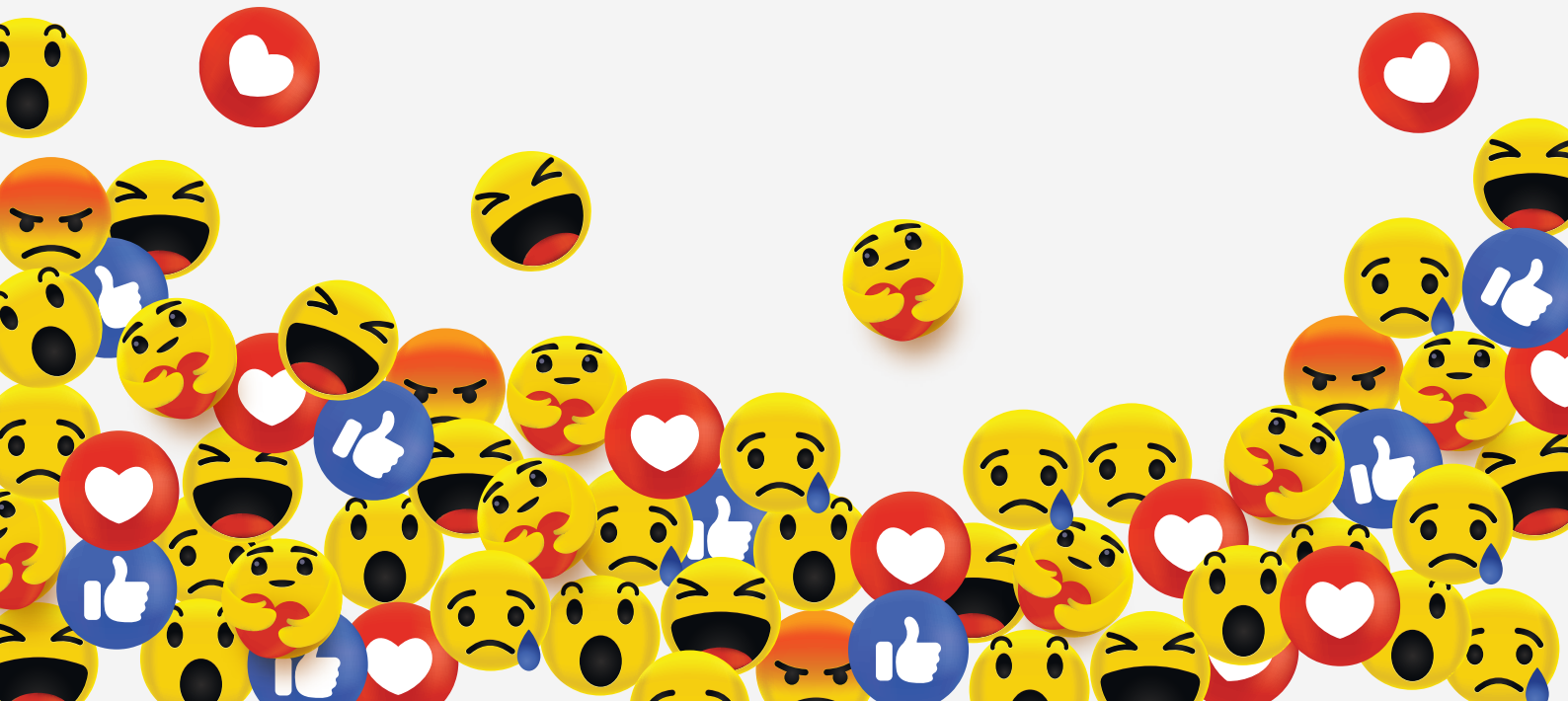


# BECOMING EMOTIONALLY MATURE

**PRAYER JOURNAL**



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## TABLE OF CONTENTS

---

PREFACE: .....	2
INTRODUCTION TO THIS PRAYER JOURNAL: .....	3
HOW TO USE THIS PRAYER JOURNAL:.....	4
GOING DEEPER RESOURCES:.....	6
DAY 1 .....	7
DAY 2 .....	8
DAY 3 .....	9
DAY 4 .....	10
DAY 5 .....	11
DAY 6 .....	12
DAY 7 .....	13
DAY 8 .....	14
DAY 9 .....	15
DAY 10 .....	16
DAY 11 .....	17
DAY 12 .....	18
DAY 13 .....	19
DAY 14 .....	20
DAY 15 .....	21
DAY 16 .....	22
DAY 17 .....	23
DAY 18 .....	24
DAY 19 .....	25
DAY 20 .....	26
DAY 21 .....	27
DAY 22 .....	28
DAY 23 .....	29
DAY 24 .....	30
DAY 25 .....	31
DAY 26 .....	32
DAY 27 .....	33
DAY 28 .....	34
DAY 29 .....	35
DAY 30 .....	36
DAY 31 .....	37
DAY 32 .....	38
DAY 33 .....	39
DAY 34 .....	40
DAY 35 .....	41

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## PREFACE

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This prayer journal was written by Common Ground Church in Cape Town, South Africa in 2021.

Feel free to liberally use this as a discipling resource, while giving due credit to the author and the website [www.commonresources.co.za](http://www.commonresources.co.za) where more resources like these can be found.

All Bible references are from the New International Version translation, accessed through <https://classic.biblegateway.com/>

This work has been developed for use as devotional material for a local congregation and is not published through traditional editors and publishers.

Although Common Ground Church has made every effort to ensure there are no errors (through staff and volunteer writers, editors and proof-readers), they do not assume, and hereby disclaim, liability to any party, caused by errors or omissions, whether such errors or omissions result from negligence, accident or any other cause.

