

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 5:

Celebrate Those You Love: This week, you and your family spent time writing affirmations of each other. What did they write about you? Were you surprised by anything on the list? Was there something you expected to see that wasn't there? How did you feel when you walked by the list every day? How did

it feel to write affirmations about your family members?

Spend some time reflecting on your feelings.

When you are finished, say a prayer: "Dear God, thank you for people who see the good in me. Amen."

