

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 5:**

**Mandala:** This week we have created many different kinds of mandalas. Bring your wood cookie mandala with you into your journaling space and spend a couple of minutes looking at it. Look at the colors you chose and the designs you made.

Write about why you made the choices you did, and how you feel when you

look at it. Doodle a mandala in your journal. Mandala means "container of spiritual essence"; creating a mandala in your journal can help you connect with the sacred time of writing.

When you are finished, say a prayer: "God, thank you for this journal time to get to know myself and You better. Amen."

