

## Bible Journaling as Spiritual Practice

1. Consider Scripture – Favorite Bible verse; passage of study; Bible story; Quote by a saint, Photo; etc.
  - You can keep a running list of ideas “To Do”
  - Go to Pinterest for Examples and Ideas
2. Where to Journal – Separate notebook; Loose paper to “add in”; Journal in the Bible Margin or Cover the entire page
  - You can keep a journal until you have a journaling Bible
  - Keep a “sketch” notebook of ideas
3. How to Journal – colored pencils; markers; water paint; gelatos; acrylic paint; stickers; stencil; washi tape; add-ins; photos; 3-D; notes; other...
  - How much time do you want to spend?
  - How big of a mess are you willing to make and clean up?
  - Stick to a known process or try something new?
4. Pray – Think; Contemplate; Lectio Divina; Visio Divina; Devotion/reading; Upcoming event
  - Are you alone or in a group?
  - Conversation as Prayer
  - Music in the background or silence?
  - If in a group, will everyone use the same scripture, or will individuals choose?

