



**TODAY'S TOPIC:**  
**Journaling as  
 a Spiritual Practice**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age, but could be adjusted as needed.

**THINKING JOB:** Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

***What is a journal? What is it used for?***

**Lesson**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>If you have any examples of journals.</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	Know a bit about journaling and why it can be a spiritual practice.

**ASK:** What are some times that we take pictures? Example – first day of school. Why do you think we take pictures on the first day of school? To remember the day, what you looked like at that age. What happens to the picture? Put in an album. Posted on facebook or Instagram, sent to grandparents, printed and put on the refrigerator.

**ASK:** Do we have other pictures around the house? When you look at them, what do you feel? Does it make you remember other things about when the picture was taken, or maybe stories you've heard about the person in the picture? Maybe it's a picture you drew.

**SAY:** Some people have books full of pictures (photo albums), other people combine the pictures with words, and some people use just words. When you combine words and pictures in one place, some people call that a journal or diary. A journal is a book of blank paper that you can decide how to fill in. There are many different kinds of journals (can show examples).

**ASK:** Do we know anyone who has a journal? (See if they can share any details about who and why and how they journal.)

**SAY:** Here are some cool things to know about journals:

- You can do them however you want! They can be about one thing (nature journal, science journal, art journal, vacation journal, feelings journal, gratitude journal) **OR** they can be about many things. If I want to draw a picture one day, write a story the next, or write about a memory or feeling after that, it is okay.
- It does not have to be perfect.
- You can do it alone or with your family.
- Many people use journals to record their feelings.
- Some people add to their journal all the time and the process let's them hear their inner voice which some people say is the voice of Spirit.

**CREATE:** Create a journal entry together. What are some things you are feeling right now? What is happening for you this weekend? See where your thoughts take you.

**ASK:** Why do you think people consider a journal a “spiritual practice”? Because we see God or God’s help in our memories and all we do and feel. Because understanding ourselves is an important thing to practice. Because using a journal often – aka practicing – is a good way to hear the voice of Spirit.

**AFFIRMATION:** I pause and remember what is important. Repeat 4x

**AFFIRMATION** – I pause and remember what is important. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .