

# 30 JOURNAL PROMPTS FOR THE SINFUL HEART

- DAY 1: What was my biggest temptation today? Did I engage in it? If I didn't engage in it, what did I do instead?
- DAY 2: What makes me feel guilty or shameful? Why is this wrong to me?
- DAY 3: How do I define temptation and sin? What is the difference between conviction & condemnation to me?
- DAY 4: Apart from God, my strength is only my pride that doesn't last long at all. What am I doing to gain the strength I need? How is this linked to God or how does this lead back to Him? What connections can I make?
- DAY 5: What Scripture on temptation speak to me the most? If there's one Bible verse that I could learn by heart (that I haven't already learned) what would it be? How can I apply myself to this or how can this apply to me?
- DAY 6: When was the last time I avoided a bad situation or prevented something bad from happening? Did my temptations play a part? If not, how did I handle the situation?
- DAY 7: When I remember my vulnerability during a time I am being tempted, how often does the thought of God cross my mind? If often, does His Grace make me think of turning away or following through? Why do I find it so easy to sin?
- DAY 8: The Lord's grace and mercy is as valuable as His love. Whenever I am desperate & pray for change, am I thanking Him for them? What in me is greater than my sins & how can this change me so that God can use me? How can my temptations/sins be a testimony to others?
- DAY 9: Genuinely confessing and repenting of my sins as soon as I have failed, should lead me more often to conviction than condemnation. Have I been doing this in the past week or month? When was a time that I could have done this & turned to God right away but didn't? Can consistency be the lesson here?
- DAY 10: Saying "no" to temptations makes me stronger and stronger each day. How else have I benefited in the past when I resisted temptation?
- DAY 11: In my current living situation and the people I choose to interact with the most, how often am I tempted? Have I progressed with resisting temptation or am I barely resisting them? Can I and will I throw away anything that is not helping me?
- DAY 12: When was the last time I remembered to do the right thing? However big or small the matter, did I thank the Lord that I obeyed His will? Is this something I can make a habit of doing more often?
- DAY 13: Gratitude is a saving grace & being grateful for overcoming a temptation should build my faith. Since it should build my faith, gratitude should also help me operate from humility rather than pride. What else can I be grateful for because I've been washed clean of my sins?

- DAY 14: What I often think of eventually gives way to action. Have I shared my beliefs today or in the past week? If lust can be fed by thoughts, then righteousness can also thrive from them, but exactly how important is this knowledge to me & my spiritual growth?
- DAY 15: What are my first thoughts in the morning? Am I intentionally feeding the flesh or intentionally feeding my soul? What exact thoughts can I begin to intentionally be more aware of?
- DAY 16: How did I stay productive today? If I can make my work much more fun what could I do differently?
- DAY 17: When I don't have anything to do, what is the first thing I turn to? What is something fun but educational that can take the place of this?
- DAY 18: What do I think of my eating habits? Is this something I can willingly improve on with practice weekly if not every day? If so, how?
- DAY 19: What does change mean to me? How much do I value it & why do I want to get rid or lessen my temptations/sins? What will this do for me and how will it help me in life?
- DAY 20: Do I look up to anyone who has overcome an addiction? When I think of inspiration, who is that person to me? What have they overcome in life? How successful are they?
- DAY 21: When was the last time I felt God was trying to get my attention? Was I convicted? What was it about & what did I do?
- DAY 22: What area in life would I like to have more discipline in & why? When I see myself 3-5 years from now, am I still struggling with this? Why or why not?
- DAY 23: What is the one effective thing I know I can do beginning today or tomorrow to help me avoid temptation? How can I remind myself? Can I think of some creative ideas?
- DAY 24: What was something I did right this past week? When I choose the right thing to do, was I aware that it helps build my confidence?
- DAY 25: When I've done something terrible, am I quick to repent to God or do I put it aside? If this can help me lessen any anxieties I might have later on, how can I give more thought into making this a habit?
- DAY 26: Today is another chance to be better than yesterday. What are some of the most valuable things I've learned in my spiritual journey?
- DAY 27: Realizing more & more that confidence to resist temptation comes not from my won strength but from the power of the Holy Spirit within me, what am I surrendering to the LORD today? How does this make me feel?
- DAY 28: My life is not my own, I was bought into the Kingdom of God with the blood of Christ. As I profess Jesus as my Savior, what negative thoughts & feelings can I let go of today?
- DAY 29: The love, compassion, & mercy God has on me cleanses me as I accept His grace & forgiveness. Because I offer my imperfection to Him, do I see the beauty of my growth & how does this please Him? What does being a child of God mean to me?
- DAY 30: Nothing satisfies me better than the love and peace of God. How will I spread this love and peace today? Who is heavy on my heart, who can I pray for?

## **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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