



Renew inspiration

Mind Body Spirit

***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. (1 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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