

Your journal is a place to record your experiences as you practice the activities for each session.

Use your journal in the way that is most suited for you. Write, draw, or decorate—however you choose to journal, know that it is intended to enhance your learning experience and not place any undue burden on you or your experience.

Living Intentional Lives

Session 4: Holy Interaction

This week, for the at home work, you are encouraged to give your “Rainbow Bean Soup in a Jar” to someone who needs it. This may be someone who has recently had a baby or maybe a homebound member of your church. When you do this, be sure to journal about the experience. If you want to keep your soup, simply make a second jar and give it away.

On the rest of the nights, you are invited choose one of the exercises from the previous three weeks to practice. You may choose one and practice it all week, or alternate and do a different one each night. For your reference, those exercises were the Daily Examen, Breath Prayer, and having Holy Conversations.