

21 JOURNAL & PRAYER PROMPTS

# The Joy Journal

Welcome to your Joy Journal! This special space is designed to help you discover and celebrate joy in everyday moments. Through gratitude, quiet time, and an appreciation for life's simple blessings, you'll uncover the abundant joy that surrounds you.

Let's embark on this joyful journey together!





What small m	oment today	/ filled you	r heart witl	h joy?	

# **Prayer:**

Lord, during my day, help me notice the small moments that fill my heart with joy. Guide me to appreciate these blessings and find happiness in these special moments. Amen.



How can you create a sanctuary of peace in your daily routine?

# **Prayer:**

Father, grant me the wisdom to create a sanctuary of peace in my daily routine. Help me to cultivate moments of calm and tranquility amidst the busyness of my day-to-day activities. Amen.



What simple blessing are you most grateful for right now?	

# **Prayer:**

God, thank you for the simple blessings in my life. Help me to cherish them and never take them for granted. Grant me a heart full of gratitude for your abundant blessings. In Jesus' Name, I pray. Amen.



How can you infuse joy into your morning routine?

### **Prayer:**

Dear Lord, as I start my day, infuse it with your unspeakable joy. May your presence be felt in every moment, filling me with happiness and contentment. In Jesus' Name, I pray. Amen.



When was the last time you felt joy in a quiet moment alone?	

# **Prayer:**

Lord, in the quiet moments of solitude, may I feel your presence and experience your joy. Guide me as I seek you in the stillness, finding peace and serenity in your love. In Jesus' Name, I pray. Amen.



Describe a simple pleasure that consistently brings you happiness.

# **Prayer:**

Father, thank you for the simple pleasures that bring me consistent happiness. Help me to recognize and appreciate these gifts, finding joy in the everyday moments of life. Amen.



How can you make time for quiet reflection each day?

# **Prayer:**

God, grant me the discipline to make time for quiet reflection each day. May these moments of solitude be filled with your presence, renewing my spirit and filling me with peace. Amen.

What unexpected blessing brightened your day recently?

# **Prayer:**

Jesus, thank you for the unexpected blessings that brighten my day. Help me to see your hand at work in my life, filling me with gratitude and joy. Amen.



How do you feel when you take a moment to appreciate nature's beauty?

### **Prayer:**

Lord, as I appreciate the beauty of nature – the beautiful sunset, the warmth of the sun... there are just so many things in nature that demonstrate your constant love for mankind. May I feel your joy surrounding me in these moments. Help me to marvel at your creation and find peace in the wonder of your amazing works. Amen.



What daily habits help you recognize the joy around you?	
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# **Prayer:**

Father, guide me to develop habits that recognize and celebrate the joy in everyday life. Help me to cultivate a heart of gratitude and find happiness in the simple things. Amen.



How can you find joy in mundane (routine) tasks?	
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# **Prayer:**

God, show me the joy that can be found in even the most mundane tasks. Help me to approach each day with a joyful spirit and a grateful heart. Amen.



What does quiet time mean to you, and how can you embrace it more fully?	

# **Prayer:**

Jesus, in the quiet moments of solitude, may I feel your presence and experience your peace. Grant me rest for my soul and rejuvenate my spirit in your love. Amen.

Elim Oasis Church

Discipleship For Mission

Describe a recent experience that reminded you of life's simple blessings.
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## **Prayer:**

Lord, thank you for the experiences that have reminded me of life's simple blessings. Help me to cherish these moments and find joy in the everyday miracles of your love. Amen.



How does gratitude transform your perspective on everyday life?

### **Prayer:**

Father, transform my perspective on everyday life through the practice of gratitude. Help me to see your hand at work in every moment and find joy in the blessings that surround me. Amen.



What joyful memory can you recall to uplift your spirits today?	
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# **Prayer:**

God, as I reflect on joyful memories, may they uplift my spirits and fill me with gratitude. Help me to treasure these moments and find joy in the memories of your goodness. Amen.



# **Journal Prompt:** What small act of kindness brought you joy recently?

## **Prayer:**

Lord, thank you for the acts of kindness that bring joy into my life. Help me to pay it forward and spread joy to others through my actions and words. Amen.

Elim Oasis Church

Discipleship For Mission

How does spending quiet time alone rejuvenate your spirit?

### **Prayer:**

Father, as I spend quiet time alone with you, may I feel your presence and experience your peace. Grant me rest for my soul and rejuvenate my spirit in your love. Amen.



What are three things that consistently bring you joy?	

# **Prayer:**

God, help me to savor life's simple moments and find joy in the everyday blessings that surround me. May I appreciate the beauty in each moment and live with a grateful heart. Amen.



What small step can you take today to embrace life's blessings?

### **Prayer:**

Father, guide me to take small steps today to embrace life's blessings. Help me to pause and appreciate the beauty and goodness that surrounds me. Grant me the courage to live with a grateful heart and to cherish each moment as a precious gift from you. Amen.



How can you cultivate a heart of gratitude and joy every day?

### **Prayer:**

God, cultivate within me a heart of gratitude and joy that overflows each day. Help me to see your blessings in every situation, both big and small. Grant me the grace to choose joy, even amidst challenges, and to spread your love and light to others. Amen.

How can you spread joy to others in your everyday interactions?

### **Prayer:**

Lord, grant me the wisdom to spread joy to others in my everyday interactions. Help me to be kind, compassionate, and encouraging in all my dealings. May my words and actions uplift those around me and bring smiles to their faces. Amen.





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We pray that this journal has helped you in your journey of faith as a disciple of Jesus Christ. It is a free resource, however, we know people are called to be generous. So, if you are able to give, with our gratitude in advance, please visit



