

JOURNAL PROMPT SET

# Hope & Healing

*Prompts for the slow return*

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*"He heals the brokenhearted and binds up their wounds." -- Psalm 147:3*

Healing rarely announces itself. These prompts train the eye to see what is quietly, slowly getting better -- and to take the next small step toward it.

**1 What does healing look like for you -- not the final destination, but the next step?**

*Be concrete and small. What is one thing that would feel like movement toward wholeness?*

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**2 Where have you seen God redeem something painful in your past?**

*It doesn't need to be fully resolved. Where is there even a hint of something good coming from something hard?*

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**3 What small thing today could you do as an act of hope?**

*An act of hope is a small, concrete action taken in the direction of what you believe could be true.*

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**4 What would it mean to live with open hands?**

*Where are you holding your plans, your timeline, your outcomes too tightly? What would release look like?*

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**What in your life is slowly, quietly getting better that you haven't stopped to notice?***Take a few minutes. Look carefully. Something is growing that you've been too close to see.*

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**Who in your life embodies hope? What do you see in them?***What quality, habit, or posture do they carry? What would it look like to cultivate that in yourself?*

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