

DAY 02 - JOURNALING

LIVE THE FLOURISHING LIFE: FLOURISHING FAITH

Journaling is regularly writing down your thoughts and feelings. Often this is done for exploration—to gain insight about yourself, how you are responding to circumstances in your life, and what your desires are for the future. It can be, as Christina Baldwin wrote, 'a voyage to the interior.' Other time, journaling can simply be a way to get distracting thoughts out of your head by putting them on paper.

Journal writing in any form can be of great benefit to your spiritual life. It can be a vehicle for you to explore what you think and feel about God, to relate to God through written prayers, or to record your spiritual growth. Medical professionals also recommend journaling for managing symptoms of anxiety, stress and depression, for identifying negative thoughts and behaviours, and for replacing these with positive self-talk. Poor mental health can make it hard to grow spiritually, so exploring all your thoughts and feelings—not just ones about faith—could help to remove some barriers to spiritual flourishing.

Journal writing is a voyage to the interior

[Christina Baldwin](#)

Journaling looks different for everyone, depending on their purpose and personality. But here are some tips that might help as you start (or continue) your journaling practice.

- **Pick a medium that works for you.** Handwriting can help you to slow down and work through your thoughts, and it can feel more therapeutic. But some enjoy the convenience of typing and how it allows you to quickly get your thoughts and feelings out. Think about which suits your purpose—you don't need to feel bound to either.
- **Set aside a regular time.** It can be as long or as short a time as you like, and it should be flexible. You don't want to force yourself to keep writing or stop yourself in the middle of a thought. Write until you feel like you're done. But doing it at the same time every day or two will help you get in the habit.

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- **Keep it to yourself.** If you know that no one else will see what you write, you'll feel freer to express your deepest emotions. You'll also worry less about writing well, which can keep you from letting your thoughts flow naturally. Consider using a lockable journal or password-protected document if you're concerned about privacy.
- **Don't record every detail.** Journaling isn't about recording everything that happens in your life. If you don't feel like writing about something, you don't have to. And if you miss something, you don't need to go back and write about it later. This is a place for working through thoughts and feelings—it's not an autobiography.
- **Use prompts.** If you feel stuck, try using prompts or asking questions to stimulate your thoughts. You can find lists of prompts and questions on the internet—here are some prompts for spiritual reflection and some questions you could ask yourself.
- **Review what you've written.** This isn't about editing. It's about looking back to identify recurring issues you might need to deal with and to see how you've grown.

Keep journaling in mind throughout the Flourishing Faith challenge, as it goes well with other things you'll be trying out this week. Journaling can be a vehicle for worship, prayer, and reflecting on what you read.