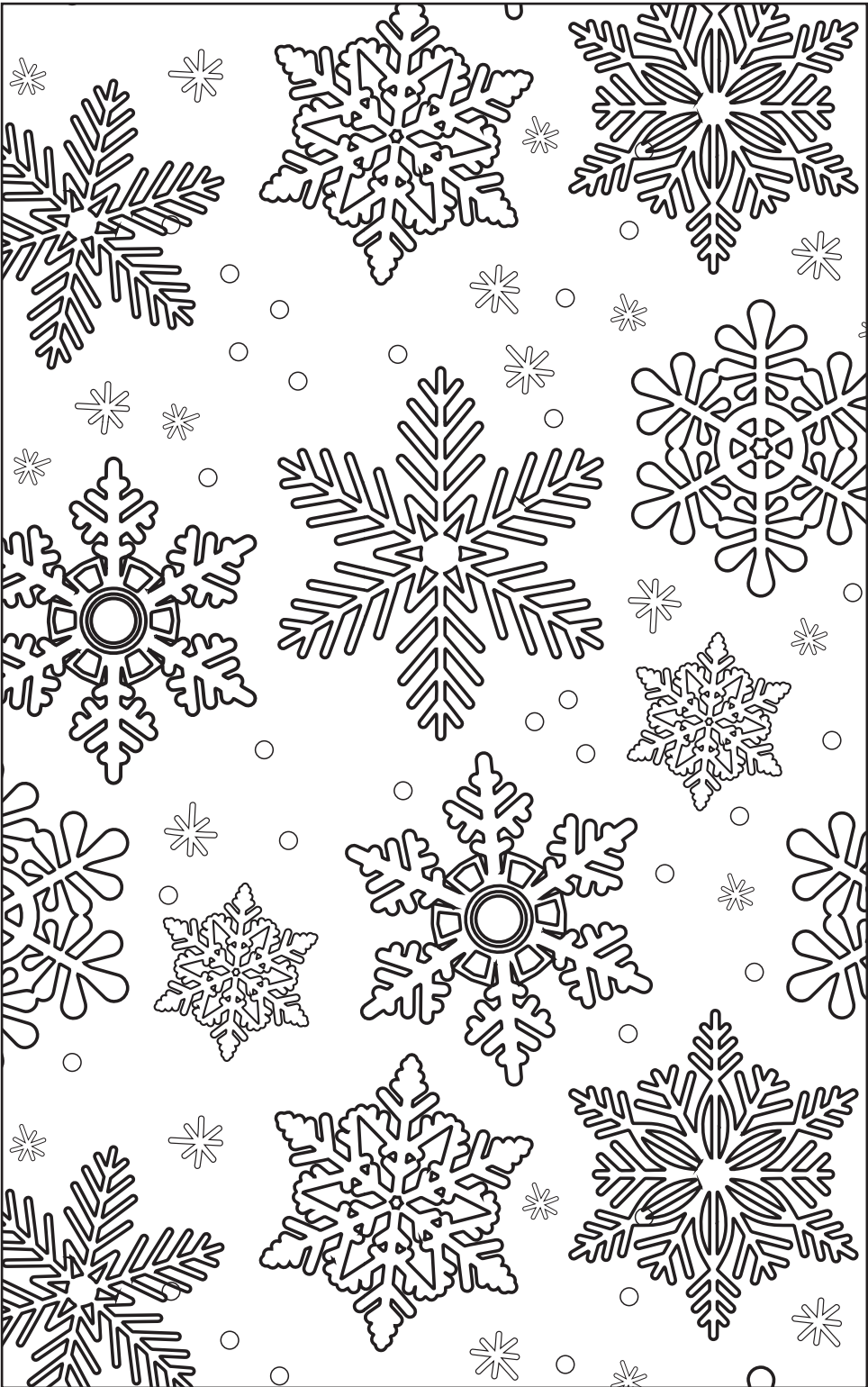
- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

FRIENDS I'M
PRAYING FOR:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Notes from Bible Reading

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Ephesians 2:6

*And God raised us up with Christ
and seated us with him in the heavenly realms
in Christ Jesus.*

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