

## Spiritual Journaling

<b>Temptation</b>	<b>Truth/Grace</b>
<p><b>Questions to ask:</b></p> <ul style="list-style-type: none"><li>- What's bothering you?</li><li>- Do you feel peaceful? If not, why not?</li><li>- Is anything disturbing you?</li><li>- How do you feel?</li><li>- Describe how you feel.</li><li>- Describe what's hurting you.</li></ul> <p><i>God wants to heal what is hurting.</i></p>	<p><b>Questions to ask:</b></p> <ul style="list-style-type: none"><li>- Are some of the things you wrote on the left hand column true? If they are not true, what is the truth?</li><li>- What does the Bible say about what you're dealing with?</li><li>- What does the Church teach?</li><li>- How would the saints react to what you are feeling?</li><li>- What graces do I need to live these truths?</li><li>- What graces do I need to love like Jesus?</li><li>- Where is God calling me?</li><li>- What is Jesus saying to me right now?</li><li>- How is Jesus loving me?</li><li>- How is Jesus challenging me to grow in faith and love?</li><li>- How is He challenging me to mature?</li><li>- What is the deep desire of your heart?</li></ul> <p><i>Speak to God the Father, Jesus, and the Holy Spirit. Listen to what they are saying about these truths. Ask them for the graces you need with their help to live out these truths; return to them as often as needed. Respond to God's call and try to surrender yourself to God.</i></p>