

SEEKING GOD
JOURNAL



DEEPENING YOUR RELATIONSHIP WITH GOD
THROUGH JOURNALING

THIS

Journal

BELONGS TO:

DATE:



"Great are the works of the Lord; they are pondered by all who delight in them."

{Psalms 111:2}

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Welcome friend

I am so very excited that you decided to purchase this journal!

The **SEEKING GOD Journal** is my passion project for helping beautiful women like you walk deeper in their relationship with God.

Over the years, journaling is one of the ways the Lord has really grown and strengthened my relationship with Him. It allowed me to really be honest with God without having to edit my thoughts or feelings. And through that I also learned how to better hear from Him.

However, when I would talk to other women about using journaling in their quiet times with God, they were always super interested, but unsure how to get started.

And that is why I created this!

Journaling not only allows us to have a space to just get real with God, it also provides a space for us to process through how we are hearing from Him. But not just that...

Journaling is a chance to record your Spiritual History!!

A chance to document how you have walked through trials, tribulations, struggles, blessings, miracles....all of the things a relationship with God takes us through. So when the next battle comes, you can look back and remember HOW God showed up for you in the last one.

My hope is that this will be the beginning of a new way of walking and doing life with God. And I am so excited to be a part of that journey with you!

Your friend,

Andrea



Using this journal

Each day of this 90 day journal is divided into two pages and three different sections:

Write it Down...Pray it Up...Walk it Out.

This process is how I have been able to walk WITH God through different areas and seasons of my life, and I'm excited to see how God shows up for you through this.

On the following pages, I will go into a little more detail of what those will look like but the journal pages are where the bulk of your journaling will take place.

After your main journal pages, you will have a section called **Scriptures of Encouragement**. This section is where I have listed several scripture verses that have been very special to me as I have walked through life with God.

But what is even better is the space I have added for you to record the scriptures that God will use to speak to you in your life and on your journey!

This will become a special place for you to come back and visit over time as you reflect on how God has spoken to you through His Word.

My prayer is that this journal will be the beginning of an amazing new way to journey through life with God and a true blessing to your soul!



STEP ONE

Write it down

Write it Down is where you get to pour out what is on your heart and mind, with no editing or overthinking.

It's your personal space to get real with the God who loves you.

I've included a prompt at the bottom of each of these pages in case you are feeling stuck with where to start. But really this can be totally unscripted...you are just getting the thoughts out of your head and onto paper.

Over time, as I have gone back and reviewed my journals, it's been amazing to see how my thoughts and words actually turned into conversations with God.

In my early years, I spent a LOT of time, honestly, just complaining to God and listing out all the things I was unhappy with. There was no real reflection or space to invite God into the conversation.

But as time passed, I started to see my entries reflect actual COMMUNICATION with God.

Where I was no longer just "complaining" but instead was becoming curious about what God might be trying to show me in a certain circumstance or situation.

I started journaling scriptures God would bring to mind, or downloads I would get from God during the day (usually in the shower).

I would journal about a conversation I had with someone that seemed to answer just the concern or struggle I had been dealing with.

There is no "wrong way" to start your journaling. But as you become more intentional, you will start to notice some special ways that God starts speaking to you in these times of reflection.

STEP TWO

Pray it up

After you have had some time to put your thoughts on paper, there might be some specific things you want to take to God in prayer, and **Pray It Up** is the place where you can write that down.

This can be a written prayer, or just a space for you to write down where you are asking God for more clarity. This can also be a space for you to add any prayer requests you may have.

But the most important thing to know is...God WANTS to hear from you!

And after you've put your thoughts down on paper, you'll want to spend some time just sitting with God and asking "what are YOU trying to show me in this?"

In my personal journal, I would always highlight my prayers because I wanted to be able to refer back to them easily when I had a response from God. But in this section, I've actually included a space where you can journal God's answers to prayer!

Oftentimes we miss how God responds because it doesn't look like or show up in the way that we want it to. We assume that either God didn't hear us, doesn't care, or is just ignoring us.

But what if God's response is a "not yet"...and we are being called to wait.

Maybe it is a no because what we have asked for isn't His best for us or He has another plan in mind.

Or, maybe it is a yes.

Regardless of the answer we expected, the answer He gives is so important to realize and record.

Remembering how God answers our prayers is the one thing we so often overlook. So having a place to intentionally write them down, a place that you can go back and refer to often, will grow your faith and strengthen your walk like nothing else!

STEP THREE

Walk it out

The last section, **Walk it Out**, is where you get to write down what you feel God is calling you to DO. Is there something that God is laying on your heart to take action on?

This could be something as simple as spending more time in the Word and in prayer.

Or that it's time to have that hard conversation that you have been putting off.

