

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 5: Holy Action

This week, you are invited to find a new way to engage your community with intentional and active love. Some examples of ways to volunteer are listed below: you may volunteer at a local service organization, make visits or phone calls to homebound members of the church, take a college student to lunch, or make dinner for a new mom. As you choose what you will do, think about your community and where you want to make an impact. On the day that you do the service activity, be sure to journal about the experience. On the rest of the nights, you are encouraged to choose one of the exercises from the previous three weeks to practice and then journal about them. 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.