



Journal Prompts

Take time to reflect through **prayer, journaling, quiet moments, or conversations with a trusted friend.**

Ask yourself:


Gratitude & God's Presence

- What am I grateful for today?
- Where did I see, hear, or feel God's presence?
- How has God encouraged me today?

God's Guidance & Themes

- What do I believe God is speaking to me about? Are there recurring themes?
- What lessons is He teaching me?
- Did any Scripture, song, or moment stand out as significant?

Encounters & Impact

- Did I have any meaningful conversations or encounters today?
 - Did I encourage or help someone this week? How did that feel?
 - Is there someone I can pray for?
 - Is there someone I can encourage?
 - Is there someone I can practically give support to?
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Ask yourself:

Releasing & Trusting God

- Is there anything I'm holding onto that I need to surrender to God?
- What do I need to trust Him with?
- How can I walk in greater faith and confidence in His promises?

Scripture Reflections

- What did I learn about God?
- What did I learn about myself or humanity?
- What wisdom or revelation is God revealing to me?
- Is there a specific action or step of faith I can take?

Personal Growth & Alignment

- What am I doing this week that aligns with the goals and values of my life?
 - Any dream or vision notes?
 - Ways I make an impact?
 - Ways I lived for the Kingdom?
 - Truths that bring me hope and comfort?
 - What passed through my eyes and ears today? What's my heart feeding on?
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