



# OPEN MY HEART

## September Journaling Prompts

1. Who and/or what are you afraid of? Why?
2. Have you ever felt forsaken by The Lord?
3. Are there areas of your life where you need to learn to trust in The Lord?
4. When have you felt The Lord holding you up and supporting you with His hand?
5. What is your biggest dream? Not a dream for your family or your kids but for you.
6. What has prevented you from going after that dream?
7. Have you given your dream over to God? Why or why not?
8. What person, aside from Jesus, (in The Bible) has strengthened you and why?
9. In what areas of your life have you done "all"? Why is it so hard to just stand?
10. List three areas of your life where you are the weakest?
11. List three times in your life when The Lord was your strength and shield.
12. Dear Frightened Me . . . (write a letter to yourself)
13. Dear Courageous Me . . . (write a letter to yourself)
14. How is The Lord your strength?
15. When is The Lord your song?
16. When has The Lord been your salvation?
17. Do you rejoice only in times of plenty? Can you rejoice in times of famine?
18. Write a thank you note to someone that has given you strength in weakness.
19. I showed strength today when . . .
20. Courage is: *strength in the face of pain or grief*. How were you courageous today?
21. Write a letter to your enemy.
22. The people in your life who need to be strengthened and encouraged.
23. What takes your mind away from The Lord, thus robbing your peace?
24. Write a letter to The Lord thanking Him for standing with you when all else abandoned you.
25. When I'm in pain - physical or emotional - I find strength in . . .
26. Something happened today that made me feel strong and courageous . . .
27. When was your Bible Hero bold with The Lord's strength?
28. Whose strength do you admire? Why?
29. Lord, please strengthen my heart when it comes to . . .
30. List five ways you've become stronger and more courageous this month.

Strength & Courage

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