**Contemplative Journaling:**

Journaling can be so much more than recording events or feelings. Contemplative journaling can be a personal record of spiritual insights and a way to reflect on God’s loving kindness toward you. In fact, there are so many applications and creative ways to use a journal I am creating workshops to lead others in discovering the riches found in contemplative journaling! Check the events page for details.

One simple way to begin a journey in contemplative journaling is to start each day with this simple five to ten-minute exercise taken from the exercises of St. Ignatias of Loyola.

**Ignatias Contemplative Journaling Steps:**

* Find a quiet place and become still. Invite God to be present with you in this time. Don’t rush to journaling before you make space to sit in stillness and in God’s presence for a time.
* In the stillness, ask yourself: How do I come before God today? As you reflect on the question, begin to write down the answer to that question in as much detail as you like. When you are finished, spend a moment in prayer about anything you noticed as you reflected on this question.
* Return to stillness and ask yourself: What do I desire? I often ask generally and specifically for the day- “what is my deepest desire for this day?” Reflect on what you find and journal all that you desire. Spend time in prayer and ask God for what you desire.
* Return to stillness and take a moment to thank God for anything this time has made you grateful for. End your time with the Our Father or a Psalm of thanksgiving.