

## Journaling Prompts For Healing

Journaling is a great habit to help your mental health, bring you peace, help you to process painful things and even bring you closer to God. Sometimes though, it is not easy to know what to write. Following are some simple prompts that can help you get started.

1. What emotions am I feeling right now, and what might be triggering them?
2. Where in my life do I feel God's peace the most? Where do I need it most today?
3. Write about a time someone hurt you. How did it affect you then, and how do you see it now?
4. What lie have I believed about myself, and what truth from God's Word can replace it?
5. What boundaries do I need to set or strengthen to protect my peace and well being?
6. If I could talk to my younger self, what words of encouragement and compassion would I give?
7. What is one small way I can care for my body, mind, or spirit today?
8. Write about a prayer God has answered in your life, even if it was answered in an unexpected way.
9. What do I want to remember about this season of my life when I look back years from now?
10. Write a letter to God about what is on your heart today. Do not filter yourself. Be honest and open.