

# Journaling as a Prayer Practice



These three sessions offer practical ways of developing and using a prayer journal as an integral part of your prayer practice. Whether you are already journaling or new to the idea, each session offers practice exercises for spiritual journaling as a regular part of your prayer time. No writing skills are necessary, just an openness to pay close attention to your review of prayer and then to capture your response for further deepening your relationship with God.

This program invites you to learn ways to journal best suited to your needs and offers an opportunity to discover how spiritual journaling can deepen your listening to the personal experience of God at work in your daily life.

Sundays, 3:00-4:30 PM (EST)  
via Zoom\*

Jan. 12 and 26 | Feb. 9, 2025

Fee: \$30 due at registration.

Fee is non-refundable, non-transferable.

Register at [manresa-sj.org/011225-journal](https://manresa-sj.org/011225-journal)  
or phone 248.644.4933 Ext. 0.

*\*Instructions for Zoom meetings will be emailed to registered participants prior to each session.*

## Facilitators



**Lori Kneisler** has over 20 years' experience leading Bible studies and spiritual formation groups. A spiritual director and long-time journaler, Lori enjoys exploring various methods of journaling, always surprised by what emerges from the tip of her pen.



**Etta MacDonagh-Dumler** is a spiritual companion, Spiritual Exercises guide, retreat leader and group facilitator. She is a longtime journal keeper who is attentive to how the practice has helped guide her in discernment and through her spiritual journey.