

Spiritual Journal Prompts



- What made it a lot easier for me today?
- Who or what helped me today?
- Did I receive an answer to one of my prayers today? How?
- Who is God to me? Write down some of His characteristics that you know to be true.
- What does faith mean to me?
- What is something I am struggling to overcome?
- What is one weakness I have? How can God make that a strength?
- How did God show me love today?
- What is one Christ-like attribute I can work on?
- What did I learn about in church today?
- What is one thing that stood out to me today during my Scripture study?
- What is one quality I love about myself?
- How can I draw closer to Christ?
- What is everything I know about Christ's atonement?
- What person from the Scriptures do I look up to the most? What qualities do they have that I want?
- What helps me feel God's love in my life?
- What is something I am struggling with that I can give to the Lord?
- How can I serve someone today?
- Who in my family can I help draw closer to Christ?
- Who is my hero? How are they similar to Christ?
- If I were to die today, what is one regret I would have?
- Who do I talk with at church?
- What am I doing today that matters for eternity?
- What do my dreams reveal about my heart?
- Whom can I encourage today?



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- What is the name of the church I go to? Why do I like this church?
 - What do I know to be true?
 - If I could do one thing, what would it be?
 - What do I want to know about God?
 - If I could ask any Bible hero a question, what would it be?
 - If God granted me a blessing I want, what would it be and why?
 - Who is Christ to me?
 - What is one blessing I received from following God?
 - When did I have to obey God even though it was hard?
 - How has drawing closer to Christ changed me?
 - Do I like my spirituality? Why?
 - Do I feel like my faith is strong? Why or why not?
 - How does God speak to me?
 - What do I do that helps me feel peace and comfort?
 - Who can I share my testimony with?
 - How does going to church bless me?
 - Who or what brought me to God?
 - What is my favourite picture of Christ, and why?
 - What is one song that makes me think of God?
 - How does spiritual music make me feel?
 - Imagine you were standing face to face with Christ. What would you do or say to Him?
 - How can I trust God more?
 - What is one thing I will work on that will strengthen my faith?
 - How can I live in better alignment with my spiritual beliefs?
 - How can strengthening my relationship with God improve my life?
 - What problems do I have that I need to turn over to God?
 - How can I trust God more fully?
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- Am I holding onto any bitterness?
- What idols seek to steal my affections from God?
- How can my stress strengthen me?
- Is there any sin that is impacting my life?
- What was my response the last time someone upset me?
- What is my next step in spiritual growth?
- How can I be a brighter light for Jesus today?
- Am I using social media to glorify God? How can I improve?
- What are some ways in which fellowship brings me joy?
- How do I imagine joy in Heaven will be like?
- What brings me joy?
- What is joy?
- What are some ways I can bring joy to someone?
- What do I need to let go of today?
- How do I define success? How does this relate to my spiritual life and beliefs?
- What is holding me back from being the best version of myself?
- What are my biggest fears, and how can I overcome them?
- How have I grown in the last year?
- What do I think about when I look at my reflection?
- What do I think about when I look at the stars?
- Why can it be so hard to do right?
- Do I compare myself to others? Is this healthy?
- What gets in the way of being a great friend?
- What does true peace look and feel like to me?
- What ten words best describe me?
- How can I help the world become a better place?



Spiritual Journal Prompts



- What is my spirituality like now versus when I was younger?
- Describe how your spirituality enhances your life?
- How can I share the gifts God gave me with others?
- How do I know when I am drifting off course from God?
- What is my spirituality like now versus when I was younger?
- How can I share the gifts God gave me with others?
- How do I know when I am drifting off course from God?
- Describe a challenge you are currently facing.
- Record your testimony and the date. In one month, write your testimony again and see how much you have grown.
- Write down a Scripture story that gives you strength.
- Share your conversion story.
- Think of a time when you had to be patient about God's timing. Write down that experience with as many details as possible.
- Write down a time when God told you 'no' to an answer you wanted to be 'yes'.
- Write down 5 reasons why you had to go through your last trial.
- Record a time when you were blessed for serving someone.
- Write a list of your deepest prayers that are close to your heart.
- Describe a time you followed a prompting from God. What happened?
- Share a time you received grace from God. How did it make you feel?
- Write down a time you had to forgive someone, even though it was hard.
- Name ten ways God sees me.
- Write out the fruits of the Spirit and identify any areas that you need to improve on.



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- This week I was most blessed by...
- My favourite / favorite passage of Scripture at the moment is...
- One lesson I have learned / learnt from Scripture this week is...
- God is leading me to make changes...
- My calling in life is...
- I find I feel God's presence most when...
- Sometimes I get angry at God about...
- Journaling has helped me spiritually...
- My spiritual gifts include...
- An area in my life where I need to seek God's guidance is...
- What brings me the most joy in life is...
- I'm eager for God...
- I know I'm good at...
- I want to improve...
- Three ways I can apply the Gospel to my life are...
- I feel most distant from God when...
- My enthusiasm for the Gospel increases when...
- Three ways I want God to transform me...
- List ten things that make you smile.
- List ten compliments that you could give to other people.
- Write a letter to your younger / former self.
- Write a letter to someone you care about who has passed away.
- Describe any moments that you felt a clear message from God.
- Describe how your spirituality enhances your life.
- List 10 things that you are grateful for.
- Tell God how much you love Him and praise Him for who He is.
- List five blessings that I am thankful for every single day.





IF *God*

BRINGS YOU TO IT,

He WILL BRING YOU

THROUGH IT



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