



Mind, Body, Spirit Journaling Prompts

Mind

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” Romans 12:2 NIV

Practice renewing and transforming thoughts based on truth. What are some thoughts you can reframe this week? How will practicing these new truth based thoughts transform you?

Old Thought: _____

New Truth: _____

Body

*“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”
Romans 12:1 NIV*

Practice treating your body as holy: with respect, love and gentleness. How can you honor your body this week? Identify some healthy movement, grounding or relaxation practices.

Spirit

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.” 2 Timothy 1:7 NIV

What are some ways you can use your spiritual power in love this week? What actions do you need to practice discipline in? Identify some ways to connect with the Spirit through prayer, meditation or gratitude practices.
