



## June Journal Prompts from Loving Christ Ministries

1. Lord, please give me patience in this particular situation going on in my life right now... (Ephesians 4:2—'Be completely humble and gentle; be patient, bearing with one another in love.')
2. I logically understand that I have so many blessings but, sad to say, sometimes it's easy for me to take those things for granted and just grumble over daily irritations. Grant me the desire to acknowledge and appreciate these specific blessings today...
3. Rain, rain, go away... when the challenges of life are raining down on me a little longer than I wish they would, please lead my thoughts to find joy in these places...
4. Hard work is hard ... but it feels so good to accomplish those difficult goals. Lord, give me strength to work towards this goal today... (Philippians 4:13—'I can do all this through him who gives me strength.')
5. Beauty is in the eye of the beholder. Jesus, please let me look through your eyes today to see the beauty in this situation...
6. Today I will focus on selecting someone to share God's love with by doing something special for them... (1 Peter 4:10—'Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.')
7. Music has a magical way of providing support through all kinds of emotions. Thank you, Lord, for this song that has helped me get through a certain time in my life...
8. Fresh air is good for the soul. Today I will take time to get outside, if even just for a few minutes, so I can be refreshed...
9. Jesus, help me not to be anxious today about this situation... (Philippians 4:6-7—Do not be anxious about anything, but in everything by prayer and supplication 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.)
10. God, I am grateful today for...
11. Lord please help me take some time for myself today by...
12. Jesus, help me step outside of my comfort zone today by...
13. My goal today is to be a light to someone who is experiencing darkness in their life... (John 1:5—'The light shines in the darkness, and the darkness has not overcome it.')
14. Sometimes you just have to take one step at a time to get through something going on in your life. Today, I will take this one step to get through a challenge for me...



15. Today I will invite a friend out for some special time together...
16. God, I will spend today focusing on praising you no matter what obstacles get in my way...
17. Don't give up! Lord, help me not to give up on this issue in my life today...
18. I am God's masterpiece. He made me in His image. Please help me not to be hard on myself today by... (Ephesians 2:10—'For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.')
19. Jesus, please lead me to someone who needs me today whether they need a hug or they need a meal or something else...
20. Lord, sometimes I question my faith. Please help me to focus on this scripture today... Hebrews 11:1—'Now faith is confidence in what we hope for and assurance about what we do not see.'
21. Some days it's difficult to be kind because of negativity that swirls around us. Jesus, please soften my heart against that negativity and help me to be kind even when I'm struggling.
  
22. Psalm 118:24—'This is the day the Lord has made; We will rejoice and be glad in it.' ... Thank you, Lord, for today. I plan to have a joyful day as I...
23. With the hubbub of life, today I will take a break from that stress by...
24. It's important to face our fears. Today I will face one fear that has kept me from moving forward in accomplishing a personal goal of mine...
25. It's okay to ask for help! There are days when we need support in what we are trying to achieve. We don't have to do it alone. I will remember to ask for help in this way today...
26. I praise God thinking about and appreciating all I have been given... (James 1:17—'Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.')
27. Lord, I know you are always there for me even though sometimes I feel alone. Thank you for showing me you are there by...
28. Today I will think of someone who has positively impacted my life and will let them know how much they mean to me. And, I will strive to be that type of role model to someone else...
  
29. God, please help me to have a gentle tongue today... (Proverbs 15:4—'A gentle tongue is a tree of life, but a sinful tongue crushes the spirit.')
30. Whatever is coming up for me today, I will focus on living this day in a way that God will be proud of me.