

# *Spiritual/Prayer Journal*



*An art journal is a space for questions that may not have answers, a place for thoughts that may otherwise not have a home, a safe container for emotions so that they do not have to be loose in the world.*

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Art Blogger



Today we explore possibilities for journaling that opens up ways of responding to prayer, scripture, music, lived experiences.

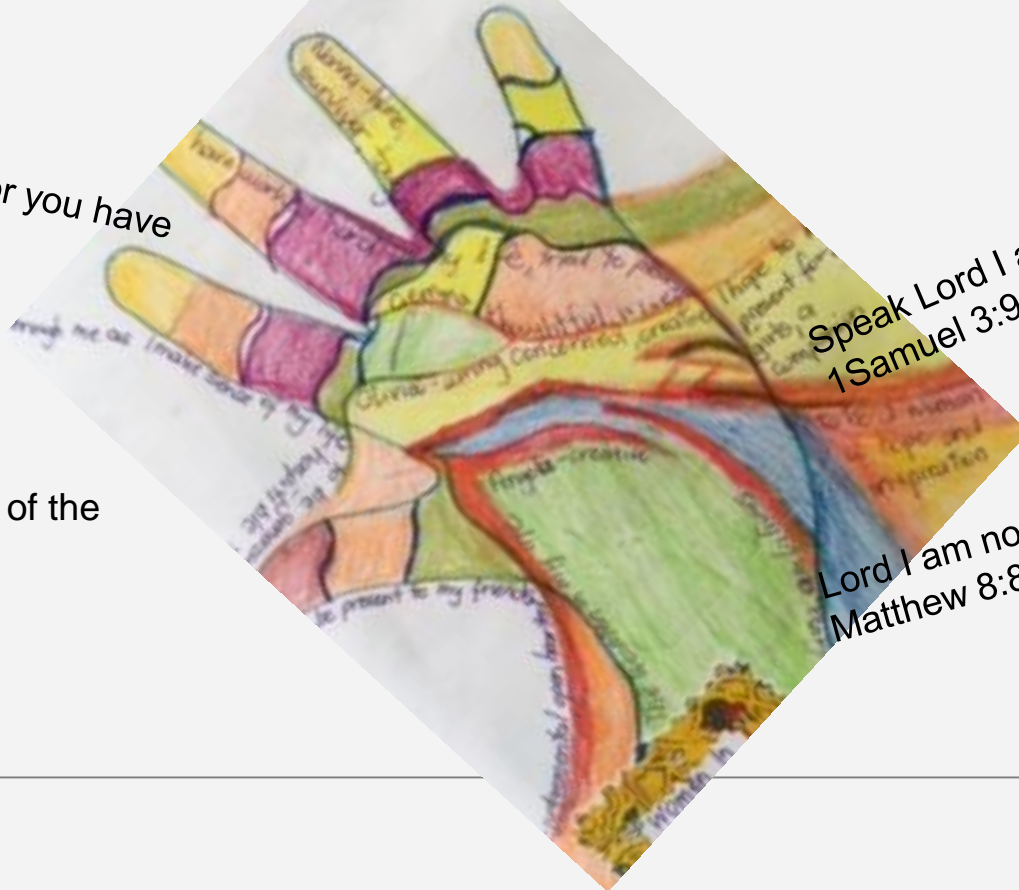
Through journaling we open up who and how we are in the world.

Journaling is not bound by age or status.



Here I am Lord, for you have  
called me.  
1Samuel 3:5

I am the light of the  
world  
John



Speak Lord I am listening  
1Samuel 3:9

Lord I am not worthy  
Matthew 8:8

# \*Prayer/Spiritual Journal

- \* There is no one best way to keep a journal.
- \* Keeping a meditation/prayer journal helps us experience a sense of what is actually going on.
- \* A journal also allows us to look back at our experience as it has changed over a period of time.



# \*Kinds of things you might record in a spiritual journal

- \* Insights, promises and revelations from your devotional life.
- \* Specific prayers you have prayed.
- \* Experiences when you have been keenly aware of God or God's will, or wondered where God was.
- \* Things you've discovered while looking back in the journal.
- \* Precious insights





**Gospel Acclamation    Mt 11:28**

Alleluia, alleluia!

Come to me, all you that labour and are burdened,  
and I will give you rest, says the Lord.

Alleluia!

**Gospel**

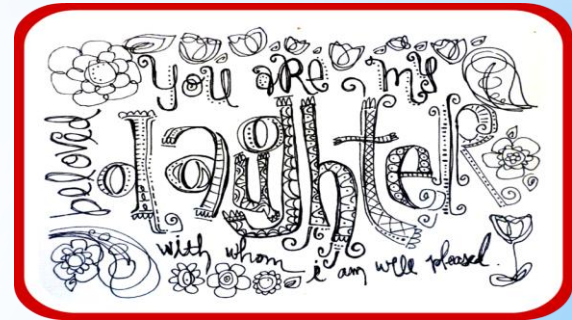
**Mt 11:28-30**

A reading from the holy Gospel according to Matthew  
I am gentle and humble in heart.

Jesus exclaimed: 'Come to me, all you who labour and are  
overburdened, and I will give you rest. Shoulder my yoke and learn  
from me, for I am gentle and humble in heart, and you will find rest for  
your souls. Yes, my yoke is easy and my burden light.'

# \* The Word

1. Select a word from the reading.
2. Write the word on the page in a shape that speaks to you.
3. Spend five minutes doodling with your chosen word. As the word resonates explore the thoughts that evolve and extend beyond your chosen shape.





**\*What possibilities do you see for yourself?**

**\*What possibilities do you see for your students.?**

## How to incorporate writing for those who are writing-shy

- Make lists.
- Use a thought-provoking title for your page.
- Use poems, quotes, lyrics.
- Look at your artwork and write down words that come to mind. Write a poem using those words

## **How to incorporate art for those who are art-shy**

- Use color washes.
- Use those thoughts that just pop in your mind during your day/week.
- Collaging.
- Don't worry about making it pretty.