

# Journaling Prompts for Lent



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To use these prompts, begin by selecting one Bible verse from the list and meditate on it, allowing its message to resonate with you; then, journal about your reflections, personal experiences, and insights inspired by that verse, fostering deeper spiritual growth and connection with God throughout the Lenten season.

Psalm 51:10	Matthew 4:1-11	Isaiah 53:5	Matthew 26:36-46	John 3:16	John 13:1-17	Luke 22:14-23	Luke 23:26-56
Psalm 22	Luke 23:39-43	Luke 24:1-12	John 20:19-31	Matthew 28:16-20	Romans 5:8	Romans 6:4	John 4:1-42
Luke 15:11-32	Philippians 2:5-11	Galatians 5:22-23	Ephesians 2:8-9	James 1:2-4	Matthew 5:3-12	1 Corinthians 13	Hebrews 12:1-2
Ephesians 6:10-18	Psalm 23	John 1:9	Philippians 4:6-7	Matthew 6:19-21	Matthew 13:1-23	John 13:34-35	Psalm 139
Micah 6:8	1 Corinthians 12:4-11	Matthew 25:31-46	Luke 10:38-42	Matthew 8:5-13	Psalm 103	Matthew 28:16-20	Write about your journey through lent

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- Meditate on **Psalm 51:10** and reflect on areas in your life where you need God's renewal.
- Journal about Jesus' temptation in the wilderness (**Matthew 4:1-11**) and how you can overcome your own temptations.
- Reflect on **Isaiah 53:5** and consider how Jesus' suffering brings healing.
- Journal about Jesus' prayer in Gethsemane (**Matthew 26:36-46**) and reflect on surrendering to God's will.
- Meditate on **John 3:16** and write about the depth of God's love shown through Jesus' sacrifice.
- Reflect on Jesus washing the disciples' feet (**John 13:1-17**) and consider how you can serve others humbly.
- Journal about the Last Supper (**Luke 22:14-23**) and reflect on the significance of communion.
- Meditate on Jesus' crucifixion (**Luke 23:26-56**) and contemplate the depth of His sacrifice.
- Reflect on **Psalm 22** and journal about Jesus' cry of abandonment on the cross.
- Consider Jesus' words to the thief on the cross (**Luke 23:39-43**) and reflect on God's mercy.
- Meditate on the resurrection (**Luke 24:1-12**) and journal about the hope it brings.
- Reflect on Jesus' appearance to the disciples after the resurrection (**John 20:19-31**) and write about the peace He offers.
- Journal about Jesus' commission to His disciples (**Matthew 28:16-20**) and reflect on your own mission as a follower of Christ.
- Meditate on **Romans 5:8** and consider how God demonstrates His love for you.
- Journal about Jesus' encounter with the woman at the well (**John 4:1-42**) and reflect on the living water He offers.
- Meditate on the story of the prodigal son (**Luke 15:11-32**) and journal about God's forgiveness and restoration.
- Reflect on **Philippians 2:5-11** and journal about Jesus' humility and obedience.
- Journal about the fruits of the Spirit (**Galatians 5:22-23**) and reflect on how they are manifesting in your life.



- Meditate on **Ephesians 2:8-9** and write about the grace of God in your salvation.
- Reflect on **James 1:2-4** and journal about finding joy in trials.
- Journal about the Beatitudes (**Matthew 5:3-12**) and reflect on what it means to be blessed.
- Meditate on **1 Corinthians 13** and write about the importance of love in your life.
- Reflect on **Hebrews 12:1-2** and journal about running the race of faith with endurance.
- Journal about the armor of God (**Ephesians 6:10-18**) and reflect on how to stand firm in spiritual battles.
- Meditate on **Psalms 23** and write about God's provision and comfort in your life.
- Reflect on **1 John 1:9** and journal about the assurance of forgiveness.
- Journal about the power of prayer (**Philippians 4:6-7**) and reflect on your prayer life.
- Meditate on **Matthew 6:19-21** and write about storing up treasures in heaven.
- Reflect on the parable of the sower (**Matthew 13:1-23**) and journal about cultivating a fruitful heart.
- Journal about Jesus' command to love one another (**John 13:34-35**) and reflect on how you can love others sacrificially.
- Meditate on **Psalms 139** and write about God's intimate knowledge of you.
- Reflect on **Micah 6:8** and journal about living justly, loving mercy, and walking humbly with God.
- Journal about the gifts of the Spirit (**1 Corinthians 12:4-11**) and reflect on how to use them for God's glory.
- Meditate on **Matthew 25:31-46** and write about serving Christ by serving others.
- Reflect on the story of Mary and Martha (**Luke 10:38-42**) and journal about finding balance between serving and spending time with Jesus.
- Journal about the faith of the centurion (**Matthew 8:5-13**) and reflect on trusting in Jesus' authority.
- Meditate on **Psalms 103** and write about God's compassion and forgiveness.
- Reflect on the Great Commission (**Matthew 28:16-20**) and journal about sharing the gospel with others.
- Journal about your journey through Lent and reflect on how God has been working in your life.

