

Faith-Informed Journalling Prompts

A printable worksheet for reflection, prayer, gratitude, and growth.

Daily Grounding

1. What am I carrying today, and how can I release it to God?
2. Where did I notice grace, provision, or kindness in the last 24 hours?
3. What truth do I need to remember today?

Identity & Purpose

1. What gifts and strengths have I been given to steward?
2. Where do I feel most alive and useful?
3. What might I be called to focus on in this season?

Guidance & Discernment

1. What decision needs wisdom right now?
2. What fears may be clouding clarity?
3. What next faithful step can I take today?

Healing & Growth

1. What hurt or disappointment needs honest attention?
2. Where do I need to forgive, repair, or seek support?
3. What is being shaped in me through current challenges?

Gratitude & Hope

1. What are three gifts from today I don't want to overlook?

2. What prayer has been answered in a small or surprising way?

3. What am I hopeful for in the days ahead?

