

## **Week 2 - Prayer Through Journaling**

The prayer journal is like a diary of the spiritual movements of our lives. We can use the journal itself as an instrument of prayer. We can begin our prayer time with the solitude exercises of the nine breaths. Then when our spirit is quiet and peaceful, we start writing a sort of stream-of-consciousness way – without thinking about it or censoring it, we write the first things that come to our mind.

1. Pray the exercise of 9 breaths to relax and invite God into our space
2. Write "Dear God..." and write whatever comes to mind
3. Here are some examples:
  - a. My deepest desire
  - b. My greatest fear
  - c. Relationship in my life that I wish were stronger
  - d. My biggest confusion
  - e. My biggest sin
  - f. The gifts God has given me
  - g. The people I love and who love me
  - h. Things that I am grateful for this day

## **Week 2 - Healing Prayer Exercise: Meeting a Younger Me**

The following is an exercise that may help to heal some past wounds. It is a potentially painful exercise and should not be taken lightly. We will probably need to pray this exercise many times before lasting healing can take place

1. Pray the exercise of 9 breaths to relax and invite God into our space
2. Imagine sitting in the chair across from me is a me from my past. I choose some difficult period in my life when I was troubled, anxious, angry, traumatized, or was experiencing some problems
3. I speak tenderly to the troubled me, showing him/her my present perception of his/her problem. I might want to express forgiveness of my younger me for the mistakes s/he made or comfort him/her or tell him/her that he is going to be OK.
4. Or I may not be ready for such gentleness yet. I may need to yell at him/her or scold him/her right now. There's only one rule here: I should be honest, and I should not censor myself.
5. When I have said all that has come to mind, I relax every part of me and allow the quiet of my prayer to take over.
6. Regardless of what I say to him/her, I invite him/her to leave telling him/her that I love him/her (...provided that I do love him/her. If not, then tell him/her the most loving thing that we can muster at that moment)
7. Once my younger me leaves the room, I notice Jesus now sitting in the chair. I tell him everything I'm feeling about the conversation I just had. Again, I allow myself to say whatever comes to mind without worrying about how Jesus will respond.
8. I sit in the stillness and silence for as long as I can. Thank God for the prayer time