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## INTRODUCTION TO THIS PRAYER JOURNAL

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This prayer journal was designed for our Becoming Emotionally Mature series. Maturity in Christ must encompass emotional maturity. If we think we're growing more spiritually mature but not growing in our emotional maturity we're mistaken.

When we look at Jesus, we see his emotions described in the Gospel books ... for example:

- He was greatly disturbed in spirit (John 11:33).
- He wept at the gravesite of Lazarus and over Jerusalem (John 11:33; Luke 19:41).
- He was angry with disciples (Mark 10:14).
- He was furious at the crass commercialism in the temple (John 2:13-17).
- He showed astonishment (Matthew 8:10).
- He longed to be with his disciples (Luke 22:15).
- He was distressed (Mark 3:5).
- He had compassion for widows, lepers, and blind men (Matthew 20:34; Mark 1:41; Luke 7:13).
- Joy (Luke 10:21).

*"A nail is driven out by another nail; habit is overcome by habit." — Erasmus*

As part of the series, we are providing this prayer journal to encourage us to practice recognizing and processing our emotions before God. We believe that the daily practice of naming our emotions and processing them in a wise and open way with God will transform us into emotionally mature disciples.

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## HOW TO USE THIS PRAYER JOURNAL

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*'To recognize that the Psalms call us to pray and sing at the intersections of the times-of our time and God's time, of the then, and the now, and the not yet-is to understand how those emotions are to be held within the rhythm of a life lived in God's presence.'*  
— N.T. Wright (*The Case for the Psalms: Why They Are Essential*)

