

Bible Journaling Prompts

Week 1

A Free Devotional Resource

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Bible Journaling Prompts – Week 1

Day 1: Psalm 46:10 – “Be still, and know that I am God.”

Reflect on what it means to pause and trust God fully. Write down where you need His peace today.

Day 2: Jeremiah 29:11 – “For I know the plans I have for you...”

Journal about your hopes for the future and how you can trust God’s plan over your own.

Day 3: Matthew 11:28 – “Come to me, all you who are weary...”

Write about the burdens you are carrying and surrender them to Jesus in prayer.

Day 4: Isaiah 40:31 – “But those who hope in the Lord will renew their strength.”

Reflect on a time God gave you strength when you felt weak.

Day 5: Philippians 4:6-7 – “Do not be anxious about anything...”

Write down your worries and then thank God for His peace that surpasses understanding.

Day 6: Romans 8:28 – “And we know that in all things God works for the good...”

Journal about a hard season and how God used it for growth or good.

Day 7: Proverbs 3:5-6 – “Trust in the Lord with all your heart...”

Reflect on an area where you need to lean on God’s understanding instead of your own.