

## ***Personal Journaling—A Missional Practice***

*Missional practices: cultivating new understandings, ways of being, and living Christ's mission.*

**Purpose:** Journaling is a form of missional practice. Setting aside time for silence and reflection creates space for encounter with the Holy Spirit. Personal Journaling helps us reflect on what we are encountering and learning about God, one another, and our neighbors as we engage in the missional journey. The journal also becomes a valuable tool in making connections between events, insights gained and possible paths into the future.

### **Steps:**

- Turn off your cell phone.
- Find a place free from distractions to enter into quiet reflection.
- **Journaling Option #1:** Reflect on your experiences of the day. When did you feel connected with God? When did you feel connected with others? What opportunities came your way to be in relationship with others? How did you respond? What did you learn about yourself? What did you learn about others?
- **Journaling Option #2:** Reflect on your interactions over the past week(s) with the pastor leadership team (PLT) and congregation. How is God calling you to be fully present with the PLT? With the congregation? What concerns do you want to remember in prayer? What gifts are you beginning to observe in members of the PLT? How will you affirm those gifts in the coming weeks? What words of genuine affirmation are you sensing can be shared with the PLT or congregation as they continue their journey?
- Close your journaling time with prayer that lifts up the concerns and desires of your heart. You may desire to write out your prayer in your journal or simply offer the prayer silently.

### **Tips:**

Use the two journaling options as guides, yet allow the Holy Spirit to prompt you. Like all practices it may be uncomfortable or difficult at first.

The LCM staff invites LCM support staff (field staff, mission center staff, CSMs) to join them along with the PLTs in the shared missional practices of Dwelling in the Word, Sharing in the Round, and Mission Prayer. These practices provide journaling opportunities.

All LCM support staff are encouraged to record reflections, questions and insights and share their experiences with the Pastor Leadership Teams at various opportunities (retreats, visits to the congregations, phone calls, etc.).