

SUNDAY

Date: _____

What are 3 things I am grateful to God for?

"Let the hearts of those who seek the Lord rejoice." Psalm 105:3

What are 3 ways I can find rest and rejuvenation in enjoying the simple things in life that God has given me to enjoy?

"This is the day that the Lord has made; let us rejoice and be glad in it." Psalm 118:24

What is on my heart that I want to talk to God about in heart-to-heart prayer?

"Come to me, all you who are weary and burdened, and I will give you rest." Matthew 11:28

Write out and reflect on the verse you are taking to heart and memory this week / today:

"Seek the Lord and his strength, seek his presence continually." Psalm 105:4

MONDAY

Date: _____

What are 3 things I am grateful for?

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-18

What are 3 things I am excited about this week?

"Light in a messenger's eyes brings joy to the heart, and good news gives health to the bones." Proverbs 15:30

What is on my heart that I want to renew my trust in God about?

"Trust in the Lord, and do good; so you will dwell in the land, and enjoy security. Take delight in the Lord, and he will give you the desires of your heart." Psalm 37:3-4

Write out and reflect on the verse you are taking to heart and memory this week / today:

"Your word is a lamp for my feet, a light to my path." Psalm 119:105

TUESDAY

Date: _____

What are 3 things I am grateful to the Lord for?

"The Lord is my shepherd, I shall not want; he makes me lie down in green pastures. He leads me beside peaceful waters; he restores my soul." Psalm 23:1-2

What are some of the hopes and dreams that I believe God has placed on my heart?

"For I know the plans I have for you, says the Lord, plans to prosper you and not harm you, plans to give you a hope and a future." Jeremiah 29:11

What are some ways I can renew my commitment to being a good steward of the gifts, and responsibilities God has entrusted to me right now?

"Well done, my good and faithful servant. Since you were faithful with a few things, I will put you in charge of many things. Come, share your master's joy." Matthew 25:21

Write out and reflect on the verse you are taking to heart and memory this week / today:

"Each of you has received a gift to use to serve others. Be faithful stewards of God's grace in its various forms." 1 Peter 4:10

WEDNESDAY

Date: _____

What are 3 things I am grateful to God for?

"I have come that they may have life, and have it abundantly." John 10:10

A challenge in my life right now is _____

and three great opportunities I can take from this challenge are:

"And we know that God works all things for the good of those who love him." Romans 8:28

What is on my heart that I want to open up to God about in sincere, heart-to-heart prayer?

"Trust in the Lord with all your heart, and do not rely on your own understanding. In all your ways acknowledge him, and he will guide your paths. Proverbs 3:5

Write out and reflect on the verse you are taking to heart and memory this week / today:

"Seek first the kingdom of God and his righteousness, and all these things will be given to you as well." Matthew 6:33

THURSDAY

Date: _____

What are 3 things I am grateful for?

"I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds." Psalm 9:1

What is on my heart that I want to renew my trust in God about?

"Commit your way to the Lord; trust in him, and he will help you." Psalm 37:5

Who or what is on my heart to pray for? What are some petitions that I want to bring before God in prayer right now?

"Have no anxiety about anything, but in everything by prayer and petition, with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7

Write out and reflect on the verse you are taking to heart and memory this week / today:

"Let no unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who hear." Ephesians 4:29

FRIDAY

Date: _____

What are 3 things I am grateful to the Lord for?

"The Lord has done great things for us, and we are filled with joy." Psalm 126:3

What are some of the hopes and dreams that I believe God has placed on my heart?

"For God is at work in you, giving you the desire and the power to do what pleases him." Philippians 2:13

What is on my heart that I want to talk to the Lord about in heart-to-heart prayer?

"Cast all your anxiety on him because he cares for you." 1 Peter 5:7

Write out and reflect on the verse you are taking to heart and memory this week / today:

He who walks with the wise will become wise, but the companion of fools fares badly. Misfortune pursues sinners, but the righteous are rewarded with good things." Proverbs 13:20-21

SATURDAY

Date: _____

What are 3 things I am grateful for from this past week?

"Give thanks to the Lord, for he is good; for his mercy endures forever." Psalm 107:1

What are 3 things I could have done better this past week?

"A new commandment I give to you, that you love one another; even as I have loved you, that you also love one another." John 13:34

What are 3 things I am excited about?

"A joyful heart is the health of the body, but a depressed spirit dries up the bones." Proverbs 17:22

Write out and reflect on the verse you are taking to heart and memory this week / today:

"Through love be servants of one another. For the whole law is fulfilled in one word, 'You shall love your neighbor as yourself.'" Galatians 5:14
