

Healing for the Hurt

February Faith Journal Prompts

1. Is there someone in my life that I need to forgive?
2. How do I deal with hurt and pain?
3. How have I made pain, bitterness, and anger an idol in my life?
4. What is preventing me from pouring my heart out to God?
5. What does Scripture say about forgiving others?
6. Write a letter to someone who is hurting.
7. God heals by...
8. I want to live in freedom because...
9. I feel God's embrace the most when...
10. Lord, steady my anxious heart when...
11. What God told me lately...
12. The people in your life who have comforted and supported you.
13. God is GOOD because...
14. Scripture that comforts me.
15. God has manifested Himself in me through...
16. The differences I see when I pray vs. when I don't.
17. Something beautiful I saw today...
18. I find encouragement in..
19. Bible character I admire for their strength.
20. A strong and faithful person I know.
21. I can show Christ's love to someone today by...
22. I saw God today in...
23. Ways the Lord has provided for me.
24. Ways I can stop having self-pity.
25. I feel empowered when...
26. How can I use pain and hurt for God's glory?
27. Write an encouraging letter to yourself.
28. Write a prayer of worship to God.

