

A Journey Through Psalm 119

Make copies of this journal sheet for each day.
Check mark each day that you read.
Write the date, time and scriptures.
Write down three to five things for which you're grateful.
Write about your challenges and how you overcame them.
Write about how you feel or what's on your mind.

1

2

3

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Date: _____ Time: _____ Scriptures: _____

Today, I'm Grateful For...

1.

2.

3.

4.

5.

Challenges I encountered today...

1.

2.

3.

How I overcame those challenges...

1.

2.

3.

Personal Reflection