

Spiritual Discipline of the Month: Journaling

For those of you who did not have an opportunity to practice the discipline of journaling last month, we have extended the discipline into January. It is an important tool to help you develop a deeper relationship with God, yourself, and others.

Your words are really important; write them down. You may be surprised by what you write.

It is an opportunity to record your spiritual journey by spending quiet time with God writing down the concerns, joys, upsets, answered prayers, 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)

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 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.
- ✓ A journal entry can be as short as one sentence. You don't have to write pages each day.
- ✓ 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 e-mail 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.