

Journaling

Journaling is a tool for reflecting on God’s presence, guidance, and nurture in daily comings and goings. Journals can be kept regularly or during times of transition.

Explore: To be alert in my life through writing and reflecting on God’s presence and activity in, around, and through me.

Scripture:

- “Show me your ways, O Lord, teach me your paths.” Psalm 25:4
- “Open my eyes that I may see wonderful things in your law.” Psalm 119:18

Includes:

- Keeping a written record of God’s ways in your life; journals can include a collection of clippings, drawings, collage, articles, poems, and quotes.
- Recording external or internal journeys-or both.
- Recording prayers, prayer requests, answers to prayers and responses to God in all of this.

Fruits:

- Slowing down and reflecting on where God shows up in ordinary routines.
- Leaving a legacy for others.
- Remembering God’s faithfulness throughout your journey.
- Awareness of phases and stages of your personal pilgrimage.

Short methods for Journaling

- As you read magazines and newspapers, cut out articles or photos that touch your heart. Paste them in your journal. Use these clippings to help you pray and join in God’s care for the world.
- Develop a journal of quotes, poetry, and Scripture that have touched you. Reflect on these words and their significance to you.
- Keep a prayer journal: record request, prayers, and answered prayers.
- Make a journal for a child, a parent or a friend, recording some significant event and your prayers for them.
- Use your journal as a place for your unedited thoughts, feelings and reactions. Out of this overflow as the Holy Spirit to form a godly response in you. Write the response you hear from God.
- Divide your journal into particular sections that reflect:
 - Your journey with God
 - Events of the Day
 - Prayers for the World
 - Prayers for those you love
 - Desires of your heart.

*Ortberg & Barton, An ordinary Day with Jesus
Whitney, Spiritual Disciples for the Christian Life
Calhoun, Spiritual Disciplines Handbook*

(END)