Believe in yourself today, tomorrow and forever!

JOURNAL PROMPTS – TRUST & BELIEVE

I release all fear; I trust my mind, body and spirit; I trust God’s process from beginning to end.

Mind

If our minds are ruled by the spirit, we will have life and peace. (Romans 8:6)

- What are your biggest personal milestones?
- What is your greatest passion and how do you nurture it?
- What are some of your peaceful thoughts?

Body

Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is our true and proper worship. (Romans 12:1)

- What does self-image mean to you?
- What 10 words best describe how you see yourself and why?
- What do you think it means to be true to yourself?

Spirit

The spirit who lives in you is greater than the spirit who lives in the world. (I John 4:4)

- When was the last time you allowed the Holy Spirit to guide you?
- Are you willing to empty yourself and allow the Holy Spirit to enter in?
- How well are you currently balancing your spiritual life?

Steady my heart. Quiet my mind. I need to hear your voice.

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