

Faith Journal

By Courtney Still

Examine where your faith journey is taking you by keeping track of your thoughts about God in a faith journal. Make it a place to document the joys and struggles you encounter in living a life of faith.

For

Young Adult

Season

Summer

Needed

A journal, pen/pencil

Prepare in Advance

If you already have a journal you are ready. Otherwise, you'll need to purchase or make one.



Experience

1. Obtain your journal. Be creative! You can opt to simply purchase a journal or you can make your own with patterned paper, magazine pages or anything you have laying around that you would want to include.
2. Choose your writing instrument. Select a pen or pencil that you like. Decorate it if you wish. Use it only for journaling.
3. Choose a time of day to journal. When do you regularly have a few quiet minutes all to yourself to write in your journal, such as the beginning or end of your day or during a lunch break?

Consider

Think of your journal as a space to put down anything that you don't want to carry around in your head all day. Or use it express parts of your faith that you aren't sure of and want to work through. Consider it a sort of treasure box where you can keep questions, ideas, and discoveries about God and how God is at work in your life.

Use these questions and ideas as writing prompts for your faith journal entries:

- What thoughts are circling in your mind right now?
- Where do you see God in this? If you can't, why do you think that is?
- Where have you seen God so far today?
- Is there anything that is bothering you that you want to write down and lift up to God?
- If you just woke up, what are you excited or worried about that is coming up during your day?
- Make a list of things you are thankful for.
- Make a list of questions that you would like to ask God.
- Write out a prayer instead of saying it in your head or aloud.

Don't restrict yourself to mere writing; consider drawing, painting, collaging as well.

Pray

At the beginning or end of each day (depending on when you write your journal entry) look over what you've written and write down one thing you can pray about based on the feelings, observations, or questions you have documented.