

30-DAY CHRISTIAN JOURNALING CHALLENGE

Ten quiet minutes. One Scripture. One honest page.

DAY 1 • Psalm 139:23-24

What would honest prayer sound like today?

DAY 2 • Psalm 46:10

What noise can I set down for ten minutes?

DAY 3 • James 1:17

Name three specific gifts from today.

DAY 4 • Psalm 62:8

What have I been editing out of my prayers?

DAY 5 • Lamentations 3:22-23

Where did mercy meet me this morning?

DAY 6 • 1 Peter 5:7

What worry can I name and release?

DAY 7 • Psalm 103:2

What goodness do I not want to forget?

DAY 8 • Romans 8:1

What accusation needs the answer of grace?

DAY 9 • 2 Corinthians 5:17

What old label no longer names me?

DAY 10 • Ephesians 2:10

What good work may be in front of me?

DAY 11 • Isaiah 43:19

Where might God be doing something new?

DAY 12 • Philippians 4:8

Which thought needs to be replaced with truth?

DAY 13 • Psalm 139:14

What part of God's design in me can I honor?

DAY 14 • Colossians 3:12

Which Christlike quality can I practice today?

DAY 15 • Psalm 34:18

What hurt needs gentleness rather than pressure?

DAY 16 • Ephesians 4:31-32

What am I ready to release to God?

DAY 17 • Proverbs 4:23

What boundary would guard my heart wisely?

DAY 18 • 2 Corinthians 12:9

Where can I stop performing strength?

DAY 19 • Galatians 6:2

Who can help carry this burden?

DAY 20 • Joel 2:25

What would restoration look like without pretending?

DAY 21 • Proverbs 17:17

Who needs my steady friendship?

DAY 22 • Colossians 3:13-15

What repair or peace is mine to pursue?

DAY 23 • Numbers 6:24-26

Write a blessing over someone by name.

DAY 24 • Proverbs 3:5-6

Which decision needs wisdom today?

DAY 25 • Galatians 6:9

Where do I need patient perseverance?

DAY 26 • Micah 6:8

What does faithfulness look like in ordinary life?

DAY 27 • Joshua 1:9

What courageous next step can I take?

DAY 28 • Matthew 11:28

What kind of rest do I need?

DAY 29 • Philippians 1:6

What unfinished growth can I trust God with?

DAY 30 • Psalm 90:12

What do I want to carry beyond these thirty days?