



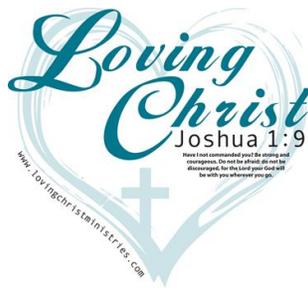
May Journal Prompts

from Loving Christ Ministries

1. As I focus on having an 'attitude of gratitude, today I am grateful for...
2. God is my refuge and God is my strength... thank you God for being my protector in this situation...
3. 'Serve wholeheartedly, as if you were serving the Lord, not people.' ~ Ephesians 6:7. Jesus, please show me how I can serve wholeheartedly today through...
4. Life can head down a different path than what I have planned for myself. When that happens, I can find the strength to adapt to those changes by...
5. Lord, please help me embrace this scripture in times when I am feeling insecure... 'For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made.' ~ Psalm 139: 13-14.
6. When I need to take some time for myself, it's okay to not feel guilty about that. I affirm that truth today by...
7. Having patience does not always come easily. On days when I need extra help in how I respond to others in trying circumstances, these things can help me through it...

8. It's a blessing to have your spirit uplifted. Something that brings joy to my heart is...
9. 'Be kind to each other, sympathetic, forgiving each other as God has forgiven you through Christ'. ~ Ephesians 4:32. God, give me the desire to be kind and forgiving to this person _____, even when that's the last thing I want to do because of what has happened between us.
10. Time is fleeting. I will try to enjoy each minute of today by...
11. God, having the heart of a child can bring a fresh perspective. Please help me to find that mindset in this situation...
12. Having hope in a stressful situation gives me strength to get through it. That hope empowers me by...
13. Jesus, I want to always depend on you. When I try to take back control of my life, please help me refocus on releasing that control back to you by...
14. Volunteering is a blessing to others as well as to myself. Today I will give of my time in this area _____.

15. 'Blessed are those who mourn, for they shall be comforted.' ~ Matthew 5:4. Lord, thank you for comforting me in this time in my life...
16. Lord, I realize that it's important to fill my mind with positivity. I can do that today by...
17. Dear God, in times when I am angry, please help me redirect my thoughts by...
18. Today I plan to make a difference by doing...



19. 'Sing and make music from your heart to the Lord.' ~ Ephesians 5:19. Music that makes me happy enough to praise the Lord is...
20. Nature is God's artwork. Today I will find a way to experience His art show by...
21. When I am feeling lonely, Jesus, please show me a way to connect with others....

22. Sharing a smile brings joy. I will focus on sharing smiles today by...
23. 'I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.' ~ John 15:5. Lord, help me to feel connected to you today through...
24. Getting something accomplished through teamwork is a blessing. Some of the folks who make up my team are...
25. There are different phases of life. In the phase I'm in now, I feel blessed with...
26. Being brave can be quite a challenge. Lord, please fill me with courage in this situation...
27. 'In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.' ~ Matthew 5:16. I will let my good deeds shine today by...
28. Hugs can be healing. Lord, please lead me to someone who needs a hug today...

29. Jesus, thank you for believing in me. I will draw strength from that knowledge and focus on believing in myself through this challenge in my life...
30. Learning keeps me growing. I will think of something new I want to learn and take these steps toward that goal...
31. 'Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!' ~ Psalm 46:10. Lord, I promise you that I will be still today so that I may take the time to praise you by...