



2024 Ladies Fall Groups

Cultivate Hope: Get Still & Reflect

How to Use The Journal Prompts

You'll have 5 scriptures per week. Do one per day or all of them on the same day, this is completely up to your schedule. Look up the scripture for the day and WRITE IT OUT. Choose a translation that speaks to you. Look at the verses before and after to gather context and meaning.

After you've written it out, take some time to pray over it, memorize it, or look up other verses that come to mind that connect with it. Before you finish for the day, jot down your thoughts and insights on the verse.

Week 1

Ecclesiastes 3:1-8

Psalms 27:4-6

James 5:7-8

Psalms 62:5-8

Week 2

Isaiah 26:3-4

Psalms 31:19-20

Matthew 11:28-30

Isaiah 51:4-6

Philippians 4:6-7

Week 3

Hebrews 13:20-21

Micah 7:7-8

Isaiah 30:18

Psalms 107:29-32

John 14:27-29

Week 4

Lamentations 3:21-24

Psalms 4:6-8

Hebrews 11:1

John 16:31-33

Isaiah 43:18-19

Week 5-Bonus

Philippians 4:10-13

II Chronicles 20:17

Psalms 139:17-18

Hebrews 4:14-16

Psalms 63:1-3