

ALABASTER HEART

BEAUTY FROM BROKENNESS

JOURNALING PROMPTS

ANXIETY

1. Reflect on Matthew 11:28-30. Write about a moment when you found rest in Jesus during a stressful period.
2. Meditate on Psalm 34:4. Document an experience where you sought the Lord in your anxiety and He answered you.
3. Reflect on 2 Timothy 1:7. Write about a situation where you felt God replace your fear and anxiety with power, love, and self-discipline.
4. Ponder over Philippians 4:6-7. How have you experienced the peace of God when you've presented your requests to Him?
5. Meditate on Psalm 94:19. Write about a time when God's consolations brought joy to your soul amidst anxiety.
6. Reflect on Isaiah 26:3. How has trusting in the Lord's perfect peace helped you during a time of uncertainty and fear?
7. Think about Psalm 55:22. Write about a moment when you cast your burden upon the Lord and He sustained you.
8. Contemplate on Proverbs 12:25. How have kind words from a friend or loved one helped alleviate your anxiety and bring joy to your heart?
9. Reflect on 1 Peter 5:7. Write about a time when you humbly surrendered your worries to God and felt His care for you.
10. Meditate on Philippians 4:19. How has God's promise to supply all your needs given you comfort during a time of financial stress?
11. Ponder over Psalm 55:22. Write about a situation where you chose to trust in the Lord's protection and did not let fear control you.
12. Reflect on Isaiah 40:31. How has waiting upon the Lord renewed your strength during a time of weariness and anxiety?
13. Think about John 14:27. Write about a moment when you experienced Jesus' peace in the midst of a chaotic and stressful situation.
14. Reflect on Matthew 6:34. Write about a time when you chose to focus on God's present goodness instead of worrying about the future.
15. Meditate on 2 Corinthians 1:3-4. How have you experienced God's comfort and compassion during a time of emotional turmoil and anxiety?