

Journaling Prompts

THOUGHTFUL QUESTIONS FOR
PRAYER, HONESTY AND GROWTH

You do not need to answer every prompt. Choose the one that catches your attention and stay there.



Where I Am Right Now

- What has been taking up the most space in my mind lately?
- What am I carrying that I have not really brought to God?
- Where do I feel stretched thin?
- What am I avoiding? Why?
- What am I grateful for that I have started taking for granted?
- What do I need from God today—not in theory, but really?

Noticing Grace

- Where have I seen God provide in a way I almost missed?
- Who has quietly been a gift for me?
- What ordinary moment felt unexpectedly sacred?
- What prayer has been answered differently than I expected?
- What part of my story makes more sense looking backward?
- Where am I being asked to receive instead of control?

Growth & Surrender

- What is God asking me to release?
- Where do I keep choosing comfort over faithfulness?
- What boundary might help me love better?
- What would obedience look like in one small thing?
- Where am I trying to force an outcome?
- What can I faithfully do—and what is not mine to carry?

Relationships

- Who needs more patience from me?
- Is there someone I need to forgive, even if reconciliation is not yet possible?
- Where do I need to speak more honestly?
- Where do I need to listen more carefully?
- How have I received love this week?
- What practical act of care can I offer someone?

Hope

- What am I waiting for?
- Where do I need courage to begin again?
- What truth about God do I want to remember in this season?
- What has God already carried me through?
- What would hope look like in my next ordinary day?
- Finish this sentence: With God's grace, I am becoming ...