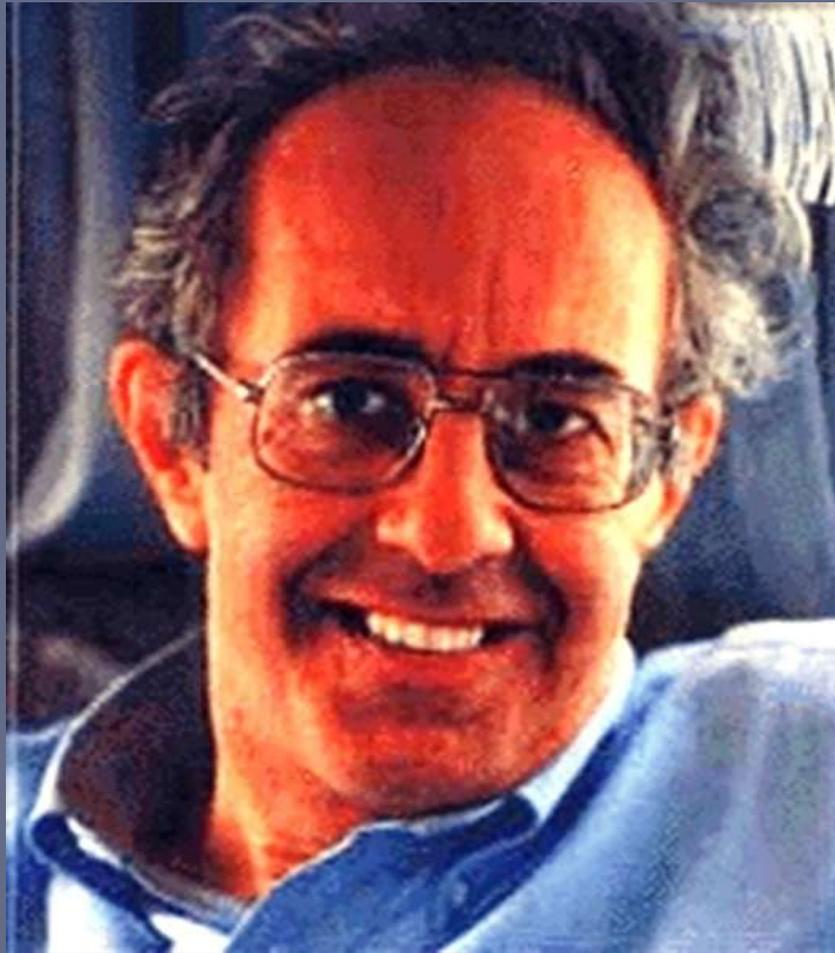


# Spiritual Growth through Journaling



# Why Journaling?



The importance of knowing self.

