



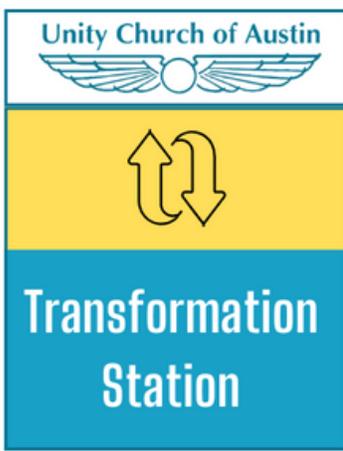
Journal Prompts



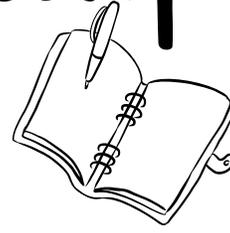
Grab some pens, a journal, some tag stickers, and other journaling supplies. These questions may draw out some resources, tools, and insight you may want to mark for later. Journals are a great resource and a gift to future you because you may come across a situation where this insight will be helpful.

Understanding Journal Prompts

- What does "divine understanding" mean to you? How is it different from intuition, gut feelings, or logical reasoning?
- Describe a time you felt you were guided by a force greater than yourself. What was the situation, and what was the outcome?
- How can you create more space in your life to listen for divine guidance? What distractions or daily habits might be preventing you from hearing it?
- Write a letter to your past self, offering the wisdom and clarity you've gained through divine understanding. What advice would you give about a difficult situation?
- Think about a current challenge you're facing. How might divine understanding offer a different perspective on this issue, one that goes beyond your immediate fears or desires?
- Explore the connection between forgiveness and divine understanding. How does letting go of resentment open you up to a higher level of clarity and peace?
- What does your "divine self" look like? What qualities, strengths, and truths does this part of you hold?
- Reflect on a situation where you chose to ignore your inner wisdom. What happened, and what did you learn from that experience?
- How can you use divine understanding to serve others? What actions can you take to share this wisdom and love with the world around you?
- Visualize a future version of yourself who is fully connected to their divine understanding. What is different about their life? What do they do, think, and feel?



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Will Journal Prompts

- How do you define "divine will" in your own life? Is it a predetermined path, or is it a power you can actively co-create with?
- Describe a moment when you felt a strong sense of purpose or calling. How did that feeling connect you to something greater than yourself?
- What does it mean to be an "expression of God" in your daily life? How can you embody this truth in your thoughts, words, and actions today?
- Journal about a decision you're currently facing. Instead of trying to "figure it out," sit quietly and ask, "What is the divine will for this situation?" Write down the first thoughts, feelings, or images that come to you.
- How do you differentiate between your ego's desires and the guidance of your higher self or divine will? What are the signs you can look for?
- Explore the concept of surrender: How does surrendering your personal will to divine will lead to more peace, clarity, and power?
- Imagine that your deepest desires are not selfish but are, in fact, expressions of God's will for you. What would you do, create, or pursue if you truly believed this?
- Write a letter from your divine self to your human self. What wisdom, reassurance, and guidance does your divine self want you to know right now?
- Think about a time when a major setback or challenge ultimately led to a positive outcome. How can you see that experience as an example of divine will at work in your life?
- What practices—such as meditation, prayer, or spending time in nature—help you feel most connected to your inner power and divine will? How can you make more time for these practices?