

## JOURNALING

Our Confirmation preparation text, *Confirmed in the Spirit*, provides each candidate with a journal. The young people will be given an opportunity to journal during class time, both in the Parish School and in the Religious Education Program. One doesn't have to be a professional writer, or even a good writer to keep a journal. The Sacrament Coordinator and or parish school teachers will, at times ask the candidates to share an idea, thought or question they were to journal about during group discussions. They will also ask to skim through the candidate's journal to ensure they are utilizing this tool in their preparation for the sacrament. It is also advisable for the candidate's sponsor to ask about the journal entries made by the candidate in order to assist them on their faith journey.



Journaling provides a way to reflect on what is happening in our lives. Unlike keeping a diary, journaling does not focus on what happened during the day, but invites the writer to look inward at how they are affected by their experiences. Journaling offers a forum to express feelings, thoughts, questions, hopes, fears and dreams.

The candidate journal provides directed questions on a number of topics. We hope the act of writing allows the time and space for our young people to uncover the presence of God in their life. As they move to new understandings and new questions the journal will also help them create a "snap-shot" of their spiritual lives that can be saved for future consideration. John Killinger refers to journaling as a "spiritual record," a personal sign of how God has been at work in your life.

**Candidates block out some time each day to write in your journal.**

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**Keep a copy of your journal up to date as it will provide a way to prepare for the mystagogia process later in the year.**