

week 3 *july 20-24*

love yourself

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: 1 Corinthians 3:16

This week, we are celebrating God's wonderful creation: YOU! The theme song for the week is "ME!" by Taylor Swift; have a dance party!

day 3:

Battery Charging: Draw a line down the middle of your page. At the top left, write "Use"; at the top right, write "Recharge." Think of yourself as a rechargeable battery. Under "Use," write down things that use up your energy. An example might be studying for a test. Under "Recharge," write down things that give you energy. An example might be talking with a friend.

Write as many as you can think of in five minutes. Look at your "Use" list and

put a check mark next to the positive activities that take a lot of energy and an X next to the less positive activities. Think about how you can put more energy into the positive activities and less into the negative. Next, look at your "Recharge" list. Circle three things you will do this week to recharge your energy.

When you have finished, say a prayer: "Thank you, God, for giving me so many ways to recharge my batteries. Amen."