Maybe it's that you need to stand in belief for something God has called out in you.

Or stepping away from something that in your heart you know isn't in alignment with God's Word.

Whatever that next step is, large or small, this is where you get to write it down.

Because there is something amazing that happens when we've decided to take action and we put it down on paper.

Then we get to WALK in that obedience, watching for how God shows up.

On the next two pages, I have included a sample journal entry to help you see things in action.

Your journal entries don't have to look anything like this. But this example shows that it doesn't need to be super complicated.

Write *it down.*



Pray *it up.*



Walk *it out.*

SEEKING GOD

Sample

JOURNAL ENTRY

WRITE IT DOWN

DATE: June 2nd

{What is on your heart today?}

Today has been one of those days. I had a pretty rough time at work yesterday and was struggling asking myself the question...."is this really where God wants me? Is this what I am supposed to be doing?" Some days I really don't know. It's been a question I have wrestled with for a while but I have been reluctant to bring it to God in prayer.

What if He tells me I need to stay? Or what if He DOES give me the prompting to leave and move on...then what? It all feels a bit overwhelming. But even in the midst of it all, I feel like God is up to something in my life!

{What scriptures (if any) did God bring to mind for you?}

Proverbs 3:5-6 keeps coming to mind for me. I am trusting that He will WILL direct my path!

PROMPT: What are you thankful for today?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

*Asking God for wisdom as I listen for His voice when I process through what to do with my job.

*Asking for patience as I work to serve well where He has me.

*Asking for vision for HIS purposes in my life!

{How is God responding to you? (answered prayers, nudges from God, etc)}

Thankful for God's financial provision and for my upcoming vacation! This was an unexpected blessing and is so timely with everything going on. Also praising God that my friends surgery went so well!!

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}

As I listen for the Lord's guidance, I want to start just looking at other possible job options. I also feel like God is calling me to talk to my boss about some of my concerns and see if I can adjust my hours for the next few months.





*"You will keep in **perfect peace** those whose minds are
steadfast, because they trust in you."*

{Isaiah 26:3}



SEEKING GOD

Journal

PAGES

WRITE IT DOWN

DATE: _____

{What is on your heart today?}

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What are you thankful for today?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: How has God revealed Himself to you lately?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What does feeling loved by God look like for you?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: How do you feel God might be growing your faith?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Where have you seen blessings in your life lately?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Are you feeling challenged by God in any way today?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What song of praise is sitting in your heart?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Who is God laying on your heart today?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Is there a struggle you are facing where God is calling for you to praise Him in the midst of it?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Who might God be calling you to serve?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What prayer has God answered for you recently?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Is there anything going on in your life that may be stopping you from prayer?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Is there a special person that God has used to bless you lately?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Is there any place in your life where you feel you might be hiding from God?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Has there been a "no" that God gave you that turned out to be a blessing?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Is God calling you to cut something out of your life that you are struggling to release?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Is there a place where God showed up even bigger than you imagined?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What scripture do you feel God is laying on your heart?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Is there anything new you feel God might be calling you to explore?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

This image shows a full page of a document template designed for handwritten notes or essays. It features a series of evenly spaced, light gray horizontal lines extending across the entire width of the page. The lines are thin and consistent in color, providing a guide for writing without being distracting. There is no margin, header, or footer present on the page.

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: How are you feeling about your relationship with God?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: How has your quiet time with God been?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Is there anyone God is calling you to forgive?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What does scripture say about God's love for you?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What might God be calling you to step into that you've been avoiding?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Is there a place where God is calling you to lean into Him more?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Is there anything in your life that you are afraid to say to God?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: How has God blown your mind lately?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What do you want God to do for you? (It's ok to say it!)

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What has your worship time with God looked like lately?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Is there an area where you feel you might be walking in disobedience to God?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Is there a place where you feel God might be calling you to be still and wait?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What are you thankful for today?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: How has God revealed Himself to you lately?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What does feeling loved by God look like for you?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: How do you feel God might be growing your faith?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Where have you seen blessings in your life lately?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

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[illegible]

PROMPT: Are you feeling challenged by God in any way today?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What song of praise is sitting in your heart?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Who is God laying on your heart today?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



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PROMPT: Is there a struggle you are facing where God is calling for you to praise Him in the midst of it?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

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PROMPT: Who might God be calling you to serve?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

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WALK IT OUT

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DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

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PROMPT: What prayer has God answered for you recently?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

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WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



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DATE: _____

{What is on your heart today?}

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{What scriptures (if any) did God bring to mind for you?}

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PROMPT: Is there anything going on in your life that may be stopping you from prayer?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

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PROMPT: Is there a special person that God has used to bless you lately?

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PROMPT: Is there any place in your life where you feel you might be hiding from God?

