

# March, 2019

## Journaling Prompts

1. My faith \_\_\_\_\_
2. I'm looking forward to \_\_\_\_\_
3. I feel like God is calling me to \_\_\_\_\_ because \_\_\_\_\_
4. Something that inspires me today in nature is \_\_\_\_\_
5. When I think of Heaven I \_\_\_\_\_
6. What I glean from journaling is/are \_\_\_\_\_
7. Jesus Christ \_\_\_\_\_
8. My past \_\_\_\_\_
9. I use the colors \_\_\_\_\_
10. My family \_\_\_\_\_
11. An interesting thing about me is \_\_\_\_\_
12. As a child, I \_\_\_\_\_
13. The heritage I hope to leave behind is \_\_\_\_\_
14. When I get insecure \_\_\_\_\_
15. I cling mostly to \_\_\_\_\_
16. I most value \_\_\_\_\_
17. When laying on my back looking at the sky I \_\_\_\_\_
18. On summer evenings \_\_\_\_\_
19. My church \_\_\_\_\_
20. I enjoy creating \_\_\_\_\_
21. When it's the coldest outside \_\_\_\_\_
22. My fondest memories of \_\_\_\_\_
23. My sibling/s and I \_\_\_\_\_
24. For me, the Bible \_\_\_\_\_
25. My emotions \_\_\_\_\_
26. The photos that make me contemplate mostly are \_\_\_\_\_
27. I would love to learn to \_\_\_\_\_
28. A few things I find challenging are \_\_\_\_\_
29. My favorite sound/smell in Spring is \_\_\_\_\_
30. My favorite Bible character (not including Jesus since He is first always) is \_\_\_\_\_ because \_\_\_\_\_
31. The things I like most about myself are \_\_\_\_\_

King David journalled and today we have the Psalms!  
I bet he never imagined his writings would be The Bible  
one day. He was probably like us. Expressing his heart  
in words and managing his stress with ink!  
Journaling really is a great way to express yourself,  
your feelings, and your worldview. It's great for your  
mental health and spirit too!

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