



..... 7 DAYS INTO

**SPIRITUAL
JOURNALING**

..... RETHINKCHURCH®

Welcome to your 7-day journey into spiritual journaling.

Journaling is a wonderful cause for reflection. We hope that by providing you with journaling prompts for the next 7 days, you will have ample opportunity to pause and begin to see the presence of God's grace in your everyday life.

The process is simple, spend a few minutes each day completing the statement we've begun for you. You can be as brief or as lengthy as you want. Hopefully, you can let go of any worry that there is a wrong way to do this exercise. If you're taking pause each day and finding value in the practice, you're doing it right!

Feel free to make this practice your own. If you finish the 7 days and want to repeat the prompts, go for it! If you finish and want to keep journaling in your own way, that's great, too. Again, we simply hope this begins a practice that is personally valuable to you.

DAY 1:

I think a spiritual person looks like _____ because...



DAY 2:

I feel especially spiritual when...



DAY 3:

I recently showed love to someone by...



DAY 4:

Right now, I am particularly grateful for...



DAY 5:

Dear God, I am concerned about...



DAY 6:

A wise saying or idea that I have been reflecting on is...



DAY 7:

Dear God, one thing I would like to understand is...



A large flock of birds, possibly terns, is captured in flight against a bright, hazy sky. The birds are scattered across the frame, with some in the foreground and others further away. The overall tone is warm and ethereal, with a gradient from light blue at the top to a pale yellow at the bottom. The text is centered in the middle of the image.

For more soul feeding practices,
visit RETHINKCHURCH.ORG/SPIRITUALPRACTICES