Journaling

Guided Journaling Prompts for Judges 16

1. Understanding the Story:
- Who is the main character in Judges 16, and what happens to him?
- Can you summarize the story in your own words? What parts stood out to you the most?

2. Reflecting on Strength:
- Samson was known for his great strength. What are some things you are strong at or good at?
- Why do you think Samson's strength was important in this story?

3. Choices and Consequences:
- Samson made some choices that had big consequences. Can you think of a time you made a choice that affected your day, either in a good or a bad way?
- What can you learn from Samson's choices?

4. Trust and Betrayal:
- Think about trust. Who are some people you trust? Why do you trust them?
- How do you think Samson felt when he was betrayed, and how would you feel in a similar situation?

5. Asking God for Help:
- In the story, Samson prays to God for strength one last time. Is there something you need strength for right now?
- How can you ask God for help in your own life, just like Samson did?

6. Personal Application:
- How can you use your strengths to help others, just as Samson used his strength in different ways?
- Is there someone you can forgive or ask for forgiveness from, like Samson did when he turned back to God?

7. Prayer Time:
- Write a short prayer asking God to help you make good choices, use your strengths wisely, and trust in Him.
- Thank God for the talents and abilities He has given you and ask for strength to overcome challenges.