



Gathered by Grace

Gather + Grow + Go

www.gbgministry.org

334-544-0472

2023 Lenten Journal Prompts

Spend time reflecting on these scriptures and points by writing, drawing, taking pictures, or engaging in whatever creative expression you would like.

Date	Scripture	Reflection Points
Ash Wednesday 2/22	Psalms 51	How does showing mercy to yourself and others change how you feel going about your day? How will you show mercy today to yourself and to others?
2/23	Psalms 25	How is your soul lifted up to God today?
2/24	Psalms 25	In what ways are you seeking God's truth?



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2/27	Psalms 77	What are your cries to God today?
2/28	Job 4	What are some ways you might have sown trouble—knowingly or unknowingly? How might God have been working through this time of trouble?
3/1	Psalms 77	Have you suffered wounds that felt like they would never heal? How has God been with you through the healing process?
3/2	Proverbs 30	What are your self-doubts or uncertainties? How do your prayer or spiritual practices help lessen them?
3/3	Matthew 4	How have you experienced angels in human form? How might you be an angel to someone today?



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3/6	Psalms 105	When have you felt over-the-top joy? How was God with you in it?
3/7	Hebrews 11	What are your practices (daily, weekly, monthly, etc.) that nourish your soul, refill your spiritual wells to continue serving your family and community?
3/8	Jeremiah 30	Who are your people? How do you see God in them? How do you see God in others?
3/9	Psalms 19	Do you wonder what is acceptable? Is your standard for yourself different than your standard for others?
3/10	Acts 7	Do you pause to take in something out of the ordinary or is it easy to walk by—especially if you have something else to do? Where do you hear the voice of God calling to you?



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3/13	1 Kings 6	Do you have a special place, inside or outdoors, or maybe a small nook for your prayers or meditations? How do you feel being in that space?
3/14	Psalms 84	What is your favorite hymn or song celebrating the joy you find in God?
3/15	Psalms 84	Does feeling small sometimes make you feel closer to God? How might you share the love of God with others who might be feeling small and unnoticed in your family or community?
3/16	Genesis 9	What is a covenant? Do you have a covenant with God? In what ways are you waiting for God to act on your behalf right now?
3/17	Psalms 107	What is a covenant? Do you have a covenant with God? In what ways are you waiting for God to act on your behalf right now?



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3/20	Psalms 107	How have you expressed gratitude to God when there has been deliverance from deep troubles?
3/21	John 3	How are you unique? What are your gifts and how might they be used to serve God and others?
3/22	Psalms 107	What do you do when you have long dry spell with God? Do you have any spiritual practice(s) that help?
3/23	Hebrews 3	What do you think "faithful in everything God gave him to do" means? How did Jesus know what he should do? How do you know?
3/24	Psalms 51	What is your go-to prayer?



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3/27	Psalms 51	How are rest, quietness, and trust your strength?
3/28	Jeremiah 31	What do you have written on your heart?
3/29	Isaiah 43	When have you been blind although you have eyes, and deaf although you have ears? Have you forgiven yourself? Can you forgive others?
3/30	Haggai 2	Have you visited a home you lived in years ago? How was it—was it the same as you remembered?
3/31	Psalms 40	When have you said, "Here I am, Lord?" How might you be present in the same way for a member of your family or community?



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4/3	Mark 14	Have you had a time when people were talking about you behind your back? Has a friend ever given you a heads-up on something that might happen to you?
4/4	Psalms 71	What does it feel like to be shamed? How can you support someone who might be experiencing this now?
4/5	Isaiah 50	When have you really wanted to turn backward but did not? How did you see God in your action?
Maundy Thursday 4/6	John 13	If you've ever participated in a service with foot washing, have you had your feet washed or not? Why did you make that choice? How would you have felt differently if you made a different decision?
Good Friday 4/7	Psalms 22	When have you felt that God was far away? How did prayer help God feel closer?