

What is Journaling for the Soul?

- Simply defined, Journaling for the Soul is a way to connect with God at a deeper level.
- Foundational to this discipline is the journaling process — one that invites us to record our experiences, observations, ideas, reflections, and such on a regular basis.
- Journaling is a tool for soul care. Used as a spiritual discipline, it helps us grow in grace, experience truth, and discover His character.
- The process of Journaling for the Soul strengthens other spiritual disciplines.
- Journaling our Bible study can lead us to new insights. Combine journaling with prayer, and our prayers become more concrete which in turn facilitates better communication with our heavenly Father. Incorporated into the discipline of simplicity, journaling leads to genuine and unhindered praise and worship.
- Journaling for the Soul is about **engaging**:
 - Our mind and our body as we become focused and involved.
 - Our creativity as we consider our God-wiring and discover fun and meaningful ways to meet with Him.
 - With other spiritual disciplines. For example, journaling will help you engage with the Bible text, moving you from the act of reading for information to reading for transformation.

Journaling for the Soul helps us move away from our old mindset that spiritual practices are draining obligations and helps us view them as practices that connect us to God, His grace, His energy, and His joy. It's a tool for engaging more intentionally and consistently with God, a means for getting to know His heart (John 17:3).

May you discover methods of Journaling for the Soul that speak directly to your heart, draw you in, and create channels that enable you to cultivate a practice that engages you more intentionally and consistently with your heavenly Father, helping you to know Him. And may your soul be nourished as it is filled with God's grace, His energy, and His joy.