

Tips for Journalling and *Lectio Divina*

The practises of Lectio Divine and prayer journalling are excellent ways to support and deepen your spiritual life. Using these tools you can get more out of the Scriptures and find ways to express your own spiritual heart. Set aside 20 minutes.

Essential tools include your favourite Bible and a journal, preferably with lots of blank space. Let your imagination run wild.

- Turn off all electronic devices and sit down in your prayer space.
- Still your mind and heart. Take some deep breaths and commit your time to God. Invite Holy Spirit to be present to you and guide you.
- Begin your Bible meditation. Your passage doesn't need to be too long, but enough to feed your soul.
- Prayerfully read the passage three times with space in between. The Lectio questions
 - What strikes you about the passage?
 - What might God be saying to you through the passage?
 - What is Christ calling you to do?
- Continue to breathe and spend time in lectio, not rushing on but allowing God's Word to begin to take shape in your mind.
- You may find a prayer emerging from your heart as you go. Allow that to flow. Write it down, if it helps.
- Begin to respond to the text by journalling. Write down the verse or use calligraphy, sketch a drawing – respond in any way that emerges from your heart.
- Finally, sit in silence.
- As you depart, thank God for the time you have spent together. Amen

Submitted by the Rev Canon Dr Neil Mancor, Diocese of Montreal

