

JOURNALING

Journaling is not the mere recording of facts about the day's events. Rather, journaling involves reflection and contemplation. Journaling as a spiritual discipline involves the contemplation of life in the light of Jesus. Journaling can enable one both to remember and to clarify thoughts, feelings, and ideas. Keeping a journal helps one to see patterns of behavior of which one may not be aware. Journaling gives the opportunity to reflect upon the day and week in light of our faith. Keeping a journal may give important insight about the state of one's spiritual journey. Journaling is a practice that allows one to slow down and therefore train oneself to be Godly (1 Timothy 4:8).

Use the guide below as a way of introduction into practicing journaling. It is suggested you journal for 14 days minimum.

WHAT TO WRITE

"I don't know what to write!" The journal is for the writer and not the writer for the journal. Don't look for a "thing" to write, simply write. If unsure, just describe your day. Feel free to write in ways and about things that you enjoy or come to mind. Reflection, prayers, write out scripture, confession, describe a conversation or simple memory and expression from your day. The point is: just write!

WHERE TO WRITE

Where you write – in a chair, on your bed, at a desk, on your patio – doesn't matter. Just find a place to pause for a moment in your day to simply write. College ruled notebook, a leather bound notebook, sheets of paper or even in a private Google Sheet/Word Document is fine. The avenue and location are up to you, an aid in encouraging daily writing.

CREATIVITY WELCOMED

While writing articulates thoughts, feelings and experiences, there are other ways to journal. Creativity is not only welcomed in one's journaling, but an avenue of expression that can help nurture one's spiritual life. Ideas: include clippings, drawings, pictures, collages, quotes and so forth. Express your day in a way that excludes words or supplements your words.

REFLECTION

The long term benefit of journaling is the simple practice of reflection. You have "evidence" to help in this. Looking back in one's journal is looking back into one's past. Those words, pictures, lists and memories allow for reflection in a unique and productive practice. Take time over your practice of journaling to reflect and look back. Notice the patterns and words often used while giving focus to what you wrote. Ask yourself, "Where is God showing up?" How does this reflection inform the hope of tomorrow?