

Journaling

Guided Journaling Prompts for Young Adults Devotional

Reflection

1. Reflect on the lesson or scripture you studied today. What stood out to you the most and why?
2. Describe any new insights or perspectives you gained from today's devotional. How has it challenged your previous thinking?
3. How did this lesson make you feel? Write down any emotions or reactions that arose during your study.

Personal Application

1. In what ways can you apply today's message to your personal life? Be specific about the changes or actions you plan to implement.
2. Describe a situation in your life right now where this lesson could provide guidance or support.
3. What obstacles do you anticipate in applying this lesson, and how might you overcome them?

Prayer

1. Write a prayer asking for guidance or strength in applying what you've learned. Be specific about areas where you need support.
2. Express gratitude for the insights gained from the devotional. What specific blessings are you thankful for today?
3. Pray for someone in your life who could benefit from the message of today's lesson. How can you be an instrument of support or change for them?

Deepening Connection

1. How does this devotional connect to other aspects of your life, such as your relationships, goals, or challenges?
2. Think of a time in the past when you faced a similar lesson or challenge. How did you handle it? What could you do differently now?
3. What questions do you still have after this devotional? How can you seek answers or further understanding?

Use these prompts to delve deeper into your spiritual journey, allowing the lesson to resonate in your daily life. Let this journaling practice be a bridge between study and real-world application, fostering a deeper connection with your faith.