-“Know yourself” Socrates

“知彼知己，百戰百勝” Sun Tze/ The Art of War

“The knowledge of oneself is the knowledge of God” John Calvin

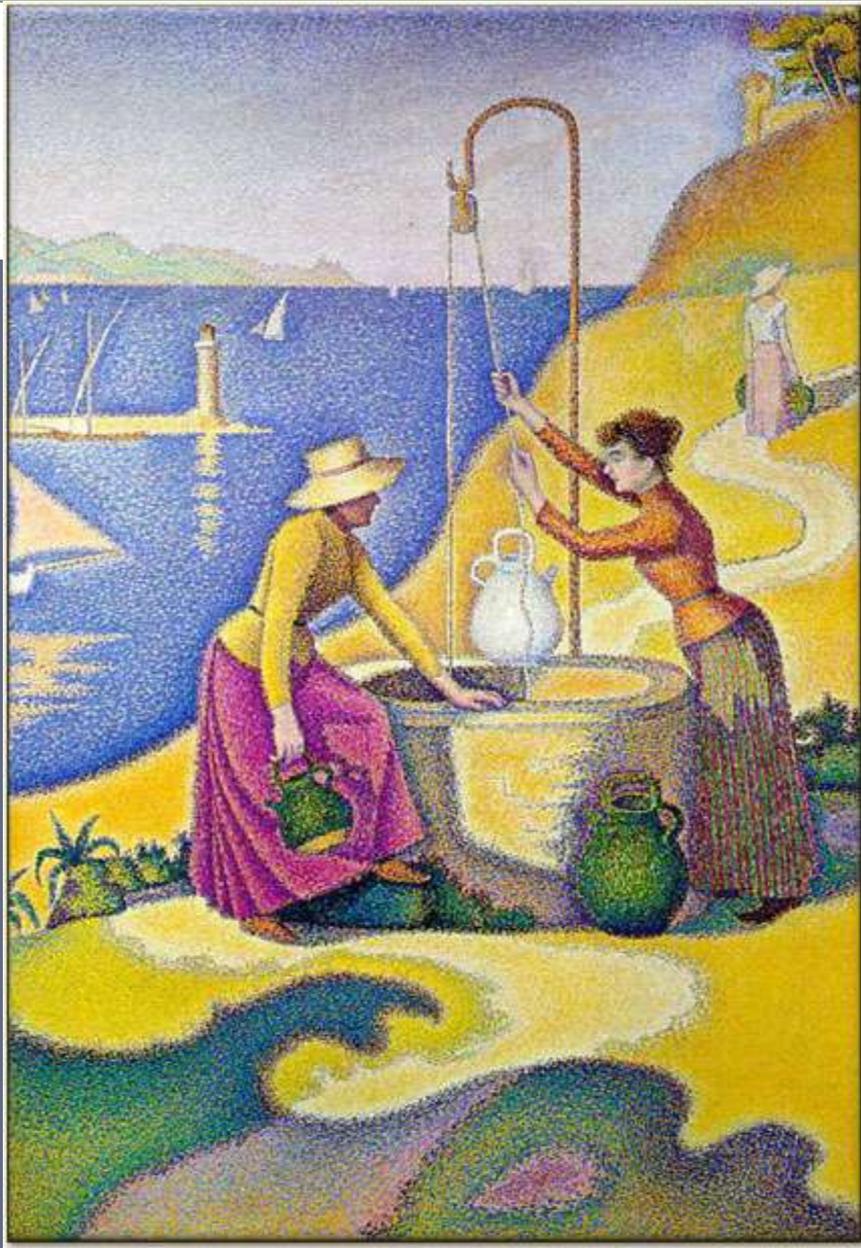
“Father, forgive them for they don’t know what they are doing.” Jesus



-Our spirituality is the lens of how we see our patients and others.

-Being spiritual is to be relational and whole, and it depends on how much we are aware of ourselves.

-Journaling is one of the most powerful tools of leading us into self-awareness.



# Drawing water from your own well



- To engage in journaling is like drawing water from your own well.
- Usually the well is so deep that we can't easily draw it out without careful and conscious effort to make it.
- The more and the frequent we draw it, the more water comes out and fills the well because it stimulates water hole at the bottom of the well.
- Journaling is like stimulating our bottom of sou.

# Morton Kelsey



“If one does not have the habit of recording the ebb and flow of one’s inner life, one can be cut off from the whole playful, imaginative, creative aspect of life.”

“The most effective way to deal with spiritual world is journaling. “

“A journal can become a packet of love letters from God.”

# What is Journaling?



Journaling is a free style writing on one's inner movements of thoughts, feelings and intentions.

# Difference between Diary and Journaling



- Diary is a chronological recording on the events of the day.
- Journaling is a free style of recording on inner movements. In depth feeling and thoughts.

# Why we need to keep a journal?



- History is the record of what men and women have thought and done.

Francis Dorff/ The Bible is the records of somebody.

- Recording itself is fun.



- A journal can also be used as a method of allowing our inner creativity to be released.
- Journaling provides us opportunity to look into our inner worlds with objectivity.
- Journaling helps us to overcome projection.



- It also helps us to control our emotion.
- It leads us to the growth by understanding our inner pain or suffering.
- Most of all, it helps us to confront God and helps us to be self-transcendence and growth.

# Power Journaling in History



Augustine/ Confession

John Wesley

David Brainard

Thomas Merton

Henry Nouwen

# My experience on journaling



- When I was tempted to avoid a certain patient in the hospital for no reason, I found that I was afraid of seeing that patient because of fear to confront my mother's suffering and death when I was experiencing 15 years old.
- Upon grasping the awareness of this fact I could consciously deal with the patient without fear.

# Augustine in Journaling



# Prepare to Write



- Stop activity and try to feel the presence of God for a minutes.
- Record everyday. (20-30 Minutes) Befriend with the Holy Habit.
- Write one hour every month for the special interest (disappointment or issues need to pay attention)
- Stop and retreat for three days annually.

# For the deeper journaling



Reflect consciously (feelings, confusion, questions)

- Reflect on your priority. Compare to your actual time spending.
- Biographical reflection and recording every 10 years.
- Use active imagination.



- Your spirituality heavily depends on your journaling power.
- Then, why not start today?





- Thank you
- for paying attention!

