Journaling Handout

A. What is journaling?

1. *It is a method of communicating personally with God. Through Baptism, the Holy Trinity dwells in our hearts and They desire a personal, Heart-to-heart relationship with each one of us.*
2. *It is writing a personal 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 beloved children. He always meets us and loves us where we are at.*
4. *Hearing from the Lord through journaling is helpful to establish deeper intimacy with God and for your prayer life to grow and deepen.*
5. *There are many ways to listen to God and journaling is a helpful tool to facilitate listening and to focus on what the Lord is saying to you.*

B. How to journal:

1. *Write to the Lord about what's in your heart, including your feelings, joys, sufferings, burdens, anxieties, fears, prayer intentions, and questions. You can also read a Scripture or listen to a prayerful song and write down what touched your heart, then ask the Lord what He wants to say to you about it.*
2. *Ask the Holy Spirit to help you listen with an open heart. Allow yourself time to listen to His response and record it in your journal.*
    a. *When asking the Lord a question, keep it simple and only ask one question at a time to clearly hear His response.*
    b. *When sharing your heart with the Lord, ask Him how He sees your situation and let the Lord speak to your heart.*
    c. *Begin with whatever greeting you feel the Lord has for you, such as "My child" or "My beloved " or "My lamb."*
    d. *Simply begin to write whatever comes gently into your heart or your mind. It will come as a gentle prompting within from the Holy Spirit.*
    e. *With childlike faith, write in your journal whatever you feel the Lord is saying to you, and you will begin to experience the movement of the Holy Spirit within you, such as joy, encouragement, hope, healing and new Life.*
    f. *In journaling, the Lord will not contradict His Word in Scripture. God is Love and He will always speak to you in Love.*
3. *Imagine yourself in the loving presence of the Heavenly Father, Jesus, the Holy Spirit, or the Blessed Mother and listen to what They want to say to you. Write it down in your journal.*
4. *If you have trouble writing what the Lord is saying to you, you can start by writing, "This is what I think the Lord is saying to me" and then continue journaling. Throughout your prayer, be patient and allow yourself time to hear and dialogue with the Lord, Heart-to-heart, as His beloved child.*
5. *If you can, briefly summarize your journaling each day or each week.*