



# My Spiritual Journal 2021



**What are you HEARING?  
What is your HEART saying?  
What is your RESPONSE?**

*Please spend some time in silence reflecting on those questions  
and jot down your responses in your prayer journal*



Breathe into me, Holy Spirit,  
that my thoughts may all be holy.

Move in me, Holy Spirit,  
that my work, too, may be holy.

Attract my heart, Holy Spirit,  
that I may love only what is holy.

Strengthen me, Holy Spirit,  
that I may defend all that is holy.

Protect me, Holy Spirit, t  
hat I may always be holy. AMEN

