

Prayer, art & journaling

A day of prayer using art, words & creativity

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10:30-4:00

Using a journal in prayer

What is a Journal? A journal is a blank book in which you record your thoughts, prayers, reflections, hopes, dreams and anxieties as a way of expressing your ongoing conversation with God.

The bible has lots of examples of people who were encouraged to be honest with God and to seek God's voice. The Psalms particularly express the full range of human experience and emotion and the need to find God's word in our daily lives- see for instance Ps 119:105 -*Your word Lord is a lamp to my feet and a light to my path.* Journalling is a way of honestly seeking God's word and is especially helpful for those who benefit from getting thoughts down on paper.

How do you use a journal in prayer? You can use it however you like, but the key thing is to be honest - this is just for you and God, and you can write whatever you want. It doesn't have to be beautiful or clever, your prayers don't have to be well written and nobody is going to check it or mark it - it is just for you and God.

Some things that help when using a journal in prayer

- Get hold of a blank book, and treasure it - there are some simple journals available in St Mary's for £3 each.
- Use your journal regularly; every day is best.
- Remember that this is a way of praying, so before you start to write, be still and silent, then ask God to be with you. You might begin by reading the bible, by writing down all the things you are thankful for, by reviewing the day, or looking ahead to what your day is going to bring.
- Then write, draw, doodle or decorate the blank page as you speak with God. Remember that the key is to be honest with God.

What should I write about? Anything. Here are some things you might write or draw in your journal:

Pray for loved ones - decorate their names, write them creatively

Pray for yourself - for your hopes, dreams, anxieties

Use mind maps/bubbles to get thoughts, reflections and prayers down on the page

Add words, phrases, encounters, Scripture passages that strike you

Go back to it in the future - note prayers that have been answered and reiterate prayer that remain unanswered. See how God has been at work in your life over time.

And there are lots more resources about journalling on the internet