Enjoying the Journey

7 day journal challenge

Day 1 – What season are you in right now? What is your end goal? Why do you think you are focusing so much on the end and not where you are right now? Write about your thoughts right now. Are you unhappy? Do you see this season as almost finished or still a long way to go? Why? What are your fears about this season? Once you have written your journal entry for the day read Isaiah 40:31 and pray over the thoughts you have written down.

Enjoying the Journey

7 day journal challenge

Day 2 – Sometimes when we are so focused on the destination we forget to see the beauty in where we are. What things can you take joy in for where you are currently at? If you are currently waiting on a husband, what joy can you see in being single? It may take some time to think about but there is something special in each season. Are there others around you who are in the same season. List some people who are currently where you are and think about ways that you could all support each other right now. If you are struggling to see the beauty right now, why do you think this is?

Enjoying the Journey

7 day journal challenge

Day 3 – What practical things can you do this week to bring you more joy right now where you are? Maybe you can plan a trip to give yourself something to look forward to. If you are waiting on a husband, maybe you can by a book on being a great wife and make yourself someone who guys would love to marry. Or if you are waiting on God to bless you with a child, try doing something fun with your spouse this week that would be more difficult with kids. Try typing into google "Fun things to do for _____ (fill in the blank)… single people, unemployed people, people with little money etc. How do these practical things make you feel? Have you noticed a difference in your thoughts about where you are at?

Enjoying the Journey

7 day journal challenge

Day 4 – Sometimes you feel alone in your journey when there don't seem to be others who are going through what you are. Today see if you can find someone who has been through what you are going through now. Ask them if you can talk about your feelings. Ask them what helped them through it and what they learned along the way. How did speaking to this person make you feel? Did it help? If you weren't able to find someone to talk to how did this make you feel? What did you learn today? If this task was hard for you maybe consider joining an online forum of others who are where you are. Sometimes just having people alongside you can change the whole dimension of the journey.

Enjoying the Journey

7 day journal challenge

Day 5 – Think about some of the past journeys that you have been on. Which one stands out to you the most? Why? How did you feel while on that journey? Did you feel similar to how you do now in this season? What got you through that season and what did you learn? How can you apply what you learnt and felt there to the journey you are on now?

Enjoying the Journey

7 day journal challenge

Day 6 – Sometimes taking our eyes off our own circumstances can make a huge difference to the way we feel. It's almost like a holiday from our circumstances. Today look for someone who is going through something that you been through in the past. Make time to chat with them and give them encouragement. Share with them what helped you in the situation. Don't drown them with advice but be caring and sensitive, remembering how you felt when you were on that journey. How do you feel since meeting with someone who is going through something that you have been through? Did it make you feel better to know that your experience can help others? What thoughts are going through your head today?

Enjoying the Journey

7 day journal challenge

Day 7 – What do you think you could learn from your current journey? Imagine yourself in the future looking back at yourself where you are now. What do you think you are thinking while looking back? Are you glad that you took the time to find joy in this season or are you sad that the season is now over? Are you a stronger person having survived this journey? God allows us to go through trials and hard times so He can allow us to become the people He created us to be, if this season is a test what can you do to pass it quickly and get to the next round?