

JOURNALING

CHECK YOUR HEART A HEART INVENTORY WITH GOD

Let these pages guide you into honesty with yourself and with God. When you slow down and check in with your heart, healing begins.

Purpose⁺
OVER PRETTY

"Search me, God, and know my heart.."

— Psalm 139:23

WHAT EMOTIONS HAVE I BEEN AVOIDING LATELY?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

AM I HOLDING ON TO ANY BITTERNESS OR FEAR?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Lord, I feel... _____

I'm struggling with... _____

Please meet me in... _____

YOUR HONESTY IS SAFE HERE. GOD CAN HANDLE YOUR HEART.