

A Simple Journal for

Spiritual Practices



Hi! I'm Elizabeth --
a spiritual director &
companion intent on
noticing God in the
ordinary.

Thank you for downloading this resource! Your desire to craft a meaningful life through intention and attention is the reason this resource exists. I pray this simple guide offers support and encouragement to you on your unique journey.

Additional resources related to spiritual direction and formation can be found on my website: ElizabethRossWrites.com.

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Spiritual Practices

Three Invitations Before You Begin

Spiritual practices (or disciplines) are ways one can devote sacred attention to the health of their inner life and the world around them. Though there are many popular practices, especially in the Christian tradition, each person's expression of them will vary. This is a beautiful example of how each person connects with God in different ways and at different paces. As you use these pages, I offer three invitations:

Try it on.

Before committing to a pair of jeans, usually a visit to the fitting room is in order. This experimental period helps someone figure out the best shape, cut, and wash that works best for their unique body. You're invited to "try on" spiritual practices to see which ones support your unique journey the best.

Start small.

10-30 seconds of practice is more than 0. New rhythms may feel intimidating to establish, so resist doing what you think you "should" do. Be encouraged even by your shortest moments of practice. Tiny steps can build on each other over time.

Give yourself grace.

Just like nature's seasons, the rhythm and style of your spiritual practices can ebb and flow throughout time. In regards to consistency, length, and outcomes, give yourself plenty of grace. Consider sharing your experiences with a trusted friend, leader, or spiritual director.

Contents

- Daily Journal Page
- Weekly Journal Page
- Monthly Journal Page
- Monthly Calendar
- Appendix of Spiritual Practices

Daily Journal

Date:

Circle one: Morning Mid-Day Afternoon Evening Mid-Night

Today's Spiritual Practice

Identify and briefly describe your selected spiritual practice.

Take a moment to observe the state of your soul. In a few words, describe any emotions, physical sensations, or recurring thoughts on your mind.

Life-Giving Elements of the Practice:

Life-Draining Elements of the Practice:

Reflection & Prayer

Weekly Journal

Week of:

Season: *Advent* *Christmas* *Epiphany* *Lent* *Easter* *Ordinary Time*

Weekly Rhythm

List any spiritual practices planned or completed this week.

- ☐ *Sunday:* _____
- ☐ *Monday:* _____
- ☐ *Tuesday:* _____
- ☐ *Wednesday:* _____
- ☐ *Thursday:* _____
- ☐ *Friday:* _____
- ☐ *Saturday:* _____

In three words, describe the state of your soul: _____

Life-Giving Moments this Week:

Life-Draining Moments this Week:

Reflection & Prayer

Monthly Journal

Month:

Monthly Rhythm

List any spiritual practices planned or completed this month:

Which spiritual practice(s) felt the most supportive? Why?

Life-Giving Moments this Month:

Life-Draining Moments this Month:

Reflection & Prayer

Goals & Intentions for Next Month

Monthly Calendar

Month:

S

M

T

W

TH

F

S

Season: *Advent* *Christmas* *Epiphany* *Lent* *Easter* *Ordinary Time*

Goals & Intentions

Spiritual Practices

Prayers

Spiritual Practice

Appendix

A Starting Point

This appendix includes a list of spiritual practices and sacraments common in many Christian traditions. Allow this list to be inspiration for your daily, weekly, or monthly practices. If you are unfamiliar with a particular practice, you should be able to easily find instructions on the internet. While this list is not comprehensive, it serves as a good starting point.

- Abstinence
- Activism
- Affirmations
- Aroma Therapy
- Art
- Bible Study
- Body Work
- Breath Work
- Caregiving
- Celebration
- Centering Prayer
- Chanting
- Community
- Confession
- Contemplation
- Daily Examen
- Daily Office
- Dancing
- Embodied Prayer
- Eucharist
- Fasting
- Financial Stewardship
- Friendship
- Gardening
- Generosity
- Handiwork
- Hospitality
- Household Chores
- Iconography
- Ignition Exercises
- Imaginative Prayer
- Indifference
- Intercessory Prayer
- Jesus Prayer
- Journaling
- Laughter
- Learning
- Lectio Divina
- Lighting a Candle
- Listening
- Liturgical Year
- Mandalas
- Marriage
- Martial Arts
- Mealtime Prayer
- Meditation
- Mentorship
- Mindfulness
- Monastic Living
- Moving the Body
- Music
- Mystery
- Nutrition
- Nature
- Nonviolence
- Parenting
- Passing the Peace
- Photography
- Poetry
- Praise & Worship
- Prayer Beads or Rosary
- Prayer Book
- Recovery
- Retreats
- Rule of Life
- Sabbath
- Sacrifice
- Scripture Reading
- Self-Reflection
- Service
- Sign of the Cross
- Silence
- Simplicity
- Singing
- Solitude
- Spiritual Direction
- Storytelling
- Study
- Submission
- Therapy
- Travel
- Visio Divina
- Walking a Labyrinth
- Writing
- And more...