

Journaling Resources

Journaling slows down the mind to the pace of the hand
so the soul can catch up to the speed of life.

The spiritual practice of journaling is about being honest with God about that's current in your life through writing. When we write our thoughts and reflections down it makes it more concrete and allows express what is most true about ourselves. It also helps us to focus on what God may be saying to us and staying present to what we want to explore with God. It keeps a spiritual record of God's activity in your life and helps us recall the things God has done. It helps us not to forget God's mercy.

Here are a few resources to help you explore journaling:

Book Resources:

Journaling as a Spiritual Practice: Encountering God Through Attentive Writing by Helen Cepero

Write For Your Soul – The Whys and Hows of Journaling by Mindy Caliguire

Spiritual Journaling: Recording Your Journey Toward God by Richard Peace

How to Keep a Spiritual Journal: A Guide to Journal Keeping for Inner Growth and Personal Discovery by Ron Klug

Journaling With Jesus – How to Draw Closer to God by Carol Round

Online Resources :

Examen.me This is a website that allows you to create a user profile and save all your reflections. It offers daily readings, prayers, etc. You can reflect on a passage, or engage a Prayer of Examen. You can search entries, as well as export them to your hard drive. <http://www.examen.me>

Journler Journler (spelled as is...) is a downloadable program that allows

you to save entries to your computer. You can integrate images, sound and video into journal entries. They can be searched by text, date or tag.

<http://journler.com>

Ommwriter Ommwriter is a downloadable program that over-rides your screen – pushing all other programs and notifications to the background (and silent)... I has various background tracks that can be played as you write. <http://www.ommwriter.com>