

Help, the World is Wounded Journal

7-day journal prompts to promote
healing in a hurting world

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Why this journal was created

The world feels heavy right now. Every headline, every crisis, every injustice...it all adds weight to what we carry in our hearts. And while some wounds come from personal places like family, relationships, or church, there is another layer we often overlook: the collective wounds of our world.

This journal was created as a space for you to pause, breathe, and remember that you are not alone in getting through the pain of our times. This devotional journal is an invitation to process, reflect, and heal in the presence of God.

Inside these pages, you'll find:

- Scripture to keep you in truth when the world feels uncertain.
- Daily practices to help you process what you feel and reconnect with the Lord's peace.
- Reflection questions that invite you to name your emotions and release the weight you have been carrying.
- Acts of hope to remind you that even in dark times, you can still live as the light.

I created this because I believe healing is not just personal...it's communal. As you do the work of tending to your own heart, you become a source of hope and healing for those around you.

So take this journal one day at a time. Let the words guide you, but more importantly, let the Holy Spirit speak to you through the quiet moments you carve out here.

Naming the Wounds

Date :

Bible Verse:

The Lord is close to the brokenhearted and
saves those who are crushed in spirit.

Psalms 34:18

Reflection Question:

How are these global burdens showing up in
your body (tension, sleeplessness, heaviness)?

Practice:

Write down three things happening in the world
that are weighing the most on your heart.

Act of Hope:

Text or call one person today and speak a
word of encouragement over them.

My Prayer :

Permission to Grieve

Date :

Bible Verse:

Blessed are those who mourn, for they will
be comforted.
Matthew 5:4

Reflection Question:

What loss or shift in the world grieves you the
most right now?

Practice:

Set aside 10 minutes to simply feel. Whether it's
sadness, anger, or frustration. Journal it out, cry it
out and pray it out.

Act of Hope:

Share a memory or a story with someone
you trust about what (or who) you're
grieving. Speaking it out loud honors the
loss and keeps love alive

My Prayer :

Safety in the Present

Date :

Bible Verse:

Peace I leave with you; my peace I give you.
I do not give to you as the world gives. Do
not let your hearts be troubled and do not
be afraid. John 14:27

Practice:

What helps you to remember that you are safe?

Reflection Question:

Create a peace list. Write down 3-5 things, places,
or people that make you feel safe and calm.
Keep the list somewhere visible and turn to it
when anxiety rises.

Act of Hope:

Go for a 15-minute walk outside and use this
time to remember that the earth the Lord
created for you is good.

My Prayer :

Beauty as Resistance

Date :

Bible Verse:

He has made everything beautiful in its time.
Ecclesiastes 3:11

Reflection Question:

How does creating beauty push back against despair?

Practice:

Create something small today.
(Craft, cook, bake, sing, write)

Act of Hope:

Share something uplifting on your social media instead of bad news.

My Prayer :

The Power of Community

Date :

Bible Verse:

Carry each other's burdens, and in this way
you will fulfill the law of Christ.

Galatians 6:2

Reflection Question:

Who in your life feels safe enough to hold space
for your vulnerability?

Practice:

Reach out to someone you trust and share one
thing you've been carrying about the world.

Act of Hope:

Offer to pray with, listen to, or encourage
someone else today.

My Prayer :

Reconnecting with Purpose

Date :

Bible Verse:

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.
Ephesians 2:10

Reflection Question:

Where do you feel called to act - your family, neighborhood, church, or beyond?

Practice:

Journal - What small role can I play in bringing light into the world right now?

Act of Hope:

Take one small step today. Donate, volunteer, or serve in a way that matters to you.

My Prayer :

Choosing Hope

Date :

Bible Verse:

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. - Romans 15:13

Practice:

Write affirmations of hope for yourself, your family, and your community.

Reflection Question:

What future do you want to believe in despite what the news says?

Act of Hope:

Share your affirmations with someone who also needs hope today.

My Prayer :

After the 7 days...keep going

You did it! You leaned into this 7-day journey and gave yourself space to reflect, heal, and breathe. That alone is an act of courage.

But your journey doesn't end here. This journal was meant to be your starting point.

Here are a few steps to continue your journey:

Keep Using the Tools

Go back to your favorite practices, scriptures, or questions in this journal. Revisit them whenever the world feels heavy again.

Extend Grace to Yourself

Healing isn't linear. Some days you'll feel strong, other days you may feel overwhelmed. Both are normal. Keep showing up with compassion for yourself.

Stay Connected

Healing is not meant to happen in isolation. Share your journey with a trusted friend, mentor, or faith community. Let others walk along you.

Put Hope Into Action

Ask yourself daily: What is one small thing I can do to bring light into the world today? Your presence and kindness make a difference.