

# **How to Journal During Eucharistic Adoration**

Developed by Reverend Deacon Kevin Boudreaux

Journaling during Eucharistic Adoration is a meaningful way to deepen your prayer life and reflect on your relationship with Jesus. It allows you to process your thoughts, record spiritual insights, and document how God is working in your life. Here's how you can approach journaling during this sacred time:

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## **1. Begin with Prayer**

Start your journaling session by asking the Holy Spirit to guide your thoughts and inspire your writing. A simple prayer like, "*Holy Spirit, help me to hear Your voice and write what is on my heart,*" can set the tone for your journaling.

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## **2. Write About Your Spiritual Journey**

Reflect on where you are in your faith life. Write about your joys, struggles, and areas where you feel God is calling you to grow. Journaling about your spiritual journey can help you see patterns and recognize God's presence in your life.

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## **3. Meditate on Scripture or Quotes**

Bring a Bible or a spiritual book with you to Adoration. Write down a verse or quote that resonates with you and reflect on its meaning. For example, you might write, "*What does this passage teach me about God's love?*" or "*How can I apply this to my life?*".

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## **4. Express Gratitude**

Use your journal to thank Jesus for His presence in the Eucharist and for the blessings in your life. Gratitude journaling can help you focus on the positive and deepen your appreciation for God's gifts.

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## **5. Share Your Heart**

Write as if you are having a conversation with Jesus. Share your thoughts, worries, and desires. Be honest and open, knowing that He is listening. This can be a powerful way to connect with Him on a personal level.

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## **6. Reflect on Your Sins and Seek Mercy**

Adoration is a time for healing and renewal. Use your journal to examine your conscience and write about areas where you need God's forgiveness and grace. This can help you prepare for the Sacrament of Reconciliation.

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## **7. Record Inspirations and Insights**

Sometimes during Adoration, you may feel inspired or sense God speaking to your heart. Write down these moments of clarity or peace so you can revisit them later. These insights can guide you in your daily life.

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## **8. Set Spiritual Goals**

Use your journal to set goals for your spiritual growth. For example, you might write, *"I want to spend more time in prayer each day,"* or *"I will work on trusting God more in difficult situations."*

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## **9. End with a Prayer**

Conclude your journaling session by writing a prayer of thanksgiving or petition. This helps you close your time of reflection with a sense of purpose and connection to God.

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## **10. Be Flexible and Open**

There's no "right" way to journal during Adoration. Some days you might write pages, while other days you may only jot down a few thoughts. Let the Holy Spirit guide your journaling, and don't worry about perfection.

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Journaling during Eucharistic Adoration is a deeply personal practice. Over time, your journal can become a treasured record of your spiritual journey and a reminder of God's faithfulness in your life.