

Faithfully Uncomfortable: A 21-Day Journey Toward Racial Equity
Journaling the Journey

Spiritual journaling is writing about your prayer or spiritual life. It is a way of praying, of coming to know at a heart level. As we form the words about what we are experiencing, we savor the experience, listening to it, pondering its meaning and depth. We invite you to journal your feelings and experiences, your prayers, during this 21-day challenge. These prompts may be a useful starting place.

1. “We need to find ways to lift the moments of our daily life-to celebrate and consecrate the ordinary, to allow the light of spiritual awareness to illuminate our days. For though we may not live a holy life, we live in a world alive with holy moments. We need only to take time to bring these moments to light.” - Kent Newburn

Journal reflection: Has anything you have read or heard or experienced during this challenge awakened in you what it means to be a follower of Jesus?

2. “Spirituality is not to be learned by flight from the world, or by running away from things, or by turning solitary and going apart from the world. Rather, we must learn an inner solitude wherever or with whomsoever we may be. We must learn to penetrate things and find God there.” - Meister Eckhart

Journal reflection: What prayers of the heart have emerged for you during this time?

3. “To write is to embark on a journey of which we do not know the destination. Thus, writing requires a great level of trust. We have to say to ourselves: ‘I do not yet know what I carry in my heart, but I trust it will emerge as I write.’” - Henri Nouwen

Journal reflection: Ask God, “Please awaken in me the racism that may exist hidden within me.” Write down the answer in God’s voice.

4. “The tough part is that most of the time I cannot see this growth any more than I can see the undetectable changes that occur each day in a plant’s growth. I simply have to remain faithful to my daily spiritual practice and keep renewing my desire to grow in the way that God desires. I can’t keep peering into myself to see if I am any better than I was the day before. That just leads to self-orientation. Yes, I can observe my spiritual life, just like I observe my plants, but I cannot keep judging myself every day. I need to trust that, in time, like a plant that births, buds, and flowers, I will get enough glimpses of my growth to keep me hopeful.” - Joyce Rupp

Journal reflection: Have you gotten glimpses of your growth as pertains to this 21-day challenge that keep you hopeful?