DAYS GOD GAVE

FIVE DAY REFLECTION JOURNAL

DAYS GOD GAVE

FIVE DAY REFLECTION JOURNAL

DATE:

_____

"DAYS GOD GAVE" QUOTE OF THE DAY FROM MATT HAMMITT

"If you look you'll see the beauty anywhere that you breakdown."

TODAY'S VERSE

"You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives." - Genesis 50:20 (ESV)

REFLECTION

Life is beautiful, but it's also filled with trials. The story of Joseph in Genesis reminds us that God can take even the most difficult moments of our lives and use them for good.

Take a few minutes to reflect:
What is something hard you've walked through?
What did it teach you?
Can you see any good that has come from it, even in small ways?
How might God use that experience going forward, for your good and for His glory?

DAYS GOD GAVE

FIVE DAY REFLECTION JOURNAL

DATE:

_____

"DAYS GOD GAVE" QUOTE OF THE DAY FROM MATT HAMMITT

"Hold on to these moments, they're flying by so fast. Take the time with the ones you love like a chance you can't get back."

TODAY'S VERSE

"So teach us to number our days that we may get a heart of wisdom." - Psalm 90:12 (ESV)

REFLECTION

In a world full of distractions, it's easy to miss the moments that matter most. One of the greatest disciplines we can learn is simply being present. Write about some of your favorite moments you've shared with family and friends during your high school years.

What made those moments meaningful?
What distracted you from being fully present at times?
What are some ways you can be more present moving forward?

DAYS GOD GAVE

FIVE DAY REFLECTION JOURNAL

DATE:

_____

"DAYS GOD GAVE" QUOTE OF THE DAY FROM MATT HAMMITT

"Don't buy the lies you tell yourself. Fight for what is true.
And don't let those little troubles steal the biggest parts of you."

TODAY'S VERSE

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." - Philippians 4:8 (NIV)

REFLECTION

One of the greatest ways to fight anxiety is gratitude. What we focus on shapes what we feel, and it's easy to get overwhelmed by the small, constant pressures of everyday life. Those "little troubles" have a way of taking too much space in our lives, and they can steal the best parts of us.

What are some of the lies you've been believing lately? What anxieties have been weighing on you? Write them down. Then bring those thoughts honestly before God in prayer. Ask Him to replace those lies with His truth, and to help you see the beauty that's still right in front of you.

DAYS GOD GAVE

FIVE DAY REFLECTION JOURNAL

DATE:

_____

"DAYS GOD GAVE" QUOTE OF THE DAY FROM MATT HAMMITT

"Take time to stop and listen for what you might be missing
And let go the things you just can't change."

TODAY'S VERSE

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." - Philippians 4:6 (NIV)

REFLECTION

One of the greatest ways to fight anxiety is to exchange it for gratitude. What we focus on shapes what we feel, and it's easy to get overwhelmed by the small, constant pressures of everyday life. Those "little troubles" have a way of taking too much space in our lives, and they can steal the best parts of us.

Write down something you wish you could change, but is out of your control. Bring it before God with a written prayer. Ask Him to replace your worry with His truth, and to illuminate your heart with gratitude for the things that are good in your life . Consider making a list of the things that you're grateful for.

DAYS GOD GAVE

FIVE DAY REFLECTION JOURNAL

DATE:

_____

“DAYS GOD GAVE” QUOTE OF THE DAY FROM MATT HAMMITT

Make a million memories so when you're old and gray, all the faces in those photographs smile back at you and say, ‘You didn't let the days God gave you get away.’”

TODAY’S VERSE

“I have fought the good fight, I have finished the race, I have kept the faith.” - 2 Timothy 4:7 (ESV)

REFLECTION

In the end, what will the people you love remember about your life?
As you finish this journal, think about the kind of life you want to live with the days God gives you.
Now picture the people closest to you telling your story.
When they look back on your life… what do you want them to say?