

7-Day Spring Reflection Journal: Discovering God's Goodness



**Welcome to your Spring Break
Reflection Journal! Whether you're
traveling, staying home, or visiting
family, take a few minutes each day
to reflect on God's goodness and
how He is present in every
adventure!**

**This 7-day journal will help you
discover God's goodness in
everything you do. Let's dive in and
reflect on the amazing ways God is
working in our lives!**





Day 1: NEW ADVENTURES



ACTIVITY:

WRITE OR DRAW A
PICTURE OF WHAT
YOU ARE LOOKING
FORWARD TO THE
MOST!

**What are you excited about this
Spring Break?**

**How can you see God making new
things happen around you?**

SCRIPTURE:

**"See, I am doing a
new thing! Now it
springs up; do you
not perceive it?"
Isaiah 43:19**



**DAILY
REFLECTIONS**



DAY 2: GOD'S CREATION IS BEAUTIFUL



ACTIVITY:

DRAW OR COLLECT
A SMALL ITEM (LIKE
A LEAF OR
FLOWER) AND
DESCRIBE HOW IT
REMINDS YOU OF
GOD'S GOODNESS.

**Take a walk outside and list three
beautiful things you see that remind
you of God's power and creativity.**

SCRIPTURE:

**"The heavens
declare the glory
of God; the skies
proclaim the
work of his
hands."**

Psalm 19:1

How does nature show us God's love?



**DAILY
REFLECTIONS**





DAY 3: GOD PROVIDES FOR US



LIST THE NAME OF THE MEAL YOUR FAMILY PREPARED:

ACTIVITY:

AS A FAMILY,
PREPARE A MEAL
TOGETHER AND
THANK GOD FOR
HIS PROVISION
BEFORE EATING.

Think about a time when God provided for your needs. What happened, and how did it make you feel?

SCRIPTURE:

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them." Matthew 6:26

DAILY REFLECTIONS





DAY 4: GOD IS OUR PROTECTOR



NAME YOUR SKIT:

ACTIVITY:

ACT OUT A SHORT SKIT OR STORY SHOWING HOW GOD PROTECTS HIS PEOPLE (LIKE DANIEL IN THE LION'S DEN OR DAVID FACING GOLIATH).

Write down a fear you have and pray about it.

SCRIPTURE:

**"The Lord is my refuge and my fortress, my God, in whom I trust."
Psalm 91:2**

How does knowing God is your protector bring you peace?

DAILY

REFLECTIONS





DAY 5: GOD GIVES US JOY



SHARE YOUR FAVORITE SONG TITLE:

ACTIVITY:
HAVE A WORSHIP
DANCE PARTY!
PLAY YOUR
FAVORITE FAITH-
BASED SONGS AND
CELEBRATE THE
JOY GOD GIVES US.

What brings you joy?

.....

.....

.....

.....

.....

.....

.....

.....

**How can you spread joy to others
this week?**

.....

.....

.....

.....

.....

.....

.....

.....

SCRIPTURE:

**"The joy of the
Lord is your
strength."
Nehemiah 8:10**

**DAILY
REFLECTIONS**





DAY 6: GOD IS ALWAYS WITH US



LIST WHAT YOU ARE GRATEFUL FOR:

ACTIVITY:
TAKE A FAMILY PICTURE AND
CREATE A SMALL
“GOD’S BLESSINGS”
COLLAGE, ADDING
THINGS YOU ARE
GRATEFUL FOR.

**Write a prayer thanking God for
always being with you.**

SCRIPTURE:

**"Be strong and
courageous. Do
not be afraid or
terrified, for the
Lord your God
goes with you."
Deuteronomy
31:6**

**DAILY
REFLECTIONS**





DAY 7: GIVING GOD THANKS



ACTIVITY:

DRAW OR WRITE
ABOUT YOUR
FAVORITE MEMORY
FROM SPRING
BREAK.

**Look back on your Spring Break.
What were the best moments?**

.....

.....

.....

.....

.....

.....

.....

.....

How did you see God in your week?

.....

.....

.....

.....

.....

.....

.....

.....

SCRIPTURE:

**"Give thanks in
all circumstances;
for this is God's
will for you in
Christ Jesus."**

**1 Thessalonians
5:18**

DAILY

REFLECTIONS



God is always with you, in the fun moments, in challenges, and in every little adventure. Keep looking for His goodness in everything you do!

Share your reflections with your family and remember to thank God every day!

Great Job, Messenger Message Kids!

