

# JOURNALLING

CPASGROWING LEADERS

## An Introduction to Journalling

Throughout the centuries many Christians have used notebooks, diaries and journals as a way of reflecting on their walk with God. Many would say that such reflective writing or 'journalling' actually helps them to grow in their relationship with God. Unlike a diary, a journal doesn't focus on events and incidents. It's for reflection, mulling, questioning, pondering. It's a flexible form – each journal will be totally unique to its writer. And you can write in it daily, weekly, monthly – whenever. It's your call.

## How to Get Started

The best way is simply to plunge in, realising that there is no right or wrong way to keep a journal. Some people write formal, connected sentences and paragraphs. Others jot down notes, draw 'mind maps', doodle pictures, use a variety of coloured pens, cut out and paste in pictures, newspaper cuttings, prayers – and so on. Tidy or messy; formal or informal. It's up to you to find the approach that you enjoy. Don't let too many people know – keeping a journal can be a very pleasurable activity.

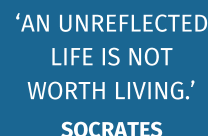
## What to Include

Here are some suggestions of what to cover in a journal:

- Meditation on the Scriptures – what is God saying to me and what am I going to do about it?
- Reflection on Growing Leaders sessions – what am I enjoying/struggling with? Why? What am I learning? What difference will this make?
- Reflection on your moods, attitudes, feelings, health, stress, dreams – what I've thought and felt, the highs and lows of the day, ways I've experienced change in myself.
- A record of spiritual experiences – ways I've been aware of God's presence, what this might mean.
- Working through relationships – relationships that cause joy, why I struggle in particular relationships, coming to terms with a bereavement.
- Talking to God – hopes, longings, dreams, worries, fears.
- Pondering problems – decisions I'm concerned about, discerning God's perspective on life and seeking his will for the future.

The following questions may be helpful:

- What is the next step in my relationship with God?
- What is the next step in the development of my character?
- What is the next step in my family life?
- What is the next step in my work?



'AN UNREFLECTED  
LIFE IS NOT  
WORTH LIVING.'  
SOCRATES

## Resources

Interested in finding out more about journalling? Try one of the resources listed below.

- Liberated to Lead, Chapter 2, 'Journal Writing in Ministry', Colin Buckland (Kingsway)
- How to Keep a Spiritual Journal, Ronald Klug (Augsburg)
- Wesley's journals online [www.ccel.org/w/wesley/journal/journal.htm](http://www.ccel.org/w/wesley/journal/journal.htm)
- Or daily snippets from John Wesley's journal as a blog! [www.johnwesley.blogspot.com](http://www.johnwesley.blogspot.com)