



HIS HEARTBEAT

EP. 7 JOURNALING PROMPTS

ASK THE HOLY SPIRIT AS YOU PROCESS YOUR PAIN.

1. WHAT IS MY TROUBLING EVENT?

2. WHAT EMOTIONS AM I FEELING?

3. WHAT AM I BELIEVING ABOUT THIS SITUATION, MYSELF, OTHERS INVOLVED, AND GOD?

4. DOES WHAT I AM BELIEVING MATCH UP WITH GOD'S WORD AND THE REALITY OF MY CURRENT SITUATION?

REEVALUATE YOUR CURRENT SITUATION.

5. HOW IS THIS SITUATION DIFFERENT THAN MY PAST SITUATION?

6. HOW AM I DIFFERENT THAN BEFORE?

7. WHAT DID I THINK WAS TRUE BEFORE?

8. WHAT CAN I REALIZE IS THE ACTUAL TRUTH TODAY?

