



How To Keep A Spiritual Journal

“Quite simply, a journal is a record of a journey. It is a means of keeping tangibly in touch with the movement of God in our lives.” *Sheila Pritchard, author of The Lost Art of Meditation*

“Journalling is a spiritual discipline - one more door into God’s presence” *Anne Broyles*

Journal-keeping is one of the best aids to deepening the spiritual journey as it records what is going on, assists in seeing more deeply the meaning of the journey of life and faith. It highlights our discoveries of God’s love, encourages deeper explorations of our experiences of God and enables Scripture to speak clearly and be enacted in us as fresh truths are encountered. It keeps the mind focussed. It keeps us honest. It exposes self-deception. Our heart and mind is concentrated on Jesus and how it is between us; on the Spirit’s presence, guidance and gifts. In it we record and interpret the story of God’s work in us.

Simple guidelines:

1. Don’t write for an audience or readership. This will compromise your complete honesty. This is the one place you visibly bare your soul. Keep it private.
2. Forget spelling and grammar. Forget words if you want. Use pictures, symbols, leaves, flowers - any media that

"Set up way marks for yourself,
make yourself guideposts,
consider well the highway, the
road by which you went."

Jeremiah 31:21



"Our journal is a window into our
relationship with the divine Mystery,
bringing us closer to God this day"
Anne Broyles

represents what you "see" and "hear" with the faculties of your heart. There is no right or wrong way to do this. If you're not enjoying it, do it differently. No-one is judging it.

3. Words can be good. Write to yourself, or to God, Jesus, the Spirit or to the journal. Write poems, put in other people's poems if something has touched you. Use colour to highlight important words or phrases.

4. Describe experiences, feelings, dreams, insights from Scripture, film, reading, podcasts, conversations, learnings from relationships. Express gratitude, explore life's joys, pains, hopes, fears, "aha" moments, fantasies, boredom, darkness, light, temptations, struggles, sin and grace and forgiveness, failings and victories, anger and contentment - everything! Return over old ground to discover deeper insights but most of all explore your discoveries of God and grace in it all.

5. Remember that "We are always beginners with God" (Anthony of Sourozh) so be expectant, exploratory, receptive.

"It serves as the sanctuary to which
we go for our most intimate and
private, our most profound and
universal experiences...the journalling
process is our inner workshop, the
place where we do the creative
shaping of the artwork of our life."

Ira Progoff