

Scripture

30 SCRIPTURE JOURNAL PROMPTS

NAME _____

DATE _____

- 1 Read your passage once, slowly. Which single word stays with you after you look away? Write it down and say why.
- 2 Copy one verse by hand, slowly. Where does your pen want to pause, and what do you notice about that spot?
- 3 If you could underline only one phrase in today's passage, which would it be?
- 4 Read the passage out loud. What sounds different when you hear it in your own voice?
- 5 What is one question you would like to ask the person who first wrote these words?
- 6 Pick one verse to carry today. Where will you keep it so you see it, and when do you hope to remember it?
- 7 Name the main picture in your passage, such as a lamp, a road or a seed. What does it look like in your mind?
- 8 List three verbs in this passage. Which one do you want to sit with the longest?
- 9 Write a one-line prayer using a few words borrowed from the passage you read this morning.
- 10 Who is speaking in this passage, and who is listening?

- 11 Find one word in the passage you don't fully understand. What do you think it means before you look it up?
- 12 Which line from your reading would you like to fall asleep with tonight?
- 13 Choose a verse to keep on your phone screen or inside a notebook this week. Why that one?
- 14 Read the passage three times, noting a different word that stands out each time. What do the three words have in common?
- 15 Read the verses just before and after your chosen verse. What changes when you see it in its setting?
- 16 Rewrite your verse in plain words, as if explaining it to a friend over coffee. What did you have to think about to say it simply?
- 17 Which part of this passage comforts you, and which part unsettles you? Write about both.
- 18 Write three honest questions to the text. Which one feels most pressing to you today?
- 19 Imagine yourself as one of the people in this story. What do you see, hear and feel from where you stand?
- 20 What passage have you returned to most often in your life? What was happening the first time it meant something to you?
- 21 How did the verse you carried today show up in an ordinary moment, at work, at home or on the road?

- 22 What does this passage invite you to do this week, in one small and specific way?
- 23 Is there a verse you once loved that reads differently to you now? What has changed in you since then?
- 24 Pray through the passage line by line, writing a short response after each line. Which of your responses surprised you?
- 25 Think of a verse that kept you company in a hard season. What did it give you to hold onto then?
- 26 Which verse would you like your child to carry with them, and how could you share it gently, without pressure?
- 27 Read the same passage as your partner or a close friend, then compare the words that stood out to each of you. What did the difference show you?
- 28 Read Luke 15. Which of the three stories, the lost sheep, the lost coin or the two sons, do you find yourself in today?
- 29 Spend twenty minutes with one short passage. Write what you notice, then what it stirs in you, then a short prayer, then one thing you will carry from it.
- 30 Where do you find yourself resisting this passage? Write honestly about the resistance and what might sit underneath it.