Journaling Handout

A. What is journaling?

1. *It is a method of communicating personally with God.*
2. *It is writing a love letter to the Heavenly Father, Jesus, the Holy Spirit, or the Blessed Mother.*
3. *God not only wants to hear from us, but He also wants to speak to us in our hearts as His children.*
4. *This hearing from the Lord is helpful to establish an intimacy for prayer to grow and deepen.*
5. *There are many ways to listen to God; journaling is a tool to help facilitate listening and to focus on what the Lord says to you.*

B. How to journal:

1. *Write to the Lord about your feelings, heart thoughts, prayers, insights, and questions. You can also read a Scripture or listen to a prayerful song and then write down what touched your heart, and ask the Lord to speak to you about it.*

2. *Allow yourself time to listen to His response; record this also.*

    a. *When asking the Lord a question, keep it simple - only ask one question at a time to clearly hear His response.*
    b. *Let the Lord respond; ask the Holy Spirit to help you listen.*
    c. *Simply begin with whatever greeting the Lord may use for you, such as "My child" or "My beloved " or "My lamb."*
    d. *Simply begin to write whatever comes into your heart, your mind, or whatever just comes naturally.*
    e. *In this act of faith in writing, you will begin to very gently experience the movement of the Holy Spirit within you.*
    f. *Just let it come - don't worry if it is you or your own thoughts at this time. God is Love and will speak in Love.*

3. *Go down deep in your heart to where you feel that you are in Jesus' presence and then listen to what He has to say to you.*

4. *If you have trouble writing what the Lord is saying to you, you can start out by writing, "This is what I think the Lord is saying to me now" and then finish the sentence.*

5. *Throughout your prayer, dialogue with the Lord, heart-to-Heart.*

6. *If you can, briefly summarize your journaling each day.*

7. *The Holy Trinity and Blessed Mother love and accept everyone where they are; begin journaling where you are right now.*