Go Deeper

Bookmarks
with Notes to Soul

and

Journaling Prompts
to Excavate Your Soul

BOOKMARKS

EVERY DAY, *every moment*

I am seen:

I am seen by God.
(GENESIS 16:13)

I am fully known, fully wanted, and fully loved by God.
(PSALM 139)

I am strengthened, helped and upheld by God.
(ISAIAH 41:10)

I am the poem of God.
(EPHESIANS 2:10)

Because all of me is seen by God, God will see to all the things for me.
(PSALM 139; PHILIPPIANS 4:19)

EVERY DAY, *every moment*

I am soul-safe:

I am, in Christ, rescued & made right.
(COLOSSIANS 1:13-14)

I am, through Christ, a wanted child of God.
(JOHN 1:12)

I am in Christ, & Christ is in me, & Christ is in God.
(JOHN 15:4)

I know no condemnation because of Christ.
(ROMANS 8:1)

I am, through Christ, endlessly forgiven & washed in endless grace.
(EPHESIANS 1:7)

I am with Christ, shielded, carried, held.
(PSALM 3:3; ISAIAH 46:4)

I am born again and delivered into the Kingdom of God and the evil one has zero power over me.
(1 JOHN 5:18)

I can't be separated, no matter what, from the infinite love of God.
(ROMANS 8:38-39)

EVERY DAY, *every moment*

I am secure:

I am complete in Christ.
(COLOSSIANS 2:10)

I am cupped in God's hands.
(ISAIAH 49:16; JOHN 10: 28)

I am being completed for God's good work.
(PHILIPPIANS 1:6)

I am weak yet I can do all things through Christ who strengthens me.
(PHILIPPIANS 4:13; 2 CORINTHIANS 12:9-10)

I am attached to the vine, and apart from the vine I can do nothing, yet in the vine, nothing is impossible for God.
(JOHN 15:5; MATTHEW 19:26)

I am united in a covenantal union between my soul and God.
(HEBREWS 8:10; 1 CORINTHIANS 6:17)

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BOOKMARKS

SACRED *journaling*

What would it look like to relax into God today? How does that feel in my body to trust Him wholly?

What holds my attention most these days? What does it feel like to turn from other distractions, and linger in gazing long on God?

What could I let go of today — to reach out to God or His people?

SACRED *journaling*

What words of God am I metabolizing and memorizing so that I'm soul nourished, that I become those words — because we are the words we digest...

Where am I seeing God at work around me and where am I experiencing the lovingkindness of God's heart toward me right now?

What do I have agency over today that God's calling me to do, to be an agent of His love and grace?

Sacred Prayer

S **tillness**
to know God

A **ttentiveness**
to hear God

C **ruciformity**
to surrender to God

R **evelation**
to see God

E **xamine**
to return to God

D **oxology**
to worship God

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Go Deeper JOURNAL PROMPTS

Take the love of God deeply personally.

If you wrote a book about the ways God has loved you in the last week, what would the opening paragraph say?

The way you talk to your soul is how your soul grows.

The psalmists often speak directly to their souls (Psalms 42, 43, 62, 103, 116). What note can you write personally to your own soul today, that speaks gospel truth?

Faith gives thanks in the middle of the hard stories.

What five hard things could you give thanks for today, before they feel anything like a gift, because in giving thanks to God for them now, you're giving God all your trust that He is working even this into good.

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Go Deeper JOURNAL PROMPTS

Little acts of love daily add up to a life of loving large.

How is God calling to be a gift of grace to just one person today?

Notice ways you're surprised by joy and you'll be surprised by how much more joy you notice.

Write about when you were surprised by joy this week? . What unexpected blessings came your way?

When we express how grateful we are, we have really great days!

Who has been a channel of God's love to you? If you were to write a letter of thanks to them for their impact on your life, what would be one paragraph? (Dare you to send it! One grateful letter a week turns into a great life!)

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