### **MORNING: SCRIPTURE / SUGGESTED PSALM:**

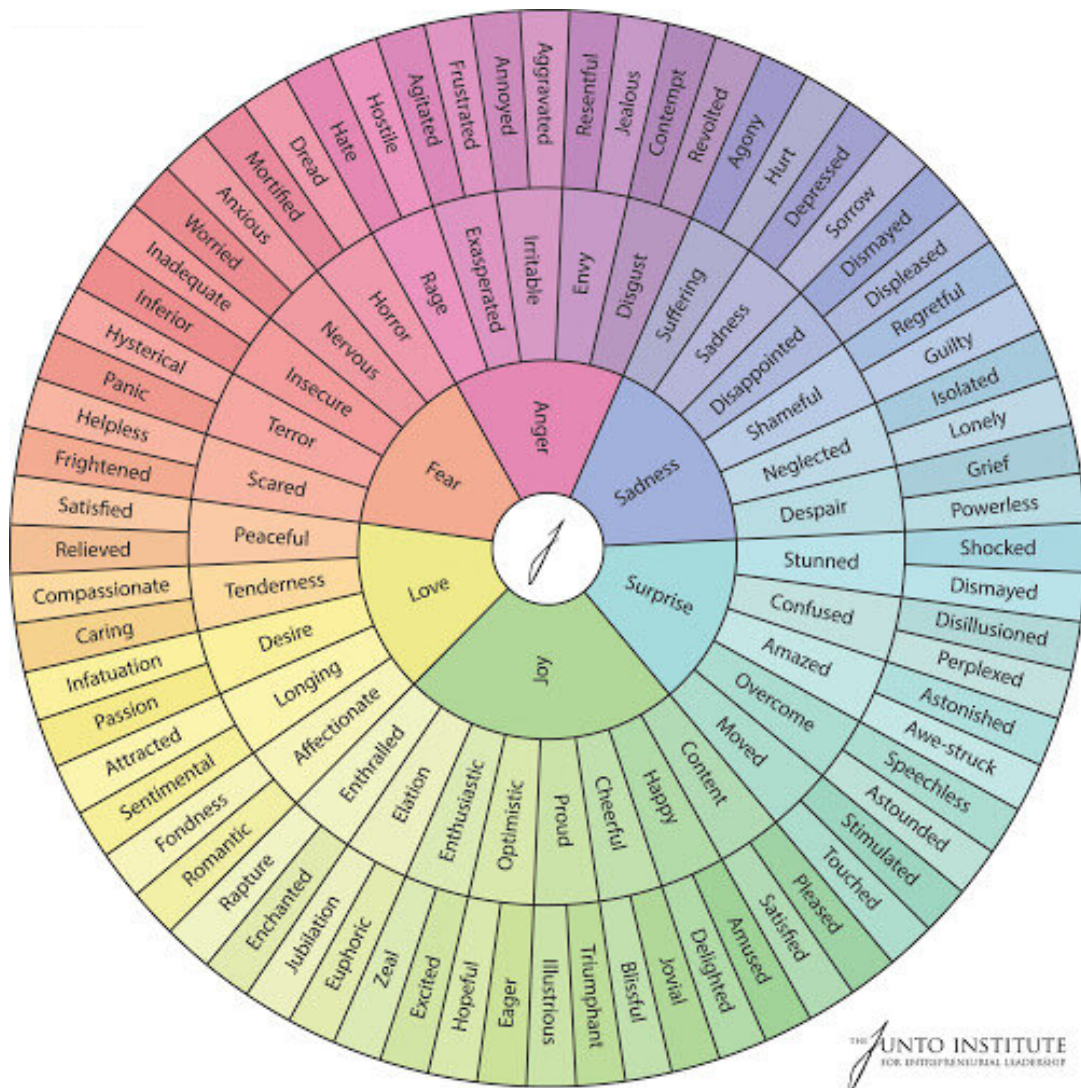
Each day we are being encouraged to start our day in the scriptures. You can either use your own devotional journey/reading plan, or we have suggested a Psalm if you prefer. Scriptures, and especially the psalms, are vital to learning how God calls us to deal with emotions.

### **EVENING: JOURNALING ACTIVITY:**

Then at the end of the day, as part of this journey towards emotional maturity in Christ, use this prayer journal to rehearse naming, understanding and bringing your emotions before God from that day. Ask God to help you develop emotional health by bringing your whole self before him in prayer.

On the next page is a wheel of emotion words to assist in finding new words in your daily exercises.

# EMOTION AND FEELING WHEEL



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## GOING DEEPER RESOURCES

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For some of us, we may want to explore things that come up during this series more, or find additional exercises. Here are some helpful links. If you feel like you need to process further with someone, please move towards your congregational pastoral team.

<https://www.nih.gov/health-information/emotional-wellness-toolkit>

<https://www.commonground.co.za/redemption-groups>

<https://positivepsychology.com/emotional-intelligence-exercises/>

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# DAY 1

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 **MORNING READING: PSALM 100:1-5**

*<sup>1</sup> Shout for joy to the LORD, all the earth. <sup>2</sup> Worship the LORD with gladness; come before him with joyful songs. <sup>3</sup> Know that the LORD is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. <sup>4</sup> Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. <sup>5</sup> For the LORD is good and his love endures forever; his faithfulness continues through all generations.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?



