



A self-directed guide to journaling

Rekindle Your Spirit Retreat, St. Simon Parish, October 27-28, 2023

By: Christine Moore

Journaling is a powerful addition to any prayer practice. By capturing your thoughts and emotions in writing you grow closer to yourself and to God. Recall that your yearning to better understand yourself echoes your longing to know God. Moreover, your longing to know God echoes God's longing to be in relationship with you. Through journaling, you will build trust in yourself and be better able to hear the stirrings of the Lord in your life.

How to journal?

Just as every person has a preferred way to pray, your way of journaling may vary from that of others. The key to journaling is to embrace curiosity and humility in your life and relationship with God. Your journaling may be a few lines with doodles beside it. It might be a collection of bulleted lists. You may write a call and response conversation with God the Father, Jesus or the Holy Spirit. Perhaps you'll craft free form poetry or compose extended paragraphs. Coming to the act of journaling with openness and without defined expectations will allow you to let your prayer life flourish on the page.

- To begin with, find a comfortable place to sit in this room.
- Take care of any physical needs you may have so that you are able to bring your focus to this time.
 - This may include having a drink of water, or being sure that your pen and paper are ready.
- Take a few moments before you begin to write to greet this moment with gratitude.
 - You are in a safe and welcoming place.
 - You are not alone. You are in conversation with God.
- Next, take some time to read the writing prompts that follow.
- Choose the prompt that most interests you at this moment.
 - Read the prompt. Read it again.
 - Close your eyes and let the words unfold within you.
- Begin to write.
 - If it helps to include the prompt at the top of your journal entry, do so. Otherwise just begin writing.

See over the page for Journaling prompts.

Journaling prompts

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I see God in my life, when...

At this point in the retreat, I am feeling ...

A message of the retreat I wish to take with me is...

I spiritually care for myself by ...

I access feelings of my oneness with God when ...

I am grateful for ...

I am hopeful about ...

Sometimes I ...

The thing I cannot write about is ...

What I spiritually need right now is ...

I really believe that ...

This guide was prepared by parishioner and poet, Christine Moore. If you wish to discuss your experience with her, she is at the retreat and would be delighted to hear from you.