

*Our Lady Queen of Heaven Catholic Church*

# *Bible Journaling*

*Sunday, January 13, 2019  
in Greier Hall*

*During Coffee Hour after the 8:30 AM and 11:00 AM Masses*

**Bible Journaling is an especially meaningful practice for folks who have a creative or artistic style of experiencing the world. It enables us to embrace the Word of God in the way that is most natural to us. Through our journaling, we want to be open to hearing God's voice. In our journaling, we invite God to speak to us.**



***Lectio Divina is a form of prayer that is used to go deeper in Scripture and is practiced before responding by journaling.***

Lectio Divina, from the United States Conference of Catholic Bishops, is the prayer form used at Our Lady Queen of Heaven Bible Journaling Workshops.

## ***Possible approaches to Bible Journaling include:***

- ◆ ***Micro Bible Journaling*** - For those who wish to journal in their regular Bible. Hand lettering, highlighters, stickers, washi tape are used to emphasize Scripture verses in the Bible.
- ◆ ***Bible Journaling in a Companion Journal*** - For those who are timid about working in an actual Bible and choose to use a blank journal instead. Various art materials (paint, markers, water colors, etc.) and scrapbooking or mixed media techniques (combining two or more art techniques on the same page) are used to express one's response to Biblical reflection.
- ◆ ***Bible Journaling in a Creative Coloring Bible*** - For those who enjoy the meditative quality of coloring pre-drawn art that corresponds to the Scriptures. (Coloring materials include color pencils and micro pens.)
- ◆ ***Bible Journaling in a Bible Published with Wide Margins Especially Designed for Art Work*** - For those who wish to creatively respond to Scripture through art journal techniques (scrapbooking, drawing, collage, and journal writing) in a Bible designed for journaling personal reflections in the margins and not just for praying Scripture.