

SPIRITUAL FORMATION (Part 5) – Spiritual Journaling

A tool for Christian growth where we record our spiritual exercises – the awareness of God’s presence and grace in our daily life, our self-awareness, discernment of God’s direction for us and our response to Him.

SPIRITUAL JOURNALING (A 5-day Exercise):

Day 1

Practice the discipline of thanksgivings and journal your experience.

Day 2

Practice 10 minutes of silence and journal your experience.

Day 3

Do a meditative prayer with Lectio Divina and journal your experience.

Day 4

Review the day prayerfully and journal your experience.

Day 5

Review the journal for the week and look for:

- Awareness of God’s presence and His grace in your life
- Self-awareness and direction from God

End by giving thanks to God for your growth through this 5-day exercise.

