

Morning Faith Journal

This is the day the Lord has made;
let us rejoice and be glad in it. -Psalm 118:24

DATE: _____

Verse of the Day:

Intentional Focus:

Faith-Focused Tasks

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Commit your
work to the
Lord, and your
plans will be
established.
-Proverbs 16:3

Notes

WRITE DOWN ANY THOUGHTS, PRAYERS, OR INSIGHTS THAT COME TO MIND
TODAY. ALLOW GOD'S PEACE TO FILL YOUR HEART AS YOU SEEK HIS WILL.

Self-Care

TAKING CARE OF YOURSELF IS A WAY TO HONOR GOD, WHO DWELLS WITHIN
YOU. PRIORITIZE SELF-CARE TO REFLECT HIS PEACE AND STRENGTH.

- ☐ CARDIO
- ☐ PILATES
- ☐ HIIT
- ☐ STRENGTH
- ☐ WALK
- ☐ STRETCH
- ☐ OTHER
- ☐ REST

BREAKFAST

LUNCH

DINNER



But those who hope in the Lord will renew their
strength. They will soar on wings like eagles; they
will run and not grow weary, they will walk and
not be faint - Isaiah 40:31

I can do all things through Christ who strengthens me. -Philippians 4:13