

SPIRITUAL JOURNALING

Spiritual journaling is simply keeping a record of your faith journey. It is a discipline of thoughtful reflection on what God is doing in your life and writing it down. Keeping a spiritual journey is a rewarding practice. Consider this list of advantages to keeping a faith journal:

- ✦ Not forgetting significant spiritual moments
- ✦ Keeps us focused on reflection
- ✦ Reminds us of God's faithfulness when we walk through struggles
- ✦ Can be a gift to future sojourners

When journaling, the following is a quick list of ideas to jump start your reflection. These may be ideas or topics you may consider:

- ✦ Where are you and where are you going?
- ✦ Prayers
- ✦ Bible Study insights
- ✦ Insights into yourself or God
- ✦ Gifts from God or friends
- ✦ Reflections on past journal entries

Spiritual Journals are a tool for you to use in facilitating spiritual development. There is no rulebook on how to use one or what to include. However, it is valuable to note that the more deliberate your journaling, the more useful it will be when you want to look at it one or two or ten years from now. Here is a list of suggestions that may be helpful in intentionality:

- ✦ Get in a place where you can focus without distraction
- ✦ Date all your entries
- ✦ Take the time to ready your heart in prayer or meditation
- ✦ If you use a book, get something sturdy that will last
- ✦ Be honest
- ✦ Take time to listen to God as you journal!

The bottom line is that keeping a spiritual journal is an easy and fruitful spiritual practice. Come to it when it's helpful, and let it rest on your shelf when there's nothing to write. Let it be one way for you to take stock of yourself and ready your heart to talk with God.