



# Journaling through July

## Week 1: July 1-9

*Where the Spirit of the Lord is,  
there is freedom. 2 Corinthians 3:17*

What does freedom mean to you? What does freedom have to do with joy? What is holding you back or keeping you from joy today? What is one hope you have for tomorrow?

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Creative Way: Name in your heart your own insecurities, fears, addictions, anxieties, regrets, or other limitations that keep you from freely loving yourself, and from God's hope-filled and liberating possibilities. Pray or write the following prayer: "Liberating Spirit, unbind all that hinders me from the love and promises of God's goodness."

Know that you are loved and created for freedom and joy.



*Week 1: July 1-9*

## *Week 2: July 10-16*

*Give thanks in all circumstances for this is the will of God in Christ Jesus for you.*

*1 Thessalonians 5:18*

Each day this week, write down three things you are grateful for; try not to repeat any one thing.



Creative Way: Write a letter of gratitude to at least one person this week. Let them know how much you appreciate them. If you can, name one specific aspect of their presence in your life that you are thankful for, or one anecdote related to your gratitude for them.

*Week 2: July 10-16*

## *Week 3: July 17-23*

*I have said this to you so that in me you may have peace. In the world you face persecution, but take courage: I have conquered the world!*

*John 16:33*

There is much that is distressing about our world. What gives you hope? Where do you find peace?



Creative Way: Where do you see God at work in the world? Take some time each day this week to sit quietly and reflect on the good you have experienced. Take three deep breaths as you enter into your time of reflection, and three deep breaths to close out your time of quiet reflection - remember that God is good, and that God who is greater than all the troubles we face, is with us through them all.

*Week 3: July 17-23*

## *Week 4: July 24-31*

*As the Father has loved me, so I have loved you; abide in my love (John 15:9)*

What does it look like to live fully into Christ's love? What obstacles keep you from doing so? What is one way you can demonstrate love in your living today?

Creative Way: Reach out to a church member or neighbor you have not been in touch with for a while. Let them know you are thinking about them, and that you care. If you need an address or phone number, contact the church office.



*Week 4: July 24-31*