

Lent

30 LENT JOURNAL PROMPTS

NAME _____

DATE _____

- 1 What word comes to mind when you think about the next forty days, and why that word?
- 2 What is one small thing you could set down for Lent that you would notice missing by the end of the week?
- 3 What simple object, like a stone in your pocket or a note on the mirror, could remind you of your Lent intention during an ordinary day?
- 4 What did Lent look like in the home or church you grew up in, if it was part of your life at all?
- 5 Write a one-sentence prayer you could repeat each morning of Lent.
- 6 What noise in your day, like a feed, a habit or a show running in the background, would you like to quiet for a while?
- 7 Name one person you could quietly help this week without them knowing it was you.
- 8 What did you reach for today when you felt restless or bored?
- 9 When did you feel close to God today, even for a moment?
- 10 What is one thing in your closet or cupboard you could give away this week, and who might use it?

- 11 Which day of the week feels hardest for keeping your Lent practice, and what might make it gentler?
- 12 What would you like to say to God tonight that you have not yet put into words?
- 13 Describe a small kindness someone showed you recently that you would like to pass on.
- 14 What are you hoping Lent will make room for in your life, and what might need to move to make that room?
- 15 If you are giving something up, what do you hope the empty space will hold instead?
- 16 Think of the last time you told someone you were sorry and truly meant it. What made it possible?
- 17 What habit of speech, such as complaining, sarcasm or rushing people, would you like to notice more this Lent?
- 18 Where do you spend money out of habit, and how might some of it be shared with others this season?
- 19 Write about a time when going without something showed you what you really needed.
- 20 Which Bible passage keeps coming back to you lately? Write down its reference and what draws you to it this season.
- 21 Who in your life is carrying something heavy right now? Write a prayer for them by name.

- 22 Halfway through Lent, what has surprised you about the practice you chose?
- 23 Where do you tend to hurry past people? Picture one encounter this week where you slow down and really listen.
- 24 What does returning mean to you right now, and what would you most like to return to?
- 25 When you fall short of your Lent intention, how do you usually speak to yourself? Write how you might speak with more grace.
- 26 Make a list of everything you were given this week that you did not earn.
- 27 How could you and the people you live with mark Lent together at home in a simple, unhurried way?
- 28 What are you holding on to tightly that you would like to loosen your grip on this Lent, and what makes letting go feel hard?
- 29 Write honestly about something you regret. What would it look like to bring all of it to God without hiding any part?
- 30 Is there a relationship where you owe an apology or a step toward repair? Write about what holds you back and what a first step could be.