

30 Christian Journal Prompts

For Teen Girls — a printable card pack.

Cut each card out. Keep them in a tin. Pull one in the morning. Pull one when you can't sleep. Pull one when you don't know what to pray. Designed for teen girls who want depth without the saccharine packaging.

Print on cardstock for best results. Cut along the dotted lines.

#01

Write a letter to yourself a year from now.
What do you hope she knows?

everspring press

#02

What's one verse you keep coming back to? Why does it find you?

everspring press

#03

List three things God seems to be teaching you right now.

everspring press

#04

Where do you feel furthest from God this week? Be honest. He can take it.

everspring press

#05

Who in your life shows you what faith looks like? Why?

everspring press

#06

What's a fear you've been carrying alone? Hand it over on the page.

everspring press

#07

Write down one prayer you're scared to ask for. Then ask it.

everspring press

#08

What does it feel like in your body when you pray? Curious, not perfect.

everspring press

#09

What's a Bible character you relate to right now? What's their story doing in yours?

everspring press

#10

Write about a moment you almost missed. What made you notice?

everspring press

#11

What's the loudest thought in your head today? Name it. Then read Philippians 4:8.

everspring press

#12

List five small mercies from this week. Just five. Specific ones.

everspring press

#13

What's a comparison you're losing to?
Write it down. Now write what's true.

everspring press

#14

If God wrote you a letter today, what do
you imagine it would say?

everspring press

#15

What's a friendship you're praying for? Be
honest about why.

everspring press

#16

Write a prayer about your future. Specific,
not vague.

everspring press

#17

What's one habit you'd like Jesus involved
in? Why that one?

everspring press

#18

Describe a time you knew God showed up.
Slowly. Don't summarize.

everspring press

#19

Who do you need to forgive? Don't fix it on the page — just name it.

everspring press

#20

What's a verse that confuses you? Sit with it. Write what you notice.

everspring press

#21

Write about your body the way God might see it. Try.

everspring press

#22

What's one place in your life that feels stuck? Bring it to prayer.

everspring press

#23

Describe what hope looks like for you right now. Not later — today.

everspring press

#24

What's a question you've been afraid to ask God? Ask it here.

everspring press

#25

Who do you want to become? Write three sentences about her.

everspring press

#26

What's something you used to believe about God that's changed?

everspring press

#27

Write about gratitude when you don't feel grateful. What can you find?

everspring press

#28

Describe a time prayer felt easy. What was different that day?

everspring press

#29

What's a scripture promise you need to remember tonight?

everspring press

#30

Write the prayer of the woman you're becoming.

everspring press