Journey Day: ____ **MORNING** Bible Text: _____

Date: _____

Write: Reflections, questions, insights from the reading. Include any updates, struggles, or challenges you're dealing with in life right now. Give thought to what specifically you want to pray for today, and either write it here, or offer complete sentence prayers to God in silence.

Optional: After some time of quiet, write down what comes to mind in response to the question: "Spirit of God, dwelling in me, what do I need to know today?"

EVENING

Write: Five things you're grateful for from the day. Optional Daily Examine: *"What gave me life today; what took away life today?"* Remember: Whatever problem, stressful situation, or need is on your mind, be sure to turn it over to God's care.