

## **Ink & Introspection**

### **Unleashing Your Inner Beast Without Losing Your Sanity!**

#### **Connect @ 434 – The Maker’s Space series**



#### Formula To Start Spiritual Journal

Facing a blank page can feel daunting. When creating a spiritual journal, writing to—or about—the Lord can feel intimidating, although He encourages us to speak to Him as a friend. The biggest key to becoming comfortable with the practice of writing in a journal is to begin doing it.

#### **Decide When And Where You’ll Journal.**

Many people enjoy setting aside a specific time and place to record their thoughts each day.

Others write when inspiration strikes and always have pen and paper within reach.

Finding a quiet place is important so you can reflect and contemplate. You may need to experiment and find a favorite routine that works best for your personality and schedule.

#### **Start Small.**

If you’re just beginning, remember to start small.

Your goal isn’t to write your entire life story but to begin where you are.

Start by recording your thoughts today and work to develop a consistent habit over the next few weeks.

As with any spiritual discipline, journaling takes practice before it starts to feel comfortable and routine.

#### **Ask Yourself a Few Questions.**

Especially in the beginning stages, you might like to ask yourself a few questions and then record your answers in your journal.

Here are a few places to start:

What did I read in the Bible today that encouraged me?

How will it help me in the challenges I face today?

Where did I see Jesus’ activity in my life today (in the way He provided, directed, or helped)?

For what things am I thankful?

#### **Review What You Write.**

Looking back on your thoughts of your past helps keep your mind focused on Jesus in the present and future.

It also reminds you that Jesus is near, that He has helped you before, and is sure to help you again.

Anne Frank once said, “I can shake off everything as I write; my sorrows disappear, my courage is re-born.”

What a fantastic reason to write and review a spiritual journal.

