**Growing In Intimacy through Journaling**

A journal is a wonderful way to process your spiritual life in ways that support and enhance your growth by allowing you to track and review your thoughts easily and deeply.

A journal can provide a private, sacred place in which to record victories, vent frustrations and process your deepest thinking.

You can use your journal to ask questions of God and then “listen” for as long as it may take.

Your journal could be a spiral bound notebook, a composition book, a simple tablet of paper, or any of the wide variety of professionally made journals.

You can use a wide variety of types and methods of journaling. From simply writing with pen or pencil, to creating images with crayons or markers, you can express in a tactile way limitless feelings, questions and thoughts. Including photographs and images of all types can create and enhance a memory or learned truth.

You can allow yourself the freedom to not care about spelling or grammar and simply express your heart to God.

A spiritual journal is a powerful tool that is a joy to use and easy to maintain.