

Daily Reflection Journal

A guided journey of truth, intention, and spiritual growth to start your day with the right intention.

From The Insight Series - Free distribution

1. Wake Up & Breathe

Begin each day with intentional breathing and God's presence, before you look into your cellphone, start with this simple habit:

Inhale: "God is here with me."

Exhale: "I am in His care."

"The Son of Man came to seek and save the lost." - Luke 19:10

"Are not two sparrows sold for a penny? ... You are worth more." - Matthew 10:29, 31

"I am the way, the truth and the life..." - John 14:6

"Love the Lord your God... Love your neighbor as yourself." - Matthew 22:37, 39

"Take heart! I have overcome the world." - John 16:33

2. Speak Truth Over Your Day

Choose the verses that speak to your heart each day. Let God's truth shape your perspective.

"I am with you always, to the very end of the age." - Matthew 28:20

"But seek first the kingdom of God and his righteousness, and all these things will be added to you" - Matthew 6:33

"Peace I give you... Do not let your heart be troubled." - John 14:27

"Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life." - John 8:12

"Come to me... I will give you rest." - Matthew 11:28

"But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble." - Matthew 6:33-34

"I am the good shepherd. The good shepherd lays down his life for the sheep" - John 10:11

"So if the Son sets you free, you will be free indeed." - John 8:36

"You are the light of the world... let your light shine." - Matthew 5:14, 16

"I am the resurrection and the life..." - John 11:25

3. Align Your Heart

Take a moment to pray or speak these words from your heart:

"Lord, I believe Your truth is greater than my feelings. Lead me today to work and live for You. Let me bring light where I go."

Feel free to add your own words or simply rest in this prayer.

4. Act with Intention

Choose one specific action that will live out God's truth today. Write it down and keep it visible as a reminder.

My intention for today:

Remember: Small, intentional actions create lasting transformation.