

LIVINGTHEWORD

KEEPING A SPIRITUAL JOURNAL

the practice of writing, drawing, keeping poems, writing words to a song etc is a great way of claiming and celebrating what is going on in your journey with God. Some journal daily, others only when they feel something significant is happening. Its a great practice to develop and be comfortable with.

Sometimes to help you hear what God is saying in prayer, it is helpful to finish your time of prayer, then after a brief break, just note down what you felt happened.

In writing about your prayer time, its surprising how you find a greater awareness of what actually happened or how you felt. We claim what happened, what words or ideas God wanted to share with us. What we may need to do, choose.

- After your time of prayer, get up, walk around for a few moments
- Find a few moments with your journal
- Pray to the Holy Spirit to help you understand what happened during your time of prayer
- Reflect on what words struck you and why, how you felt, why you may have had certain feelings.
- What was God teaching you?
- What issues do you feel you are invited to face up to in your relationship with God?
- Write about your spiritual journey as you experience it now.
- Write what you feel God is saying to you now
- What do you feel most in need of at this time—have this as a prayer you take with you throughout the day.

GETTING STARTED

- Buy a book from a bookshop. Try and find a way of making it special, putting it in a special place that is private to you
- Try for 3 days in a row to spend 5 minutes writing, drawing etc about how you are going in your life journey.
- What is a big issue for me at the moment?
- Where am I hurting?
- What have I heard from others, within me, around me, in what I have read, that speaks of God's wisdom for my life?
- What has God been speaking to me about in prayer?
- Find a friend who is willing to do this - and share together at the end of 3 days