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## DAY 2

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 **MORNING READING: PSALM 136:1-9**

*<sup>1</sup> Give thanks to the Lord, for he is good. His love endures forever. <sup>2</sup> Give thanks to the God of gods. His love endures forever. <sup>3</sup> Give thanks to the Lord of lords: His love endures forever. <sup>4</sup> To him who alone does great wonders, His love endures forever. <sup>5</sup> who by his understanding made the heavens, His love endures forever. <sup>6</sup> who spread out the earth upon the waters, His love endures forever. <sup>7</sup> who made the great lights—His love endures forever. <sup>8</sup> the sun to govern the day, His love endures forever. <sup>9</sup> the moon and stars to govern the night; His love endures forever.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 3

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 **MORNING READING: PSALM 79:5-9**

*<sup>5</sup>How long, LORD? Will you be angry forever? How long will your jealousy burn like fire?  
<sup>6</sup>Pour out your wrath on the nations that do not acknowledge you, on the kingdoms that do not call on your name; <sup>7</sup>for they have devoured Jacob and devastated his homeland <sup>8</sup>Do not hold against us the sins of past generations; may your mercy come quickly to meet us, for we are in desperate need. <sup>9</sup>Help us, God our Saviour, for the glory of your name; deliver us and forgive our sins for your name's sake.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 4

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 **MORNING READING: PSALM 62:5-8**

*<sup>5</sup> Yes, my soul, find rest in God; my hope comes from him. <sup>6</sup> Truly he is my rock and my salvation; he is my fortress, I will not be shaken. <sup>7</sup> My salvation and my honour depend on God; he is my mighty rock, my refuge. <sup>8</sup> Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 5

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 **MORNING READING: PSALM 88:13-18**

*<sup>13</sup> But I cry to you for help, LORD; in the morning my prayer comes before you. <sup>14</sup> Why, LORD, do you reject me and hide your face from me? <sup>15</sup> From my youth I have suffered and been close to death; I have borne your terrors and am in despair. <sup>16</sup> Your wrath has swept over me; your terrors have destroyed me. <sup>17</sup> All day long they surround me like a flood; they have completely engulfed me. <sup>18</sup> You have taken from me friend and neighbour — darkness is my closest friend.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 6

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 **MORNING READING: PSALM 16:5-11**

*<sup>5</sup> Lord, you alone are my portion and my cup; you make my lot secure.<sup>6</sup> The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance. <sup>7</sup> I will praise the Lord, who counsels me; even at night my heart instructs me. <sup>8</sup> I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. <sup>9</sup> Therefore my heart is glad and my tongue rejoices; my body also will rest secure, <sup>10</sup> because you will not abandon me to the realm of the dead, nor will you let your faithful one see decay. <sup>11</sup> You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 7

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 **MORNING READING: PSALM 91:1-8**

*<sup>1</sup> Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. <sup>2</sup> I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." <sup>3</sup> Surely he will save you from the fowler's snare and from the deadly pestilence. <sup>4</sup> He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. <sup>5</sup> You will not fear the terror of night, nor the arrow that flies by day, <sup>6</sup> nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. <sup>7</sup> A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. <sup>8</sup> You will only observe with your eyes and see the punishment of the wicked.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 8

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 **MORNING READING: PSALM 91:9-16**

*<sup>9</sup> If you say, "The Lord is my refuge," and you make the Most High your dwelling, <sup>10</sup> no harm will overtake you, no disaster will come near your tent. <sup>11</sup> For he will command his angels concerning you to guard you in all your ways; <sup>12</sup> they will lift you up in their hands, so that you will not strike your foot against a stone. <sup>13</sup> You will tread on the lion and the cobra; you will trample the great lion and the serpent. <sup>14</sup> "Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name. <sup>15</sup> He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honour him. <sup>16</sup> With long life I will satisfy him and show him my salvation."*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 9

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 **MORNING READING: PSALM 107:1-9**

*Give thanks to the Lord, for he is good; his love endures forever. <sup>2</sup> Let the redeemed of the Lord tell their story—those he redeemed from the hand of the foe, <sup>3</sup> those he gathered from the lands, from east and west, from north and south. <sup>4</sup> Some wandered in desert wastelands, finding no way to a city where they could settle. <sup>5</sup> They were hungry and thirsty, and their lives ebbed away. <sup>6</sup> Then they cried out to the Lord in their trouble, and he delivered them from their distress. <sup>7</sup> He led them by a straight way to a city where they could settle. <sup>8</sup> Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind, <sup>9</sup> for he satisfies the thirsty and fills the hungry with good things.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?



