



JOURNALING FOR THE SOUL



Matthew 10:38-39-And Anyone Who Does Not Take Up His Cross And Follow Me Is Not Worthy Of Me. Whoever Finds His Life Will Lose It, And Whoever Loses His Life For My Sake Will Find It.”

Instruction: Take Some Time To Express Yourself Using These Prompts. After Each Journaling Session, Pray With God And Ask Him To Open The Eyes And Ears Of Your Understanding.

List All The Things That Make You Happy And Why.

1

What Emotions Are You Feeling Right Now? If You're Not Feeling Any, Write How You Want To Feel.

2

Try To Observe The Thoughts That Pass Through Your Mind. Write Them Down Whether Positive Or Negative.

3

Are You Proud Of Yourself? Why Or Why Not?

4

When Was The Time Where You First Began To Think You Weren't Enough? Pray About It.

5

Recall An Experience Of Intense Anger. What Triggered This Emotion and How Did You Manage It?

6

Write A Letter To The Most Insecure Version Of Yourself. Encourage Them Even If It's Now.

7

What's It Like To Feel Numb? Can You Describe It? Encourage Yourself Or Someone Else Who Is Feeling This Way.

8

Remember Those Thoughts You Observed? It's Time To Uncover The Root Of Them. Why Do You Think These Thoughts Passed Through Your Mind?

9

Write Out Details Of Your Dream Life. If You Had It Your Way, What Would Your Life Look Like Everyday?

10