

# Journaling as a Prayer Practice

*Find a quiet space to sit - perhaps your favorite comfy chair, or at a table with a cup of coffee. Have your Bible, a journal, and pen. Light a candle.*

## h e l p . . . t h a n k s . . . w o w . . .

Inspired by what author Anne Lamott calls the "three essential prayers," complete the following three sentences:

Dear God, help...

Dear God, thanks...

Dear God, wow...

## r a n d o m s c r i p t u r e r e f l e c t i o n

Flip your Bible open to a random page and read a paragraph or two. Look for words or phrases that stand out to you. In your journal, write those words or phrases down and reflect on what God might be saying to you through them.

## s . h . i . f . t .

**S:** Where are you finding the SACRED in your life? Or in other words, where do you see God at work in your life?

**H:** What is giving you HOPE?

**I:** What has INSPIRED you lately?

**F:** What FILLED your cup last week?

**T:** What are you THANKFUL for?

## l e t t e r s t o G o d

Turn to the Psalms and read one or two. They can feel like letters to God. Some are letters of praise, or lament; some are angry outbursts and others requests for forgiveness. Write a letter to God today, as if God were an old, familiar friend.

