

ATTENDING TO YOUR SOUL

(IN THE MIDDLE OF A PANDEMIC)

Here is a simple journaling exercise to help name all the noise (grief, pain, loss) that often fills our hearts, and then to learn to attend to the living voice of God. Take a moment to reflect on each box, simply writing down what you are feeling today, moving from some negative realities we experience towards our heart longings and joys, and then listening for the voice of God.

Loss: name the losses you have, or are, experiencing (both big and small ones)

Anger: this is sometimes hard to name and admit. If you come up with nothing, simply put a question mark. But do ask God, "Lord if I am deceiving myself, show me if I am angry."

Fear: what fears fill your heart with anxiety and worry (e.g. about the future, finances, what others think, afraid of how you will be perceived, failure, am I significant ...). There's often a lot of noise cluttering our hearts because of fear.

Longing/seeking: what is your heart longing for? What do you deeply desire for your life or for those in your life?

Joy: where are you finding joy? (somedays there may be none, but take note where you are experiencing joy. What brings you life?)

Sensing God's voice: what are you now sensing God saying to you?

The first five boxes are a way to come to grips with the many voices in our heads (which can sometimes get in the way of hearing God's voice). Naming all these other voices clears a space of openness to hear God. What is the Lord now saying to you?