

WRITE, DRAW & CREATE IN YOUR JOURNAL

- Gratitude
- Your journey with Him
- Rhythm of Life (reflect on your practices)
- Word of the year (meditate on how it shows up)
- Scripture reading, meditating & application
- Prayer requests and answers of others, in the world and for yourself
- Visions, future directions & longings from the Trinity
- Songs/verses that are meaningful
- Your Examen reflection
- Transition times
- Meaningful events, stories, articles, photos, poems, quotes, etc

TIPS

- It doesn't need to be perfect or written in complete sentences
- It could be done daily, weekly, at retreat, yearly, seasonally, or in major transitions
- Try it for a regular time and discern if this is a practice for you... Even for 10 minutes a day (start small)

SPIRITUAL JOURNALING

Summary

WHAT IS IT?

Spiritual journaling is a “sketchbook of the soul” in which you listen, reflect and respond how God is shaping your life as you know Him deeper. It is a record of noticing God’s presence, guidance and comfort through His immense love and grace even in the ups and downs of life.

WHY A SPIRITUAL JOURNAL?

Spiritual journaling creates a safe space for us to listen and record our emotions, thoughts, sins, limitations, ideas, hurts, struggles and prayers of the heart. When we write out our increasing awareness of moments in our life, the act of writing makes it more real. Journaling helps us discern decisions and future direction, and solve problems with Him as we gain His views. We learn to recognize His voice and His comfort especially as He heals our wounds. Think of journaling as a prayer to God who helps us to experience the Fruit of the Spirit through increased hope and trust. Over time, we can recognize themes and patterns to answered prayers, and God’s every present faithfulness in grace upon grace.

EXAMPLE: GRATITUDE IN YOUR JOURNAL

YOUR REFLECTION: Thank you, God, for who you are, my Almighty King and Jehovah Shalom. I thank you for what you’ve done _____. I am grateful as you are always finding ways to meet my needs, even the smallest of needs. You are always looking out for me and bringing goodness in my life.

HIS RESPONSE: My dear son/daughter (that’s you). Thank you for noticing my tender care of you in _____. I’m always looking out for you. Remember I am always _____ with you.

Adapted from "A Joyful Journey, Listening to Immanuel", James Wilder, PhD