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{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

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PROMPT: Has there been a "no" that God gave you that turned out to be a blessing?

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PROMPT: Is God calling you to cut something out of your life that you are struggling to release?

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PROMPT: Is there a place where God showed up even bigger than you imagined?

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[illegible]

PROMPT: What scripture do you feel God is laying on your heart?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

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PROMPT: Is there anything new you feel God might be calling you to explore?

PRAY IT UP

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WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: How are you feeling about your relationship with God?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: How has your quiet time with God been?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Is there anyone God is calling you to forgive?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What does scripture say about God's love for you?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



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[illegible]

PROMPT: What might God be calling you to step into that you've been avoiding?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Is there a place where God is calling you to lean into Him more?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Is there anything in your life that you are afraid to say to God?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



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[illegible]

PROMPT: How has God blown your mind lately?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What do you want God to do for you? (It's ok to say it!)

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What has your worship time with God looked like lately?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



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[illegible]

PROMPT: Is there an area where you feel you might be walking in disobedience to God?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



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[illegible]

PROMPT: Is there a place where you feel God might be calling you to be still and wait?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What are you thankful for today?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: How has God revealed Himself to you lately?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What does feeling loved by God look like for you?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



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[illegible]

PROMPT: How do you feel God might be growing your faith?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

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PROMPT: Where have you seen blessings in your life lately?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

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PROMPT: Are you feeling challenged by God in any way today?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

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PROMPT: What song of praise is sitting in your heart?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



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DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Who is God laying on your heart today?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

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DATE: _____

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PROMPT: Is there a struggle you are facing where God is calling for you to praise Him in the midst of it?

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PROMPT: Who might God be calling you to serve?

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{What is on your heart today?}

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What prayer has God answered for you recently?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

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PROMPT: Is there anything going on in your life that may be stopping you from prayer?

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PROMPT: Is there any place in your life where you feel you might be hiding from God?

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PROMPT: What scripture do you feel God is laying on your heart?

PRAY IT UP

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PROMPT: How are you feeling about your relationship with God?

PRAY IT UP

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WALK IT OUT

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WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: How has your quiet time with God been?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Is there anyone God is calling you to forgive?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What does scripture say about God's love for you?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a template for handwriting practice or general note-taking. The margins are consistent on all sides.

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: Is there anything in your life that you are afraid to say to God?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: How has God blown your mind lately?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

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{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What do you want God to do for you? (It's ok to say it!)

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



WRITE IT DOWN

DATE: _____

{What is on your heart today?}

[illegible]

{What scriptures (if any) did God bring to mind for you?}

[illegible]

PROMPT: What has your worship time with God looked like lately?

PRAY IT UP

{Where are you wanting to hear from God? (prayer requests, struggles, etc)}

{How is God responding to you? (answered prayers, nudges from God, etc)}

WALK IT OUT

{What ACTION do you feel God might be calling you to take?}



SEEKING GOD

Scriptures

OF ENCOURAGEMENT

SCRIPTURES OF ENCOURAGEMENT

This last section is where I have included some of the scriptures that God has used over time to speak into my life. To include all of them would be a beautiful, but very long list.

But as I have spent time with the Lord in journaling, He has been faithful to bring scriptures to mind that have helped speak to me in so many situations.

To help walk me through a particular struggle or hurt.

To show me areas in my life where I may not be walking in alignment with His word.

To comfort me, encourage me, empower me, or remind me.

So as you begin really digging into journaling, let this space be a place where you can record the way God uses His Word to speak to YOU.

I generally tend to include verses in my main journaling section, and you can absolutely include them there. But this will give you a special space to record those scriptures where you will have quick access to them if you don't want to go back into your journal to find them.

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

Scriptures

GOD HAS USED TO ENCOURAGE ME

I **do not** have to fear because God is with me - Joshua 1:9

God can do things **beyond** my understanding - Job 37:5

I **am** set apart - Psalm 4:3

Fear has **no hold** on me - Psalm 27:1

I **can** be patient for the Lords timing - Psalm 27:14

God's love **will not** fail me - Psalm 143:8

I can **know** God's will for me - Psalm 143:10

God **replenishes** my weary soul - Jeremiah 31:25

I **know** God's voice - John 10:4

I **have** the mind of Christ - 1 Corinthians 2:16

My work in the Lord **is not** in vain - 1 Corinthians 15:57-58

I **am** confident and competent in Christ - 2 Corinthians 3:4-5

I **am** Christ's ambassador - 2 Corinthians 5:20

I **can** take every thought captive - 2 Corinthians 10:5

I **have** the Lords power, love and self discipline - 2 Timothy 1:7

Scriptures

GOD IS USING TO SPEAK TO YOU!

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the paper.

