

Journaling

Materials Needed:

- Coloring Sheets, journal notebook, plain paper to create your own.
- Time
- Creativity

A journal is a helpful tool to mark your spiritual journey. Where have you been and a place to look forward on your walk with God.

- Set a time each day
- Date your entries
- Start with what you are grateful for
- If you are feeling anxious write down what is happening in your life at that moment
- Write out your prayers
- Have a conversation with God
- Don't worry about grammar or handwriting- just write!
- Journal in color - draw, paint, doodle as you go

Let your creativity go and make this time a fun experience.