



Episcopal psychiatrist Gerald G. May suggests several questions for daily reflection in journaling. May suggests that at the end of the day, one spend a few minutes recording the key moments of the day and then pose these questions in reflection on the day.*

“At what times during the past day did I seem to be most present, most immediate, most consciously available in love?”

“When did I seem most absent, most kidnapped or closed off?”

“What seemed to help or hinder my presence?”

“How do I feel right now about how it has been going? Am I grateful, frustrated, joyful, angry, exuberant, bored, at peace, afraid? Can I honestly present my feelings to God right now, just as they are?”

“Are there any changes I want to make, any special help I seem to need, any prayer that expresses my present hope and intention for the time to come?”

May encourages the reader to alter and adapt those questions to their personal needs.

I often feel bombarded with stimulation from ads, background music in elevators and stores, ringing phones, and voices and clanging dishes when dining alone. You can add to that list from your experience. Carving out some time for silence and reflection on questions like these, even if you don't journal, can heighten self-awareness and the capacity to be present meaningfully to ourselves and others.

God's peace,

David+

David W. Perkins+
Interim Rector

*Gerald G. May, *The Awakened Heart: Opening Yourself to the Love You Need* (New York: HarperCollins, 1991), pp. 130-131.