



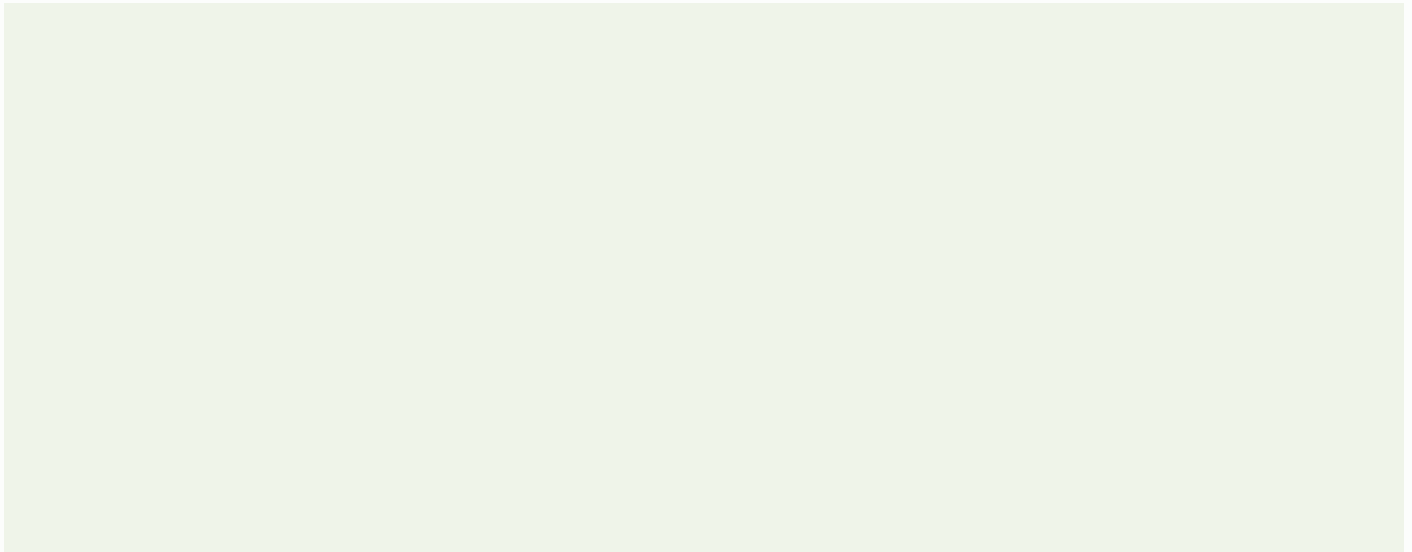
# *Listening for the Soul*

## Journaling Practice

Inspired by Mary Oliver's poem, Black Oaks, this journaling practice is about listening for the deeper longings of your soul. If you were to tell the truth, what would you be doing with your time?

