

Discipleship 1 Activity: Following God Daily Through Spiritual Practices

Journaling as a Spiritual Practice

Journaling becomes a spiritual practice when we use pen and paper to strengthen our faith in God. We can use journaling as a companion to prayer, Bible study, fasting, or any other spiritual practice that is already a part of your life in God. Journaling can be a significant tool in deepening our spiritual lives because by its nature it leads us to further revelation of who we are and who God is in our lives. –*Journaling: A Spiritual Spirit Journey*, Anne Broyles, p. 14

Entries will be of many varieties.

Writing skills are not necessary.

Regular practice is important.

Choose your journal and writing instrument carefully and dedicate them for the purpose.

Keep the journal in a safe and private place.

Spiritual Journal Practice

Sit quietly and comfortably for several minutes while the mind and body relax and focus.

Allow the events of the past day to come quietly to mind. Ask yourself how God revealed Himself. How close were you to God? How did it feel? What happened? Were there times when you acted on your own? Was there a scripture text or a hymn or poem or other thought that caught your attention? Reflect for a moment on these significant occurrences.

Date the entry and begin writing allowing your thoughts to flow as seems right. Do not give much attention to grammar or handwriting style. You may wish to write in the form of a prayer. Express exactly how you feel whether it is anger with God or joy.

Write until you have said all the flows naturally from your mind. Do not force yourself even if there are only a few sentences; tomorrow you may write several paragraphs.

Usually fifteen minutes or so is sufficient for each day's entry unless you need to release a heavy burden that may require more time.

When finished reflect on what you have written to discover any messages from God.

Return to the journal and review your entries as seems right. Year-end is a good time for using your journal to reflect on how your journey with the Lord has developed.