

# Journaling

## Guided Journaling Prompts for Numbers 13

### Reflect on the Story

#### 1. What Happened?

- Who were the spies that Moses sent into the land of Canaan? List the names or a few you remember.
- What did the spies see that was good in the land? What did they see that made them afraid?

#### 2. Feelings and Reactions

- How do you think the spies felt when they saw the giants in the land?
- Imagine you are one of the spies. What would you feel excited about, and what might you be worried about?

### Personal Application

#### 3. Facing Challenges

- Describe a time when something seemed really big or difficult to you. How did you feel, and what did you do?
- What can we learn from Caleb and Joshua's response compared to the other spies who were afraid?

#### 4. Trust and Faith

- Think about something you are afraid of or worried about right now.
- How can trusting God help you feel brave, like Caleb and Joshua?

### Connection to Daily Life

#### 5. Making Choices

- Write about a decision you need to make. How can you involve God in your decision-making process?
- Who can you talk to for advice, like Moses did with his community?

#### 6. Seeing the Positive

- List three good things about a situation that might be a little scary to you.
- How can focusing on the positive help you in challenging times?

### Prayer Reflection

#### 7. Prayer

- Write a prayer asking God to help you see the good in difficult situations and to give you courage, like Caleb and Joshua.
- Thank God for being with you no matter what giants you face in your life.