



## July Journal Prompts from Loving Christ Ministries

1. "So be humble under God's powerful hand. Then he will lift you up when the right time comes. Give all your worries to him, because He cares for you." ~ 1 Peter 5:6-7. Lord, help me to be humble, especially in times when I'm feeling prideful.
2. God, help me remember to be grateful, especially in times when I am feeling uncomfortable. There are those who are experiencing extreme challenges who still have a cheerful spirit. I want to be like them.
3. Sometimes life can be overwhelming. Today, I will take time to be still both in body and mind to take a break from those things that exhaust me.
4. God, help me to forgive this person who I feel has wronged me...
5. "Trust in the Lord forever, for the Lord God is an everlasting rock." ~ Isaiah 26:4. Trust is sometimes hard to grasp emotionally. God, please help me to believe and hold on to this scripture as a reminder that you are my everlasting rock and the one I can trust in for everything.
6. Today is a good day to find someone to serve. Lord, please lead me in the direction you want me to go to accomplish that goal...
7. Whatever I use as obstacles to keep me from focusing on God, I will make a conscious effort today to put those things aside so I can be close to Him...
8. Lord, help me to get outside of my comfort zone today by...
9. It's important to have goals to reach in life. Today I will take this step to reach this personal goal...
10. "Blessed are those who mourn, for they shall be comforted." ~ Matthew 5:4. Thank you, Lord, for comforting me in this specific time of grief...
11. Today, I am going to remember that I am worthy of God's love. To celebrate that fact, I will pamper myself by...
12. Take my life and let it be consecrated Lord to Thee. Take my hands and let them move at the impulse of Thy love. Music is magical. Today, I will listen to music that is uplifting and leads my thoughts to God, such as...
13. Lord, help me to be aware of those around me today and to realize if someone is in need.
14. Some days are harder than others. If I am feeling sad today, Jesus, please show me a way I can see joy through...



15. "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. God, help me cling to you today by...
16. Lord, I am not always as patient as I should be. Please bring patience to my heart in this situation...
17. Thank you, God, for this person in my life who exemplifies the type of person I want to be...
18. I will show kindness today through...
19. Jesus, I am grateful for my blessings and am especially appreciative for this gift today...
20. "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven." ~ Luke 6:37. God, help me remember not to judge this person/situation in my life...
21. Today, I will spend time in a way that brings my thoughts close to God. To me, a specific way to achieve this goal is...
  
22. Lord, decisions in life can be confusing. Please show me clarity in this situation...
23. If I feel like I'm all alone as I'm facing a personal challenge, it's important to know I can reach out for help. A way I can reach out is...
24. Feeling a sense of peace in times of turmoil is essential. God, thank you for always being there for me in those times and for giving me peace in my heart in these ways...
25. "Keep on loving one another as brothers and sisters." ~ Hebrews 13:1. Today, I will choose to love this person as Christ would want me to do even and especially if they irritate me...
26. Jesus, guide me to serving someone today by...
27. God, help me to remember to lean on you each day by...
28. Lord, I realize that worry is not a productive way to approach situations in my life. Please help me to figure out a positive action as I deal with this particular challenge...
  
29. Personal growth is important! I will think of something new I want to learn and will take a step towards that goal today...
30. "Rejoice in the Lord always, again I say rejoice!" ~ Philippians 4:4. Thank you, God, for all I have to rejoice about!
31. Life brings both joys and sorrows to everyone. I will take time today to contemplate my life and think of a way I can share something from my life story with someone who has experienced something similar to me to let them know they are not alone.