



Ideas for Journaling As A Spiritual Practice – During Times of Stress

An alternative summary version of the Prayer of Examen

- Thank God for the gifts of life and this particular day.
- Ask God to allow you to see the day as you have lived it and in light of God's will.
- Spend time reflecting on the events, interactions, and emotions of the day.
- Ask for insight into the ways your responses were good, life giving, or healing.
- Ask for insight into the ways your responses may have been insensitive, unloving or damaging to others, creation, or self.
- Pray for forgiveness, healing, reconciliation, and release.
- Offer God the next day. Ask God to be present in your thoughts, actions, and relationships as you move on to live a new day more fully alive to the presence of Christ.

Journal about these Scripture verses:

- Tell God how you feel – journal about your feelings;
- Tell God your response to this Scripture – journal your emotional response to these words of Scripture;
- Express yourself as plainly and honestly as you can – God can handle your anger.

Scriptures:

John 10: 9 – 15

Matthew 18: 12 – 14

Matthew 6: 19 – 21

Psalm 27

Isaiah 41: 8 – 13

Jeremiah 29: 11 – 14

Psalm 86

Psalm 91

Isaiah 25: 4 - 9