

Keeping a Spiritual Journal is a wonderful way to reflect upon your faith and be in conversation with God. The journal can take many forms, and there are a variety of resources available to help one begin.

A few considerations:

The style of journal will depend on what sorts of entries you propose to make. Blank pages or a grid pattern will work better for those who will include drawings and sketches in their journals. For those whose entries will be prose, lined pages make more sense.

Try some experiments. For example:

Vary the frequency at first to see what feels most comfortable. Will you write daily entries? A more in-depth weekly reflection?

Make different kinds of entries. Try drawing, poetry, lists, reflections on Bible passages, writing out prayers. See what feels meditative and useful to you.

Vary your forms of address. Write a letter to God. Imagine that you are a character in the Bible and speak as that person would speak. Write to someone in your life who needs to forgive you or be forgiven by you. Write as if God were speaking directly to you.

Don't give up if you miss a session or two. Just pick it up again.

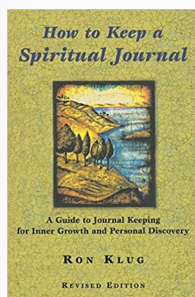
Choose a form that works for you. There is no "right way" to keep a faith journal.

Online Resources:

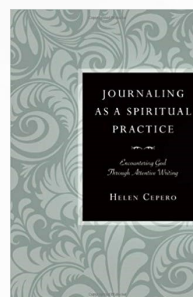
><https://www.wikihow.com/Keep-a-Spiritual-Journal>

><https://grottonetwork.com/keep-the-faith/prayer/how-to-keep-prayer-journal/>

Written Resources:



Ron Klug,
*How to Keep a
Spiritual Journal*



Helen Cepero,
*Journaling as a
Spiritual Practice*

