

# JOURNALING as CONTEMPLATION

A space for me.....to explore.....[with][God]

- A physical space (notebook & pen) or a virtual one to “go to”

- Giving myself unhurried time

- It is what I need it to be; no should's or must's

- Confidential: I am both writer and reader

- No censorship, no judgment (on form or content)

- I start from anywhere (& can head somewhere else!)

## POSSIBLE STARTING POINTS

- An emotion or mood

- A quote or insight

- A question

- Recording something meaningful (event, dream, observed pattern...)

- Re-reading previous entries

- “Stream of consciousness”

- I observe, record, question, speculate (maybe...), notice, connect...

- I bring in my mind, emotions, gut; left and right brain; images, memories, ideas, questions...

- I pause my writing now and then to ponder, to notice my responses/ emotions, to re-read...

- I open up to what is within and Beyond me, trying to embrace what IS, while being open to the new and surprising

- I can explore God, or explore with God, or just explore, but I always try to allow new thoughts, possibilities, connections...

- I try not to box myself or God in by insisting on a particular format or understanding

- I address God when I want, and don't if not, trusting God's loving, guiding presence & voice in all

Be honest, be brave, be curious, be kind, be expectant.

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*“Contemplative practices, then, are means by which we become prepared for grace to surprise us. They are ways of opening our hands so that we can receive the gifts that God wants to give us.” (Brian McLaren)*

*“The prayer preceding all prayer is, ‘May it be the real I who speaks. May it be the real Thou that I speak to.’” (C.S. Lewis)*

*“The world is your writing prompt.” (Linda Leopold Strauss)*

## **A simple contemplative journaling exercise**

- Choose a question (see right)
- Just start writing whatever comes to you, without judging it
- Follow your train of thought wherever it leads
- Pause now & then to notice  
(your emotions/ body, if you're avoiding something),  
to be open to new thoughts/ possibilities  
& to re-read what you've written
- Consider addressing God, asking God for what you need...

### **Here and now...**

Where am I at?  
Who am I?  
What do I know?  
What do I want?  
What matters to me?  
Who/ How is God with me?

Be honest, be brave, be curious, be kind, be expectant.