

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 3:

Sacred Space: Where do you feel close to God? Maybe it's sitting in your church; maybe it's at the top of a mountain. Maybe you hear God's voice whispering in the breeze at the ocean, or in the giggling smile of your best friend.

Think about the places where you

have found sacred space, and what about that space was special. See how many you can list, and then describe one in more detail.

When you are finished, say a prayer: "God, thank you for the sacred spaces in my life. Amen."

