

31 JOURNAL PROMPTS FOR RENEWING YOUR MIND & STARTING OVER AGAIN

- DAY 1: What things do I know I can change about me through faith, wisdom, & discipline?
- DAY 2: What is something these past few months that has slowed down my spiritual growth? What situations can I think of has God been convicting me of this problem?
- DAY 3: If I give more attention to this problem how can I be more specific in praying for God's will to be done through them? How will self-discipline help me live in His will?
- DAY 4: When I think of motivation, what are the top 3 most valuable aspects that inspire me to make a change? How is this going to help me in the long run? (i.e. Organization, time management, productivity, healthy eating habits, leadership...).
- DAY 5: The poor decisions I make today will affect my outcome tomorrow...if I let them. Is there anything that I haven't really given much thought to that I must address now before a potential issue arises? By praying about this right now, how will my faith keep me focused on this path?
- DAY 6: God is so merciful & gracious to create another day & chance for me to right & maintain my relationships. How blessed am I because all things are new? What can I do to meet Him half way for the love He is showing me?
- DAY 7: Whenever I begin the day w/ a mind full of positivity, it's in the LORD's will. What am I looking forward to today that is going to benefit my mental health/emotional well-being? How are these blessings helping me live in God's will?
- DAY 8: A doubt, fear, confusion, temptation, & worry all have the potential to get me off track, but they are there to remind me to seek God's guidance again. If I am ever going to come across any of these today, by remembering not to remain in such a state once I know He's in control, how can I thank Him for my struggles?
- DAY 9: There is nothing the LORD cannot change about me if I truly seek to make a difference through His guidance. How has He been guiding me since I have given my life to Him?

- DAY 10: If something terrible & unexpected happened w/i the next hour or two, could that fear be linked to a disobedience? How does this way of thinking help me or how does this way of thinking not help me? If my reasons can be connected to God's will & it gives me genuine joy & wisdom, is this renewing mind?
- DAY 11: When I catch myself from being entertained by temptation, do I take that quick second to thank God for that conviction before I quickly divert my attention to something else or do I completely just forget that I even caught myself & try to move on or worse, give in anyway? If catching myself midway sinning, am I thanking God for that opportunity to stop or am I taking His grace for granted?
- DAY 12: The LORD'S thoughts, will, purpose, & plan for me are not always understandable, but I must believe they are perfectly good for me. Since they are good for me, when I think of relying more & more on Him, how does this give Him joy?
- DAY 13: The old has gone & new has come. Who am I today that the LORD is pleased w/? What discernment & truth does He want me to focus on becoming?
- DAY 14: What attributes of Jesus can I see in myself? What attributes of myself can I see in Jesus? If these qualities please God, how thankful am I that I am able to find identity through our relationship?
- DAY 15: When I begin w/ praises in the morning, there are more things to count as blessings & feel positive about. When I begin w/ focus on myself & my problems, there are more things to complain about & fear. What situations, thoughts, or feelings do I need to surrender again to God right now?
- DAY 16: My ability to bounce right back after a major/minor fall is all in God's will. Knowing this, how should I approach my struggles? What should I look forward to?
- DAY 17: I have the ability to control my thoughts & feelings the more I trust the LORD w/ them. What are some heavy things on my heart that I cannot control but can come up w/ reasons why they might be good for me?
- DAY 18: I may have an idea what tomorrow will look like, but today I can focus on how I can react. What are some things I can focus on if things don't go my way/as expected?
- DAY 19: Discipline is for the righteous. Punishment is for the wicked. If I am striving to live more righteously, then God's discipline is for me. What areas of my life needs more discipline & what reasons can I come up w/ to begin to be grateful for them?
- DAY 20: When I forgive myself it pleases God because it's in His will, for if I don't forgive others including myself, I will sense & believe that He has not forgiven me (Matt. 6:14; Mark 11:26). Is there anything I've done in the past that needs my forgiveness & His forgiveness or needs remembrance that I've already forgiven?

- DAY 21: My faith in the LORD should secure my confidence when I make big decisions. What are 3-5 things in life that I can say improved my spiritual growth because of something specific that my faith played a big role in?
- DAY 22: Nothing empowers me more than the joy I receive knowing that I am one w/ God. If my purpose on Earth is all for Him, how is my life a reflection of that? As an person w/ a certain role in each relationship, what is the one characteristic/ quality that I believe God is calling me to be more like? How can I take this & match it to His will?
- DAY 23: As I mature & grow wiser, what kind of legacy do I want to leave behind? What would I like to be remembered for & why?
- DAY 24: The narrow path I am on leads me to the way everlasting. W/ the Holy Spirit walking w/me & Jesus leading the way to God, the Father, what am I trusting the Trinity w/ & what should I learn to let go of more?
- DAY 25: If my fighting spirit is in God's will, then it is also to do His will. Though I haven't perfectly been taking every single step correctly, I can begin w/ Him again. What about Jesus/God motivates me?
- DAY 26: Knowing that each day is another opportunity to be more aware of many opportunities, where am I going to invest my faith in today?
- DAY 27: If I found out the LORD were to take me sometime this week, how would I live my life, who would I talk to, what would I say, & what would I do differently?
- DAY 28: If there was one area in life I could really learn to be more humble about, what is it & why?
- DAY 29: When I live to please God, my work should never be done for the purpose of comparing myself to others. When I intentionally live to please Him, I will be filled w/ real purpose & a joy that can't be compared to pleasing anyone or anything else. What I am going to work on w/ God behind my motives this next coming year?
- DAY 30: As I approach a new beginning, God is pleased that I have Him in mind. Who is this new person I am becoming? How unique & blessed are they? Can I honestly tell them I love them & that all will be alright as long as they keep encouraging themselves in truth & in faith?
- DAY 31: What are some things that has been a struggle this year but that has also been a blessing in disguise? Am I a stronger person in mind & in faith because of my hardships? What can I begin to be grateful for today that I can be more grateful for for the rest of 2019?

Here's a few more questions. :P

Do you think these questions would help you understand yourself better?

Do you think they could benefit you & your relationships?

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