



# An Introduction to Spiritual Journaling

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## What is a Spiritual Discipline?

1. Finish this from Richard Foster :

“A Spiritual Discipline is something we **Can Do** that allows God to do something in us that we **Cannot Do**”.

2. Name some common Spiritual Disciplines.

3. What are some beneficial reasons for practicing a Spiritual Discipline?

4. What are some unhelpful motivations for engaging in a spiritual discipline?

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## What is Spiritual Journaling?

1. Spiritual Journaling is a discipline that helps us satisfy the **godly desire** to have a deeper and more meaningful **conversational relationship** with God.

2. Essentially, Spiritual Journaling is **Prayer**. It is a safe place to be **vulnerable** and **honest** with God.

3. Your journal also provides a **space** and an **occasion** for God to speak to you in a **personal** way.

4. Spiritual Journaling should never take the place of **scripture** as the primary means through which God **speaks** to us.

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## How Do We Journal in a Fruitful Way

### Elements of the Discipline

1. Keep a Regular Appointment
2. Always include Scripture Reading
3. Always include Date, Time, and Location
4. Use Your Favorite Things: Pen, Type of Journal, Greeting
5. Let Adoration Lead You
6. Embrace Honesty (Confidentiality Plan)
7. Keep White Space
8. Close The Session Well: Open Ended Vs. Benediction

### Embrace:

The Process of Growth in the Discipline

Community

### Avoid:

Legalism

Elitism or Showmanship

Perfectionism

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## How Do We Share From Our Journal

1. **Community** is very Important with his discipline. Although much of what you write in your journal will stay private, it is important to have a trusted place to **process** what you are learning.
2. **Trusted friends** help keep us **accountable** to our commitments, check us as we try to **discern** truth, encourage us to **continue** when we face challenges.
3. Always share with **humility**. Resist the urge to be **Holy Spirit** for others.

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## **Getting Started**

### **1. Make a Plan: Where, When, What, How**

Although the best laid plans undoubtedly change, people who make plans are far more successful than those who do not. Plan as well as be flexible.

### **2. Invest: Time, Treasure**

It is totally ok to buy that journal that you like and those nicer pens. Consider journaling time as time when an honored guest is coming to visit. Prepare as if company is coming because company IS coming.

### **3. Eliminate Distractions**

Do your best to set aside, make holy, your journaling. Get up early or stay up late. Go to the garage and journal, sit in your car. Prepare a special place in your closet. Be creative and ask God to help you.

### **4. Pay Attention to What Enhances and Detracts from the Experience.**

Learn from each moment with Jesus.

Little things do matter.

Leave no crumbs on the table.

### **5. Stay with It.**

You will have set-backs. This is normal. Do not let the set backs keep you from continuing the journey.

### **6. Prepare to Keep your Journals for a Long Time.**

Plan for their confidential storage and decide what you want done with them in your latter years. Consider the benefit of revisiting them in the future.

### **7. Gather Others If Possible**

And some friends to do this with you. This will enrich the journey.

# Small Group Discussion Questions

## What is a Spiritual Discipline

1. What did you think about what Joshua said concerning the definition of a spiritual discipline?
2. Have you ever thought about spiritual disciplines before?

## What is Spiritual Journaling

3. What is the main godly desire that spiritual journaling helps us to meet?
4. Is this a desire that you want to meet? Can you see yourself growing closer to God through this spiritual discipline?

## How Do We Journal In A Fruitful Way

5. What were your main take-aways from Joshua teaching on how we journal in a fruitful way?

## How Do We Share From Our Spiritual Journal

6. What are your main take-aways from Joshua's presentation about how we share from our journal with others.

## Getting Started

7. Read the "Getting Started" section together. What might you add to this section if you wanted to pursue the godly habit of spiritual journaling?

