**Spiritual Journaling**

**Session 2**

Spiritual journaling can be done in a number of ways and for different reasons. Here we are going to focus on two forms of spiritual journaling: Prayer and Bible reading/study.

**Prayer:** Write a prayer to God. This is a powerful form of prayer because it causes us to organize our thoughts and carefully express our feelings as we speak with God. Writing down our prayers helps us consider the situations we are encountering and their impact on our life. Consider the Psalms. They are filled with emotion as the writers express themselves to God. Take for example Psalm 28:1-3:

 To you, O Lord, I call; my rock, be not deaf to me, lest, if you be silent to me, I become like those who go down to the pit. **2**  Hear the voice of my pleas for mercy, when I cry to you for help, when I lift up my hands toward your most holy sanctuary. **3** Do not drag me off with the wicked, with the workers of evil, who speak peace with their neighbors while evil is in their hearts. (ESV)

Notice the emotion the psalmist is expressing. Notice the urgency of his request. However, other Psalms are filled with praise and thanksgiving. As a whole, the Psalter captures a wide range of human emotion.

**Bible reading:** We are going to use the spiritual reading method (Lectio Divina) and write it out as a prayer. Here's how to do it:

1. Write the Bible reference at the top.
2. Write down the words or phrases that are catching your attention.
3. Meditate on why these words or phrases might be catching your attention.
4. Discern what the Lord is telling you with those words or phrases.
5. Take it to the Lord in Prayer, but write out that prayer.
6. Wait in silence for a few minutes, then record what happened during that silence.

Exercise 1: Find a place where you can be alone and take 20 minutes to write down a prayer.

Exercise 2: Read Mark 2:1-12, then follow the spiritual reading process but write down your thoughts.

This week's assignments:

Exercise 1: Journal a prayer to God every day.

Exercise 2: Follow the steps to Spiritual Reading but write the process in your

journal as we learned in class.

Selected Readings:

Thursday: Matthew 12:38-42

Friday: Matthew 14:22-33

Saturday: Mark 7:14-23

Sunday: Mark 8:1-10

Monday: Luke 15:11-32

Tuesday: Luke 17:7-10