



CREATING
SPACE

A prayer & contemplation series

PRESENTED BY
KINGDOM CAUSES BELLFLOWER
EXERCISE TAKEN FROM “JOURNEY TOWARD HOPE: A
GUIDED EXPERIENCE”
SADDLEBACK RESOURCES - RANCHO SANTA
MARGARITA, CA
OTHER CONTENT BORROWED FROM THE MCGRATH
INSTITUTE FOR CHURCH LIFE
PRAYER ENRICHMENT GUIDEBOOK
MCGRATH.ND.EDU/RESOURCES

Guided
Journaling

Guided Journaling

The Bible is brimming with an abundance of truths and promises that you can always count on. Lingering in these verses and accepting them as a gift to yourself is a kind way for you to realize that you are exceptionally loved. God cares for you. He is for you.

Soak your soul in the hope that pours out of these anchoring truths and promises. Use the lines below each verse to write your response. Circle the words and phrases that encourage you and attract your mind to thoughts that anticipate God's best for your life.

"When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you." (Isaiah 43:2 – NLT)

"The Lord your God is in your midst; he is a warrior who can deliver. He takes great delight in you; He renews you by his love; He shouts for joy over you." (Zephaniah 3:17 – NET)

"The Lord is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name will trust in you, for you Lord, have never forsaken those who seek you." (Psalm 9:9-10-NLV)

PAINTING THE PICTURE

WHAT WOULD IT LOOK LIKE TO COMPLETELY ACCEPT YOURSELF?

Use this space to draw or write what this looks like to you. Be creative! Write, draw and sketch. Do whatever you most enjoy.