

SHANNON KEYS

SEVEN DAY JOURNALING GUIDE

SEVEN DAILY PROMPTS
FOR REFLECTION

STORYTHREADS.LIFE

DAY ONE

WHAT IS ONE THING THAT IS HARD RIGHT NOW?

Describe this hard thing in your life on the page.

THERE IS NO NEED TO QUALIFY THIS HARD THING, OR TRY TO TALK YOURSELF OUT OF FEELING LIKE IT'S HARD. LET IT BE EXACTLY WHAT IT IS. THERE IS NO JUDGEMENT IN THE JOURNALING ZONE.

READ: JOHN 16:33

Jesus guaranteed us hard things in life. There is no way around that. But, he also promised that he overcame this world, so we have hope for what will be.

DAY TWO

WHAT EMOTION ARE YOU FEELING ABOUT THE HARD THING YOU'RE FACING?

Sit in stillness and tune into how your body feels, and what thoughts are going through your mind. What emotion is connected to how you feel and what you're thinking?

GOD NEVER CONDEMNNS US FOR HAVING EMOTIONS. HE CREATED US TO FEEL. IT IS UP TO US IF OUR EMOTIONS ARE GOING TO DICTATE HOW WE LIVE, OR IF WE ARE GOING TO BE IN CONTROL OF OUR EMOTIONS.

READ: JOHN 11:33

Jesus did not shy away from expressing deep emotion. He wept, when needed. Even as God who could fix any problem, He chose to pause and feel what we feel.

DAY THREE

WHAT THOUGHTS HAVE BEEN ATTACHED TO THE HARD THING YOU'RE FACING?

Write down those thoughts. Are they rooted in lies or truth?

BELIEF IS ROOTED IN YOUR THOUGHTS. WHO YOU ARE IN THE MIDST OF HARD THINGS IS DETERMINED BY WHAT YOU CHOOSE TO BELIEVE. YOUR CIRCUMSTANCE MAY NOT CHANGE, BUT YOU CAN BE CHANGED IN THEM, AS YOU CHOOSE TO BELIEVE TRUTH.

READ: 2 CORINTHIANS 10:5

The enemy sets up his attack in the mind first. You have to meet him in his camp, and tear down his stronghold. Lying thoughts are destroyed with the truth of God's word.

DAY FOUR

WHAT DO YOU NEED FROM JESUS IN THE MIDDLE OF THIS HARD THING?

Jesus promises to be present in our struggle. Write down a prayer telling him what your soul needs from him today.

**THE WORLD WOULD OFFER
YOU LOTS OF WAYS TO FIND
WHAT YOUR SOUL NEEDS.
DON'T BE CONFUSED. JESUS
IS THE ONLY SOURCE OF THE
WHOLENESS YOU NEED.**

READ: PSALM 42:1

The imagery here is of deep thirst. A soul created by God can only be satisfied by God. Seek Him and you'll find Him.

DAY FIVE

WRITE A LAMENT ABOUT THE HARD THING YOU'RE FACING.

Lamenting is Biblical. We see the way to lament in the Psalms. The heart must cry out in raw honesty to God about pain. No excuse, no fake joy. Raw and real pain.

A LAMENT IS A COMPLAINT. IT IS NOT UNHOLY TO WRITE OUT YOUR COMPLAINT TO GOD. TELL HIM WHAT YOU FEEL, WHAT YOU FEAR, WHY YOU DOUBT. HE WON'T BE OFFENDED, HE WANTS TO HEAR THE TRUTH.

READ: PSALM 6

David was not shy about sharing honestly with God. He gave a detailed picture of his agony in Psalm 6. He showed us how to lament. Don't hold back your pain. God isn't offended by your groaning.

DAY SIX

WRITE A MEMORY OF GOD'S FAITHFULNESS TO YOU.

Hard things make us forget God's goodness. Write about the details of a time He met you in your need.

GOD NEVER CHANGES, BUT WE EASILY FORGET THAT WHEN HARD THINGS COME. GOD HAS ALWAYS BEEN THE FAITHFUL ONE IN YOUR STORY. HE ISN'T GOING TO STOP NOW.

READ: DEUTERONOMY 31:6

This verse is speaking of God's presence even in war. Today He is reminding you that in your own war, He is present and goes with you. Stir up courage to trust Him.

DAY SEVEN

HOW CAN YOU GROW FROM THIS HARD THING YOU'VE WRITTEN ABOUT THIS WEEK?

Trials are a guarantee in this life, but Jesus promised to be you in them. That means you can grow from them. You can be purified and matured in faith. How is this hard thing refining you?

YOU CAN CHOOSE TO LET THE TRIALS OF LIFE BE TRAINING GROUND. IF YOU CHOOSE HUMILITY IN THE PAIN, GOD WILL MEET YOU IN IT AND REFINE YOU. HE WILL MATURE YOU IN FAITH AND TEACH YOU TRUTH TO SUSTAIN YOU.

READ: ROMANS 5:3-5

Paul was writing this letter in a time when severe persecution was imminent for every believer. Yet, he tells them to rejoice in their trials because they will become better through it. Your trials are going to shape you, be it for the better or worse. You can choose.