

STRONG & COURAGEOUS

OCTOBER

JOURNAL WRITING PROMPTS

1. IN YOUR OWN WORDS, WHAT IS STRENGTH?
2. IN YOUR OWN WORDS, WHAT DOES IT MEAN TO SHOW COURAGE?
3. WHEN YOU FEEL WEAK, WHAT GIVES YOU STRENGTH?
4. WRITE A LETTER TO YOURSELF. DEAR FRIGHTENED ME...
5. ARE THERE AREAS IN YOUR LIFE YOU NEED STRENGTH?
6. WHO IS SOMEONE WHO HAS GIVEN YOU STRENGTH?
7. WHO OR WHAT FILLS YOU WITH COURAGE WHEN YOU ARE SCARED?
8. RETELL A STORY FROM THE BIBLE THAT SHOWS STRENGTH OR COURAGE.
9. WHO DO YOU KNOW THAT IS STRONG AND COURAGEOUS? HOW?
10. TODAY I FELT COURAGEOUS WHEN...
11. WHO DO YOU KNOW THAT MIGHT NEED ENCOURAGEMENT?
12. DO YOU EVER FEEL GOD IS NOT THERE (HAS FORSAKEN YOU)?
13. WHAT MAKES YOU FEEL WEAK OR DISCOURAGED?
14. WHEN HAVE YOU FELT GOD HOLDING YOU UP AND SUPPORTING YOU?
15. HOW IS THE LORD YOUR STRENGTH?
16. FIND 3 BIBLE VERSES THAT OFFER ENCOURAGEMENT OR SPEAK OF STRENGTH.
17. WHAT BIBLE VERSE CAN YOU MEMORIZE TO HELP YOU WHEN YOU NEED COURAGE? WHY?
18. WHOSE STRENGTH DO YOU ADMIRE? WHY?
19. WHEN DID YOU SEE SOMEONE BEING COURAGEOUS? HOW?
20. LIST 3 THINGS YOU ARE WEAK IN. HOW CAN YOU FIND STRENGTH IN THOSE AREAS?
21. WHAT DO YOU FEEL IS YOUR BIGGEST WEAKNESS? HOW CAN YOU GROW IN STRENGTH?
22. TODAY I FELT STRONG WHEN...
23. WRITE A THANK YOU NOTE TO SOMEONE WHO HAS GIVEN YOU STRENGTH OR ENCOURAGEMENT.
24. LIST 3 THINGS YOU FEEL ARE YOUR STRENGTHS.
25. HOW CAN YOU ENCOURAGE A FRIEND THIS WEEK?
26. WRITE A THANK YOU TO GOD FOR GIVING YOU STRENGTH WHEN YOU ARE WEAK.
27. WRITE A LETTER TO YOURSELF. DEAR COURAGEOUS ME...
28. WHEN HAS THE LORD BEEN YOUR SALVATION?
29. LORD, PLEASE STRENGTHEN ME IN THE AREA OF...
30. LORD, I NEED COURAGE TO...
31. HOW HAVE YOU GROWN IN STRENGTH THIS MONTH?

The logo for Teens4Jesus features a stylized black cross on the left, followed by the text "Teens4Jesus" in a black, handwritten-style font.

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