



The Thrivinity Journaling Guide

When we journal, we are doing more than writing. We are engaging with our deepest self, with our soul, and with the one who abides within our soul. Journaling is a message system from the inside out and back; enabling us to remember who we are at our deepest and most sacred level.

Dr. Bradley Davidson

Journaling as a Prayer

Journaling is different from keeping a diary. A diary often records events. Journaling invites us to reflect, to listen, to notice, and to encounter ourselves in a new light. Some describe journaling as writing a letter to the One they love. Others experience it as a written dialogue with The Holy One or with their inner spirit.

There is no single right way to journal. The practices below offer several pathways—each with its own rhythm and depth. Feel free to use any of them, combine them, or create your own. It can be helpful to begin with a few moments of silence and centering, and to choose a quiet, comfortable space where you can be fully present.

Throughout these practices, I use the names *The Holy One*, *The Holy*, and *Spirit* interchangeably. These are simply my names for our inner guide or higher power. Please use whatever name resonates most deeply with you.



Here are some ways to practice Journaling.

Letters from Your Higher Power, The Holy One, Spirit, or Deepest Self

Begin by reflecting on your life:

- What is happening in your mind, heart, and spirit?
- What is bringing you joy or energy?
- What is stirring fear or draining your energy?

With these reflections in mind, write a letter *to* The Holy One. Share your joys, concerns, fears, longings, or dreams. When you finish, read your letter aloud with gentleness.

Then write a letter *from* The Holy One *to you*. What does The Holy want to say in response to your life as you described it? What message does your soul most need to hear?

You may continue this back-and-forth as long as you wish. Many people find it meaningful to set aside a regular time for this written conversation.

Dialogue with the Spirit

As with the previous practice, begin by reflecting on what is alive within you—your joys, questions, fears, and hopes.

Draw a vertical line down the center of your journal page. At the top of the left column, write your name. At the top of the right column, write the name you use for The Holy One or Spirit.

On your side of the page, begin the conversation. Greet Spirit. Share what is on your heart. When you finish, pause. Then move to Spirit's side of the page and write what you imagine Spirit saying back to you. Don't overthink it. Simply write what you hear in your heart.

Continue the dialogue until it comes to a natural close.



If My Life Were a Book

Begin with a few moments of quiet meditation or prayer. Then reflect on the questions below and journal your responses:

- If the journey of my life were a book, what genre would it be?
- The title of my book would be: _____
- The hero/heroine of my book is: _____
- The central challenge or obstacle is: _____
- The title of the current chapter is: _____
- The title of the next chapter might be: _____
- The main lesson the reader would take away is:

Examen Journaling

The Examen is a simple practice of looking back, noticing, and paying attention to your life. Journaling can deepen this reflection. Use any of the questions below to guide your Examen Journaling:

- What is feeling alive within me today?
- What has given me the greatest joy this week?
- What has energized or excited me most in the past month?
- Where has The Holy One been visible or alive in my life today?
- What questions for Spirit feel most in need of an answer right now?
- What am I most hopeful about?
- What is my deepest desire in this season?

(Adapted from HeartPaths)