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## DAY 10

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 **MORNING READING: PSALM 103:1-5**

*<sup>1</sup> Praise the LORD, my soul; all my inmost being, praise his holy name. <sup>2</sup> Praise the LORD, my soul, and forget not all his benefits - <sup>3</sup> who forgives all your sins and heals all your diseases, <sup>4</sup> who redeems your life from the pit and crowns you with love and compassion, <sup>5</sup> who satisfies your desires with good things so that your youth is renewed like the eagle's.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 11

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 **MORNING READING: PSALM 103:6-12**

*<sup>6</sup> The LORD works righteousness and justice for all the oppressed. <sup>7</sup> He made known his ways to Moses, his deeds to the people of Israel: <sup>8</sup> The LORD is compassionate and gracious, slow to anger, abounding in love. <sup>9</sup> He will not always accuse, nor will he harbor his anger forever; <sup>10</sup> he does not treat us as our sins deserve or repay us according to our iniquities. <sup>11</sup> For as high as the heavens are above the earth, so great is his love for those who fear him; <sup>12</sup> as far as the east is from the west, so far has he removed our transgressions from us.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 12

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 **MORNING READING: PSALM 103:13-22**

*<sup>13</sup>As a father has compassion on his children, so the LORD has compassion on those who fear him; <sup>14</sup>for he knows how we are formed, he remembers that we are dust. <sup>15</sup>The life of mortals is like grass, they flourish like a flower of the field; <sup>16</sup>the wind blows over it and it is gone, and its place remembers it no more.<sup>17</sup>But from everlasting to everlasting the LORD's love is with those who fear him, and his righteousness with their children's children—<sup>18</sup>with those who keep his covenant and remember to obey his precepts. <sup>19</sup>The LORD has established his throne in heaven, and his kingdom rules over all. <sup>20</sup>Praise the LORD, you his angels, you mighty ones who do his bidding, who obey his word. <sup>21</sup>Praise the LORD, all his heavenly hosts, you his servants who do his will. <sup>22</sup>Praise the LORD, all his works everywhere in his dominion. Praise the LORD, my soul.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 13

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 **MORNING READING: PSALM 42:5-8**

*Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God. <sup>6</sup> My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar. <sup>7</sup> Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. <sup>8</sup> By day the LORD directs his love, at night his song is with me — a prayer to the God of my life.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 14

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 **MORNING READING: PSALM 4:1-8**

*<sup>1</sup> Answer me when I call to you, my righteous God. Give me relief from my distress; have mercy on me and hear my prayer. <sup>2</sup> How long will you people turn my glory into shame? How long will you love delusions and seek false gods? <sup>3</sup> Know that the Lord has set apart his faithful servant for himself; the Lord hears when I call to him. <sup>4</sup> Tremble and do not sin; when you are on your beds, search your hearts and be silent. <sup>5</sup> Offer the sacrifices of the righteous and trust in the Lord. <sup>6</sup> Many, Lord, are asking, "Who will bring us prosperity?" Let the light of your face shine on us. <sup>7</sup> Fill my heart with joy when their grain and new wine abound. <sup>8</sup> In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 15

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 **MORNING READING: PSALM 30:4-12**

*<sup>4</sup> Sing the praises of the Lord, you his faithful people; praise his holy name. <sup>5</sup> For his anger lasts only a moment, but his favour lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning. <sup>6</sup> When I felt secure, I said, "I will never be shaken." <sup>7</sup> Lord, when you favoured me, you made my royal mountain stand firm; but when you hid your face, I was dismayed. <sup>8</sup> To you, Lord, I called; to the Lord I cried for mercy: <sup>9</sup> "What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness? <sup>10</sup> Hear, Lord, and be merciful to me; Lord, be my help." <sup>11</sup> You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, <sup>12</sup> that my heart may sing your praises and not be silent. Lord my God, I will praise you forever.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 16

