



# My Reset Journal

REFOCUSING MY  
HEART AND MIND ON GOD

# How This Journal Works and Other Things You May Need to Know.

- **Before you begin journaling:** answer the pre-journaling questions before your first day of journaling.
- **Weekly journaling:** Each week, you'll have three days of journaling and one weekly check-in. I suggest that you spread your days of journaling out throughout the week. This way, your mind will be reset throughout the entire week instead of three days crammed together at the beginning, middle, or end of your week.
- **After your final week of journaling:** After you have completed your fourth week of journaling, do the post-journaling questions. This will show if journaling the four weeks helped your mindset and heart set re-focus on God.
- **Reminder:** THIS IS NOT GOD'S WORD. The only thing that can truly set your heart and mind on God is His word. Open up your Bible and study. Pray - talk with Him. Have a relationship with Him. This journal is simply to boost the process of re-focusing on God. It is not the main show. My intention is for you to journal and then study God's Word, opening up the gateway of opportunity for God to transform you.

## Pre-Journaling Questions and Post-Journaling Questions

- In order of greatest amount of focus to least amount of focus, what are three or more things that have been taking up the most focus in my mind and heart lately?
- Which of these has God as the center of focus?
- Out of the topics of focus listed above, are there any that do not have God as the center of focus?
- Am I putting these topics above my thoughts of God?
- If yes, what practices and habits can I implement into my daily routine that can help me take captive of these thoughts and focus on God more instead?

# God's ~~Good~~ Morning

## Morning Heart of Gratitude

- What is at least one blessing from God that I can be grateful for this morning?

## Morning Heart of Service

- Who is one person whom I can plant a seed of kindness with today?
- God help me to be bold with (chosen person) by...

## Morning Heart of Joy

- Today, no matter how many things happen to me (big or small), I am going to rejoice in the Lord by committing to do this one small thing every single time something negative occurs.

## Morning talk with God

God...

# Evening Reflection

## Evening Reflection

- Looking back on today, what is at least one blessing that I can be grateful for?
- What negative things happened to me today?
- How did I react to those things?
- Did my reaction mirror what Jesus' reaction would have been in that same situation?
- If not, how should I change my inward thought process next time so that my outward reaction can reflect Christ?
- How did I care for my chosen person from this morning's journal today?
- In what way can I care more deeply for this person tomorrow?

# Evening Reflection

- If I did not care for this person in some way, why did I not?
- What is at least one thing that I should do to improve my spiritual relationship with God tomorrow?
- What is at least one thing I should ask the Lord to help me with in order to deepen my faith in Him?

**Evening talk with God**

God...

# Weekly Check-in

- What has journaling this week helped me discover about my relationship with God?

**Talk with God**

God...

***"Listen, the Lord our God is the one and only Lord. And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength. The second is equally important: Love your neighbor as yourself."  
Mark 12:29-31***