



Everyday God is revealed to you and you learn also about yourself. Take time during each week to make a journal entry here when you have experienced God in your life – whether through other people, a specific activity, a prayer moment, a news event, etc. Describe what you learned about God – where did you see God in what you did or said. What questions do you have?

Also at least once a week, open the Bible and randomly let God lead you to a certain page. Write down the bible passage in this journal. What struck you about what you read there? How can you connect it with your daily life?

Try to experience different types of prayer – meditation, rosary, Mass, singing, group prayer, retreats, etc. Write about them and what you thought of that type of prayer.....we all pray differently – so it's important to find what 'works' for us personally.

<p>Date:</p> <p>Journal Notes:</p>
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