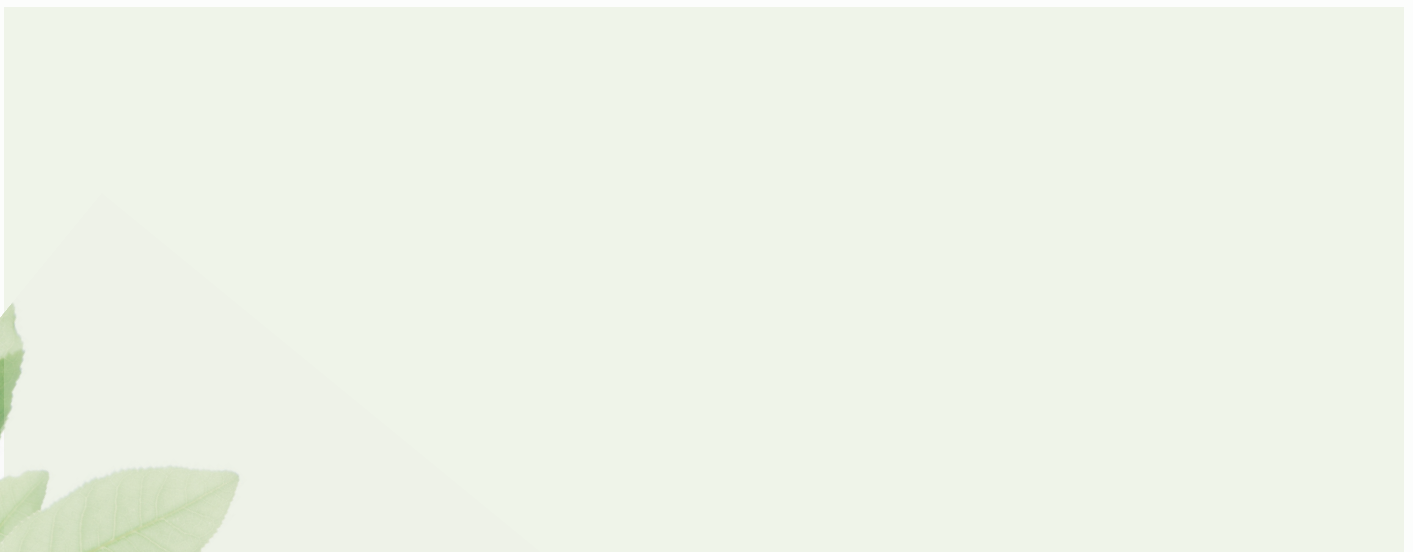
Use the space below to journal your response to the prompt:

**To tell the truth I don't want to...**



Use the space below to journal your response to the prompt:

**I would rather...**






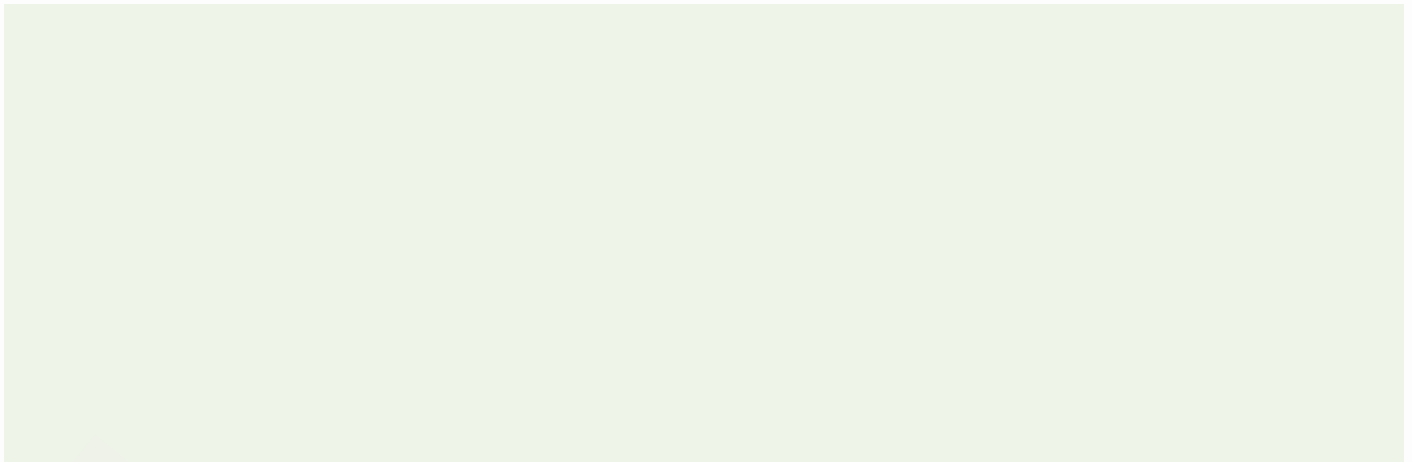
# *Listening for the Soul*

## Journaling Practice

What most surprised you about your responses to these prompts?



From the list of what you'd rather do, circle the response that most resonates with your soul. How can you integrate this into your life, even in small doses?



*"And to tell the truth I don't want to let go of the wrists  
of idleness, I don't want to sell my life for money,  
I don't even want to come in out of the rain."*

-Black Oaks by Mary Oliver, *Devotions*