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 **MORNING READING: PSALM 77:1-9**

*<sup>1</sup> I cried out to God for help; I cried out to God to hear me. <sup>2</sup> When I was in distress, I sought the Lord; at night I stretched out untiring hands, and I would not be comforted. <sup>3</sup> I remembered you, God, and I groaned; I meditated, and my spirit grew faint. <sup>4</sup> You kept my eyes from closing; I was too troubled to speak. <sup>5</sup> I thought about the former days, the years of long ago; <sup>6</sup> I remembered my songs in the night. My heart meditated and my spirit asked: <sup>7</sup> "Will the Lord reject forever? Will he never show his favor again? <sup>8</sup> Has his unfailing love vanished forever? Has his promise failed for all time? <sup>9</sup> Has God forgotten to be merciful? Has he in anger withheld his compassion?"*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 17

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 **MORNING READING: PSALM 77:10-15**

*<sup>10</sup> Then I thought, "To this I will appeal: the years when the Most High stretched out his right hand. <sup>11</sup> I will remember the deeds of the LORD; yes, I will remember your miracles of long ago. <sup>12</sup> I will consider all your works and meditate on all your mighty deeds." <sup>13</sup> Your ways, God, are holy. What god is as great as our God? <sup>14</sup> You are the God who performs miracles; you display your power among the peoples. <sup>15</sup> With your mighty arm you redeemed your people, the descendants of Jacob and Joseph.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?



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## DAY 18

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 **MORNING READING: PSALM 37:3-9**

*<sup>3</sup>Trust in the LORD and do good; dwell in the land and enjoy safe pasture. <sup>4</sup>Take delight in the LORD, and he will give you the desires of your heart. <sup>5</sup>Commit your way to the LORD; trust in him and he will do this: <sup>6</sup>He will make your righteous reward shine like the dawn, your vindication like the noonday sun. <sup>7</sup>Be still before the LORD and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes. <sup>8</sup>Refrain from anger and turn from wrath; do not fret—it leads only to evil. <sup>9</sup>For those who are evil will be destroyed, but those who hope in the LORD will inherit the land.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 19

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 **MORNING READING: PSALM 13:1-6**

*<sup>1</sup> How long, LORD? Will you forget me forever? How long will you hide your face from me? <sup>2</sup> How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me? <sup>3</sup> Look on me and answer, LORD my God. Give light to my eyes, or I will sleep in death, <sup>4</sup> and my enemy will say, "I have overcome him," and my foes will rejoice when I fall. <sup>5</sup> But I trust in your unfailing love; my heart rejoices in your salvation. <sup>6</sup> I will sing the LORD's praise, for he has been good to me.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 20

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 **MORNING READING: PSALM 38:17-22**

*17 For I am about to fall, and my pain is ever with me. 18 I confess my iniquity; I am troubled by my sin. 19 Many have become my enemies without cause; those who hate me without reason are numerous. 20 Those who repay my good with evil lodge accusations against me, though I seek only to do what is good. 21 Lord, do not forsake me; do not be far from me, my God. 22 Come quickly to help me, my Lord and my Saviour.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 21

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 **MORNING READING: PSALM 122:6-9**

*<sup>6</sup>Pray for the peace of Jerusalem: "May those who love you be secure. <sup>7</sup>May there be peace within your walls and security within your citadels." <sup>8</sup>For the sake of my family and friends, I will say, "Peace be within you." <sup>9</sup>For the sake of the house of the LORD our God, I will seek your prosperity.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 22

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 **MORNING READING: PSALM 46:1-7**

*<sup>1</sup> God is our refuge and strength, an ever-present help in trouble. <sup>2</sup> Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, <sup>3</sup> though its waters roar and foam and the mountains quake with their surging. <sup>4</sup> There is a river whose streams make glad the city of God, the holy place where the Most High dwells. <sup>5</sup> God is within her, she will not fall; God will help her at break of day. <sup>6</sup> Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. <sup>7</sup> The Lord Almighty is with us; the God of Jacob is our fortress.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 23

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 **MORNING READING: PSALM 129:1-8**

