



Journaling with God's Word: Overwhelmed → Rest



Verse to Meditate On

Write out one verse that speaks to you today.



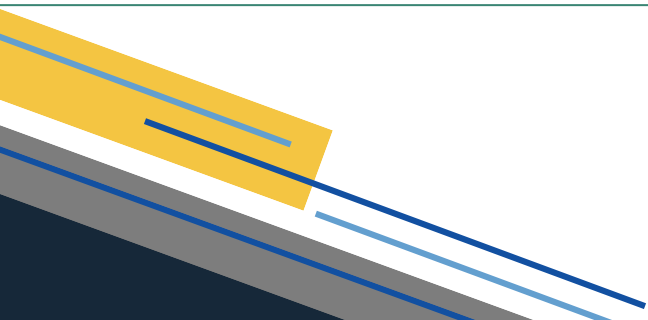
What This Verse Reveals About God

What does this verse show me about God's heart?



What This Verse Says About Me

How does this change how I see myself?





My Response Prayer

Turn this into a prayer or confession



One Word I'm Taking Into Today

My Word of the Day (e.g. Free, Peace, Embraced)

