

week 1 *july 6-10*

love God

journal instructions

Journaling is a great way to get to know yourself and what you think. It can also be a spiritual practice that helps you connect with God. This summer, we will use our Silver Lake journals to explore the weekly themes and record our experiences.

If possible, find a spot outside to become your journaling spot. If you can't get outside, find a cozy corner or window seat as your journaling spot. The ritual of returning to the same spot each day will help your brain settle in to journaling time. Bring your Bible and read the week's scripture passage before you begin writing. Take a deep breath to center yourself, hold it a moment, and let it out. Close your eyes and listen to the world around you. Now you are ready to write!

There are three prompts for each week, but please feel free to write more often! Or draw or doodle or however you feel called to express yourself.



Scripture Passage: Exodus 3: 1-5

This week, we are thinking about times and places when we feel close to God and recognizing when God is near. There are lots of times in the Bible in which God and humans create sacred space, as when Moses encountered the burning bush on the mountain top. This week, we will think about how to create sacred space.

day 1:

Your Journal Space: People who come to Silver Lake talk of it as being sacred space, or a "thin spot" where we feel closer to God. While we're all missing being at camp this summer, we can make sacred space in our home.

Look around the spot you've chosen as your journaling spot and make some

observations. Describe your space in your journal and why you chose it. Is it quiet or loud? Inside or out? Full of nature or full of humans? What makes this space special to you?

When you are finished, say a prayer: "Thank you, God, for the space to connect with You. Amen."