*<sup>1</sup>“They have greatly oppressed me from my youth,” let Israel say; <sup>2</sup>“they have greatly oppressed me from my youth, but they have not gained the victory over me. <sup>3</sup>Plowmen have plowed my back and made their furrows long. <sup>4</sup>But the LORD is righteous; he has cut me free from the cords of the wicked.”<sup>5</sup>May all who hate Zion be turned back in shame. <sup>6</sup>May they be like grass on the roof, which withers before it can grow; <sup>7</sup>a reaper cannot fill his hands with it, nor one who gathers fill his arms. <sup>8</sup>May those who pass by not say to them, “The blessing of the LORD be on you; we bless you in the name of the LORD.”*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 24

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 **MORNING READING: PSALM 47:1-7**

*<sup>1</sup> Clap your hands, all you nations; shout to God with cries of joy. <sup>2</sup> For the Lord Most High is awesome, the great King over all the earth. <sup>3</sup> He subdued nations under us, peoples under our feet. <sup>4</sup> He chose our inheritance for us, the pride of Jacob, whom he loved. <sup>5</sup> God has ascended amid shouts of joy, the Lord amid the sounding of trumpets. <sup>6</sup> Sing praises to God, sing praises; sing praises to our King, sing praises. <sup>7</sup> For God is the King of all the earth; sing to him a psalm of praise.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 25

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 **MORNING READING: PSALM 149:1-9**

*<sup>1</sup> Praise the Lord. Sing to the Lord a new song, his praise in the assembly of his faithful people. <sup>2</sup> Let Israel rejoice in their Maker; let the people of Zion be glad in their King. <sup>3</sup> Let them praise his name with dancing and make music to him with timbrel and harp. <sup>4</sup> For the Lord takes delight in his people; he crowns the humble with victory. <sup>5</sup> Let his faithful people rejoice in this honour and sing for joy on their beds. <sup>6</sup> May the praise of God be in their mouths and a double-edged sword in their hands, <sup>7</sup> to inflict vengeance on the nations and punishment on the peoples, <sup>8</sup> to bind their kings with fetters, their nobles with shackles of iron, <sup>9</sup> to carry out the sentence written against them — this is the glory of all his faithful people. Praise the Lord.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?



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## DAY 26

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 **MORNING READING: PSALM 51:1-6**

*<sup>1</sup>Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. <sup>2</sup>Wash away all my iniquity and cleanse me from my sin. <sup>3</sup>For I know my transgressions, and my sin is always before me. <sup>4</sup>Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge. <sup>5</sup>Surely I was sinful at birth, sinful from the time my mother conceived me. <sup>6</sup>Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 27

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 **MORNING READING: PSALM 51:7-12**

*<sup>7</sup>Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. <sup>8</sup>Let me hear joy and gladness; let the bones you have crushed rejoice. <sup>9</sup>Hide your face from my sins and blot out all my iniquity. <sup>10</sup>Create in me a pure heart, O God, and renew a steadfast spirit within me. <sup>11</sup>Do not cast me from your presence or take your Holy Spirit from me. <sup>12</sup>Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 28

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 **MORNING READING: PSALM 51:13-19**

*13 Then I will teach transgressors your ways, so that sinners will turn back to you. 14 Deliver me from the guilt of bloodshed, O God, you who are God my Saviour, and my tongue will sing of your righteousness. 15 Open my lips, Lord, and my mouth will declare your praise. 16 You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. 17 My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise. 18 May it please you to prosper Zion, to build up the walls of Jerusalem. 19 Then you will delight in the sacrifices of the righteous, in burnt offerings offered whole; then bulls will be offered on your altar.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 29

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 **MORNING READING: PSALM 73:1-7**

*<sup>1</sup> Surely God is good to Israel, to those who are pure in heart. <sup>2</sup> But as for me, my feet had almost slipped; I had nearly lost my foothold. <sup>3</sup> For I envied the arrogant when I saw the prosperity of the wicked. <sup>4</sup> They have no struggles; their bodies are healthy and strong. <sup>5</sup> They are free from common human burdens; they are not plagued by human ills. <sup>6</sup> Therefore pride is their necklace; they clothe themselves with violence. <sup>7</sup> From their callous hearts comes iniquity; their evil imaginations have no limits.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 30

