

May, 2019

Journaling Prompts

1. A lesson I learned in April is
2. Ways I want to be more organized
3. My intentions for the warm weather months are
4. This month I want to do more
5. I think my walk with Christ can improved by
6. My greatest passion on this earth is
7. My greatest passion for eternity is
8. When I write
9. On my playlist is
10. My family needs to
11. A vacation (or stay-cation) idea for this year is
12. I'm learning to care for myself better by
13. I feel the Lord is calling me to
14. When it comes to sharing my faith, I
15. This present world makes me feel
16. What I'm working on lately is
17. A recent victory in my life is
18. When trials arise in my life,
19. A prayer I've prayed in the past the Lord said no to and now I've learned why is
20. Ways I can be an encouragement to others are
21. My current television habits
22. What I'm reading right now
23. When someone asks for prayer, I
24. My fondest childhood memory is
25. In my house growing up, God
26. With Spring upon us
27. My favorite summer gathering
28. My Bible reading lately has
29. My three things I like most about myself are
30. One of my favorite quotes is _____ because _____
31. The colors that influence my mental health are _____ because _____.

King David journaled 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!

SincerelySapphire.com

