

Journal Pages

- Create the journal pages in MS Word.
- Use 8.5 x 11" paper landscape.
- Print lines on both sides of the paper.
- Fold 5 pages in half together.

	He says, "Be still, and know that I am God I will be exalted among the nations, I will be exalted in the earth." Psalm 46:10
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Journal Cover

Use scrapbook paper or any heavy weight decorative paper to make the cover.

- Cut the paper for the cover 8 ¾" x 12".
- Fold it in half.
- Add decorative binder paper

Be creative!

Binding

To hold the pages inside the journal:

- Use a sharp object to make holes through the journal pages and cover.
- Thread craft cord through a needle with a large eye.
- Sew the pages to the cover and tie the ends inside the journal.