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 **MORNING READING: PSALM 23:1-6**

*<sup>1</sup> The Lord is my shepherd, I lack nothing. <sup>2</sup> He makes me lie down in green pastures, he leads me beside quiet waters, <sup>3</sup> he refreshes my soul. He guides me along the right paths for his name's sake. <sup>4</sup> Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. <sup>5</sup> You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. <sup>6</sup> Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 31

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 **MORNING READING: PSALM 17:6-12**

*<sup>6</sup> I call on you, my God, for you will answer me; turn your ear to me and hear my prayer. <sup>7</sup> Show me the wonders of your great love, you who save by your right hand those who take refuge in you from their foes. <sup>8</sup> Keep me as the apple of your eye; hide me in the shadow of your wings <sup>9</sup> from the wicked who are out to destroy me, from my mortal enemies who surround me. <sup>10</sup> They close up their callous hearts, and their mouths speak with arrogance. <sup>11</sup> They have tracked me down, they now surround me, with eyes alert, to throw me to the ground. <sup>12</sup> They are like a lion hungry for prey, like a fierce lion crouching in cover.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

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What three things do I have to be grateful for today?

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Spend some time praying to God about what you have been processing through today and this evening. Listen to what God may want to say to you. How might he be shaping you more into his likeness?

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## DAY 32

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 **MORNING READING: PSALM 76:4-12**

*<sup>4</sup> You are radiant with light, more majestic than mountains rich with game. <sup>5</sup> The valiant lie plundered, they sleep their last sleep; not one of the warriors can lift his hands. <sup>6</sup> At your rebuke, God of Jacob, both horse and chariot lie still. <sup>7</sup> It is you alone who are to be feared. Who can stand before you when you are angry? <sup>8</sup> From heaven you pronounced judgment, and the land feared and was quiet— <sup>9</sup> when you, God, rose up to judge, to save all the afflicted of the land. <sup>10</sup> Surely your wrath against mankind brings you praise, and the survivors of your wrath are restrained. <sup>11</sup> Make vows to the Lord your God and fulfil them; let all the neighbouring lands bring gifts to the One to be feared. <sup>12</sup> He breaks the spirit of rulers; he is feared by the kings of the earth.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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What three things do I have to be grateful for today?

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## DAY 33

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 **MORNING READING: PSALM 138:4-8**

*<sup>4</sup> May all the kings of the earth praise you, Lord, when they hear what you have decreed. <sup>5</sup> May they sing of the ways of the Lord, for the glory of the Lord is great. <sup>6</sup> Though the Lord is exalted, he looks kindly on the lowly; though lofty, he sees them from afar. <sup>7</sup> Though I walk in the midst of trouble, you preserve my life. You stretch out your hand against the anger of my foes; with your right hand you save me. <sup>8</sup> The Lord will vindicate me; your love, Lord, endures forever—do not abandon the works of your hands.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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## DAY 34

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 **MORNING READING: PSALM 9:1-2**

*<sup>1</sup> I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds.*

*<sup>2</sup> I will be glad and rejoice in you; I will sing the praises of your name, O Most High.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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 **EVENING PRAYER JOURNAL:**

The loudest emotion/s I felt today was:

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What three things do I have to be grateful for today?

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## DAY 35

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 **MORNING READING: PSALM 36:5-10**

*<sup>5</sup>Your love, LORD, reaches to the heavens, your faithfulness to the skies. <sup>6</sup>Your righteousness is like the highest mountains, your justice like the great deep. You, LORD, preserve both people and animals. <sup>7</sup>How priceless is your unfailing love, O God! People take refuge in the shadow of your wings. <sup>8</sup>They feast on the abundance of your house; you give them drink from your river of delights. <sup>9</sup>For with you is the fountain of life; in your light we see light. <sup>10</sup>Continue your love to those who know you, your righteousness to the upright in heart.*

What does this Psalm teach us about God?

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What does it say about emotional health?

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Why did/do I feel this way?

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What three things do I have to be grateful for today?

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For more resources like this one, feel free to visit:  
*[www.commonresources.co.za](http://www.commonresources.co.za)*

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