



31 Lists to Help Your Spiritual Focus

A month's worth of journal challenges to help you think more about Godly things

1. 7 things you look forward to about heaven
2. 10 ways you have seen yourself grow spiritually this past year
3. 3 people to convert to Christ/influence
4. 10 spiritual or moral qualities you appreciate about your spouse (or significant other or closest friend)
5. 5 people to try to visit this month
6. 7 ways you have seen God work in your life this month
7. 15 reasons why you love or appreciate your church home
8. 20 ways you see God in nature
9. 4 people to encourage using your words (text, card, conversation, phone call?)
10. 12 blessings you've experienced today
11. 4 people that encourage you spiritually
12. 5 places that help you focus and feel God's presence
13. 15 things you are thankful for about your family (spiritual or physical)
14. 5 Scriptures that encourage your heart
15. 10 spiritual gifts Jesus grants us
16. 8 spiritual heroes (a Christian "hall of faith")
17. 5 people you have seen serve someone else this month
18. 4 Christian authors or speakers that have said or written something you needed to hear recently
19. 10 reasons why being a Christian brings you joy
20. 5 Hymns (or religious songs) that touch your heart
21. 4 scriptures that challenge you
22. 5 (new) people to pray for
23. 3 spiritual or moral characteristics you need to improve
24. 6 ways the leaders (preachers, elders, teachers, deacons, etc) in your church have blessed or helped you
25. 12 missionaries you know
26. 3 ways God has shown His providence to you in the past
27. 9 ways God has granted you comfort when you needed it
28. 3 trials/challenges that you have learned something from
29. 4 scriptures that give you peace
30. 5 people to invite to church or Bible study
31. 8 people to imitate as they imitate Christ

