

SPIRITUAL JOURNALING

LOOKING INWARD WITH A PEN AND PAPER



As you embark on the Spiritual Listening Plan it's important to record what you hear. One of the best ways to do that is in a listening journal. In the act of putting something on paper we reflect on our experiences and begin to process the information we've gathered. As you reach the end of the plan these entries will be vital for group discernment.

GETTING STARTED

Pick your canvas. First up decide how you want to record your reflections. I like to start with a fresh journal and my favorite pen. Others will utilize note taking apps or a Google Doc.

Determine a routine. There's no right way to do this. Do you want to write something daily or weekly? Or after important listening moments during the process?

Frame your entries. Start with a journal entry format that can frame the rest of your entries. Here's one possibility:

- *Date of Entry:* When did this activity/encounter happen?
- *Description of Listening Activity:* Who did you listen to? Where were you? What happened?
- *Initial Interpretation:* As you reflect on the activity/encounter what stands out? What feelings stirred in you?
- *Converse with God:* Write to God about this activity/encounter. Ask questions lift up your hopes, desires.
- *Key Insights:* As you conclude do any insights stand out?

The more you journal during the listening process the better! Bring your journal to the concluding group spiritual discernment and share your insights with the team. Spiritual journaling is a helpful practice for a listening process but its also a great way to connect with God and grow as disciple. Keep it up!