



Journal Prompts

Power



Grab some pens, a journal, some tag stickers, and other journaling supplies. These questions may draw out some resources, tools, and insight you may want to mark for later. Journals are a great resource and a gift to future you because you may come across a situation where this insight will be helpful.

Reflect on a situation where you felt powerless. How could viewing this situation through the lens of God's loving kindness and your inherent dominion shift your perspective and potential actions?

In what areas of your life do you feel you are not fully exercising the dominion God has given you? What loving steps can you take to reclaim this ground?

How does understanding God's loving kindness as the foundation of your power change the way you approach challenges and obstacles?

Consider a relationship that feels strained. How can you intentionally exercise dominion rooted in love and kindness to foster healing and understanding?

What does it mean to have dominion over your thoughts and emotions, guided by God's loving kindness? How can you cultivate this inner authority?

Think about a personal goal you're striving for. How can you tap into your God-given dominion, infused with loving intention, to move forward with confidence and grace?

What does it mean to be a steward of the earth, exercising dominion over creation with God's loving and caring heart?

How can you use your unique talents and abilities, empowered by God, to bring more love and kindness into the world?

Reflect on a time when you stood up for what was right, motivated by love and a sense of righteous dominion. What did you learn from this experience?

How can you intentionally release any feelings of victimhood and step into the empowering truth of your dominion rooted in God's love?

How does understanding yourself as a beloved child of God, endowed with dominion, impact your self-worth and confidence?

Imagine yourself fully walking in your power of dominion, completely anchored in God's loving kindness. What does this version of you look like, and what actions are you taking?