

Writing Prompts

Below you will find additional writing prompts to assist you in your writing journey.

- ✏️ Consider a moment of intense encounter with your spiritual geography that illustrates the place shaping your soul.
Write that story, paying attention to your relationship with place.
- ✏️ Deborah Keenan writes that a memoir is a “really big search.” If your memoir is a search, what are you looking for?
Explore this and delve into a memory that shows this search.
- ✏️ Identify a part of your body that holds a sacred story. By sacred I mean important, meaningful, transformative, healing, or connective.
Describe that part and move into the story, paying special attention to how the body speaks.
- ✏️ Choose a scar on your body.
Write your scar’s story, exploring what it means to be scarred and other, internal ways you’ve been scarred.
- ✏️ Imagination is usually dismissed by believers and nonbelievers alike. But if we treat imagination seriously, as I think we should, it can be a means for understanding the world and what’s sacred in it.
Describe a time, perhaps from childhood, when your imaginative life enriched or deepened your felt presence of the world.

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- Identify one article of faith you subscribe to (the immaculate conception, the big bang, reincarnation) that requires a bit of imagination.
*First describe your belief in as much detail as possible.
Can you identify a lived experience that shows this belief in action?
Write that story, paying particular attention to how imagination participates in your active faith.*
- Write a tenet of your belief system about which you also feel some doubt.
*Write two memories: One showing this belief in action, the second showing your doubt in action.
Weave these two memories together with reflection on the nature of belief and doubt.*
- Write a moment of tender connection or sexual tension or bitter conflict with a sweetheart.
Where do you see holiness shining through that interaction today?
- Find a photograph—preferably one on display in your home, which you look at daily.
*Describe it in detail. Then write around the photograph:
What moment does it capture? What is your felt response? What does it mean that this image greets you in your day-to-day life? What is the spirit of the image, and how does the image interact with your spirit?*
- If God had a smell, what would it be?
*Describe a scent that has transported you into an experience of holiness.
Then flesh out the scene.*



Wisdom Ways

Center for Spirituality

Writing the Sacred Journey:

Introductory Workshop on Spiritual Memoir