

Sample Journal Page

Today's Passage: _____

Reflections from my **HEART**:

I **H**onor who you are. (Praise God for something.)

I **E**xpress who I'm not. (Confess any known sin.)

I **A**ffirm who I am in you. (How does God see me?)

I **R**quest your will for me. (Ask God for something.)

I **T**hank you for what you've done. (Thank Him for something.)

Today's Action Step: