



20 Prompts for Spiritual Journaling

“Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress; I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.” – Psalm 62:5-8

Explanation

David tells us to “pour out your hearts to him, for God is our refuge” (Ps 62:8). The primary way we can pour out our hearts to God is through prayer. But many Christians also find that keeping a spiritual journal helps them express their deepest thoughts and feelings to the Lord.

However, if you’ve started a spiritual journal (see section, “How to Keep a Spiritual Journal”), you might find there are times when knowing what to write about becomes a challenge. If you find yourself with the spiritual equivalent of “writer’s block,” it could help to use a tool frequently used by authors: writing prompts.

When you need something to write in your journal, consider finishing one of the following 20 prompts:

1. This week I was most blessed by . . .
2. My favorite passage of Scripture is . . .
3. The area where I need to put more trust in God is . . .
4. One lesson I learned from Scripture this week is . . .
5. An aspect of God’s character he recently revealed to me is . . .
6. I find I feel God’s presence most when . . .
7. God is leading me to make the following changes . . .
8. An act of obedience God is prompting me to take is . . .
9. My enthusiasm for the gospel is increased when . . .
10. Sometimes I get angry with God about . . .
11. I feel most distant from God when . . .
12. My calling in life is . . .



13. My spiritual gifts are . . .
14. What brings me the most joy in life is . . .
15. I'm eager for God to . . .
16. Three ways I want God to transform me are . . .
17. An area of my spiritual life where I need to seek God's guidance is . . .
18. Journaling has helped my spiritual formation by . . .
19. The most significant area of my life that is not finding its way into my journal is ...
20. Two ways I can apply the gospel to my life are . . .

Practical Takeaway

Writing prompts can help us overcome the challenge of knowing what to write about in our spiritual journals.

Text taken from the [Lifhacks Bible](#) copyright ©2016 by Zondervan.