

# EVERY JOURNEY NEEDS A JOURNAL

By Joshua Jefferson

(June 24, 2020)

## DEAR BROTHERS & SISTERS:

As the pace of life is picking up again, I ask that you would please schedule an hour in the next day or two for a journaling exercise.

Let's look over the past 3 months and write a page in response to each of these five questions for reflection.

Realize that this has been a multi-layered experience, and has brought about changes that we are only now beginning to see.

These questions come from a simple exercise known as the Ignatian Examen, which is meant for daily use. However, I have adjusted the wording to apply them to our current situation.

You may notice places that you are feeling refreshed where others are frustrated, or ones that bring both joy and grief at the same time. Please make note of this, and let these feelings become prayers of petition and thanksgiving.

The benefit of this self-examination is that we focus our attention on the work of the spirit in us and around us, and can more personally integrate these observations and experiences into our faith and life together.

We are also be better prepared to speak a word of hope in response to these questions as they come up naturally in conversation.



Photo by Carolyn V

1. What events and experiences over these past three months stand out to you, and how have these affected you?
2. What changes have occurred for which I feel grateful? Disappointed?
3. Where has the presence of God been most noticeable to me during these past three months?
4. Where do I need to give and receive the mercy of God, though confession and forgiveness?
5. What am I hoping for in this "New Normal", and what do I want God to provide in order for this to happen?

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