

Journaling as a Spiritual Practice

What Is Journaling?

Journaling is an ancient practice of dedicating time to written reflection on your life journey. The practice can take many forms such as stories, letters, essays, autobiography, free association, stream of consciousness, remembering dreams, reflecting on feelings, recording life events, lists, charts, maps, sketches, and other ways of reflecting in writing. Journaling offers a place to be unmasked, reflect, find your inner self, discover previously unknown aspects of yourself, and meet God/Source/Spirit/Higher Power. Journaling is a tool for discovering our inner lives and something beyond ourselves.

Reflection, Whether We Do It by Journaling or Some Other Way

- is our personal response to something—like a poem, an image, Scripture, a question, or an experience. In other words, you write about your understanding of it, and you connect it to your own previous experiences, your observations, and things you are learning.
- gives us a new perspective on our experiences. We can see more clearly what is most meaningful to us and how God may be working in our lives.
- allows us to observe our emotions and understand what may be blocking our spiritual growth so that this does not control us. Journaling can help heal old patterns and emotional wounds. It creates possibilities for compassion, responsibility, and self-respect.

You can journal anywhere, anytime, when you have a minute, or an hour. And if you fall out of the practice, it's easy to just pick up where you left off.

Some Reasons to Journal

Lets Us See the Soul Areas Where We Are Growing

By using a journal, we come in touch with our cutting edges of growth, those areas where questions exist or where there is need or longing. These are areas where the Holy Spirit seems most active.

—Richard Peace, *Spiritual Journaling: Recording Your Journey Toward God*

Strengthens Other Spiritual Disciplines

A journal can become a sacred place, mere blank pages are transformed into a site where you can record the most intimate parts of your soul. A place where you can travel with your deepest thoughts and confessions. A place where you can slip off the mask of who you are supposed to be and slip into something more comfortable: who you really are.

—Magaret Feinberg

Journaling Is a Way to Visually Examine Our Thought Processes

I begin these pages for myself, in order to think out my own particular pattern of living, my individual balance of life, work, and human relationships... And since I think best with a pencil in my hand, I started to write.

—Anne Morrow Lindberg, *Gift from the Sea*.