

Scripture Writing Plan

Mental Wellness

1. Joshua 1:9
2. Psalm 23:3
3. Psalm 34:4
4. Psalm 34:17-18
5. Psalm 42:11
6. Psalm 73:26
7. Psalm 94:19
8. Psalm 118:5
9. Proverbs 3:5-6
10. Proverbs 12:25
11. Isaiah 26:3
12. Isaiah 35:40
13. Isaiah 40:31
14. Isaiah 41:10
15. Jeremiah 17:7-8
16. Jeremiah 29:11
17. Matthew 6:34
18. Matthew 11:28-30
19. John 10:10
20. John 14:27
21. John 16:33
22. Romans 8:18
23. Romans 8:38-39
24. Romans 12:1-2
25. 2 Corinth 1:3-4
26. 2 Corinth 4:16-18
27. 2 Corinth 10:5
28. Philippians 4:6-7
29. Philippians 4:13
30. 2 Timothy 1:7
31. 1 Peter 5:7



What is the Monthly Challenge

Each month Jesus Journal Junkies posts a Christian, faith-based journal challenge.

How to Participate

It is free to join and easy to participate. Each day of the month provides you with a specific bible verse. You could journal the bible verse, write a prayer based on the bible verse, use verse mapping or draw/doodle. There is no wrong way to creatively express your faith!

Share your Journal

Please share your pages with us on Facebook or Instagram. Tag us @jesusjournaljunkies or using #jesusjournaljunkies. We love to see how the Spirit inspires your journal.

