

St. Max Women's Lenten Retreat 2022 – Consider it all joy! James 1:2

Friday Evening – Session 1, Spiritual Journaling

*But you have given my heart more joy than they have when grain and wine abound.
Psalm 4:7*

A member of the retreat team will walk us through spiritual journaling today. If you are in the habit of keeping a journal, feel free to continue the work that you are doing and omit this suggested journaling page.

1. Slowly read Psalm 4:7 above which coincides with this opening retreat session.
 - As you read this Psalm right now, who comes to your mind as 'they' that show joy when grain and wine abound?
 - How do 'they' show their joy? (Do they dance? Shout? Sing? Share?)
 - What is the 'grain and wine' that 'they' rejoice over? (Is the 'grain and wine' something other than food? Like a sporting event? Time spent with someone? Some good fortune?)

2. *God is good. All the time. All the time. God is good. It is His Nature! Wow! Wow! Wow!*
 - List 3-5 'good' attributes of God that come to mind right now.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
 - Next to each, write how you experienced this goodness recently. Start with as recently as today if you are able.

3. Slowly read the retreat evening prayer below. It is also found on the back of your retreat binder.

Bless us, O Lord, with joyful hearts!

*Awaken us tomorrow with eagerness
to see the possibilities that lie ahead in our day.*

*Enlarge our capacity for sharing
your love, mercy, and joy with others.*

*During times of distress,
remind us that joy does not always equate with happiness.*

*Through openness and hope,
we will find gladness in the midst of troubles.*

*Let the joys of the day wash over us
in a spirit of gratitude and wonder.*

*As we retire for the night,
let worry and anxiety fall away
and be replaced by a simple trust in your care.*

We pray this through Christ our Lord. Amen.

- This prayer asks God to:
bless / awaken / give possibilities / enlarge / use us to share His love / use us to share His mercy / use us to help us share His joy.
 - Circle the above that you more easily allow God to do in your life.
 - Underline those that are more challenging for you to allow God to do.
- This prayer reminds us that:
joy and happiness are not equal / we can find gladness in the midst of trouble / to expect joy / to respond to joy with gratitude and wonder / we must let worry and anxiety fall away / we must trust.
 - Circle the above that you more easily allow God to do in your life.
 - Underline those that are more challenging for you to allow God to do.