

# FASTING, PRAYING, & SEEKING GOD TOGETHER

# JOURNALING YOUR JOURNEY

STEP 1  
Read Daily  
Scripture

STEP 2  
Meditate

STEP 3  
Reflect

## GO DEEPER:

- How did the Scripture make you feel?
- What is God telling you?
- What are areas where you feel weak?
- What are areas where you feel empowered?
- What is God telling you about growing in Him?

## HELPFUL TIPS:

- Study what you don't understand.
- Be honest about how the fast is making you feel. You may feel, hungry, tired, frustrated, etc and it is okay to journal those feelings too!



## INVEST IN A PRAYER JOURNAL

Get ready for this season of fasting and praying with your dedicated journal to Journal Your Journey! Stay focused and inspired as you capture your thoughts, reflections, and prayers during this sacred season.

BE INSPIRED!



BE INTENTIONAL!