

Spiritual Discipline of the Month: Journaling

Journaling is a tool to help you develop a deeper relationship with God, yourself, and others. It is an opportunity to record your spiritual journey by spending quiet time with God writing down the concerns, joys, upsets, and special moments of your day. Journaling helps reduce stress as it provides an outlet for emotions, private prayers, life questions, etc.

*"Record my lament; list my tears on your scroll —
are they not in your record?"*

- Psalm 56:8 (NIV)

"Keeping a spiritual journal can provide the time and the structure for exploring our lives—our thoughts, our feelings, our dreams, our relationships with others and with God, our gifts, our beliefs. It can increase our awareness of God's leading and action in our lives."

- Ron Klug, How to Keep a Spiritual Journal

Practical Suggestions / Challenge for the Month

- ✓ Find a notebook you can designate for the purpose of journaling. Record in it your thoughts, prayers, feelings, meditations, concerns, thanksgiving, joys, etc.
- ✓ Write frequent letters to God in your journal. Not sure how to start? Just begin by writing "Dear God."
- ✓ Don't edit your writing; just let it flow from your heart.
- ✓ If you are concerned with confidentiality, throw the journal away when you are done.

Other Things to Remember:

1. It's not always easy to incorporate new disciplines into your life.
2. Look at your calendar and pick a time for each day that will work with your life.
3. If you miss a day or two, just acknowledge it and begin again.
4. Partner with someone and help keep each other accountable.
5. It's not about perfection, it's about practice.
6. Have fun!

If you have any questions, want other suggestions, or would like to share your experience call the office (302) 378-7692 or send us an email at connect@connectioncc.org.

For more information on the practice of Spiritual disciplines refer to "*Celebration of Discipline: The Path to Spiritual Growth*," by Robert Foster.