

BE RESTORED JOURNAL

Date

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

BE RESTORED HEART CHECK-IN

Date

How's Your Heart?

- Spiritually
- Emotionally
- Mentally

Help for My Heart

Healing for My Heart

My heart is restored by surrendering:

My heart is restored by embracing:



PRAYER REQUESTS

PRAISE REPORTS

PATHWAY PROMISES





"Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship."

Romans 12:1 CSB



"Yet Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hands."

Isaiah 64:8 CSB





"He is the image of the invisible
God, the firstborn over all
creation."
Colossians 1:15 CSB



"The Spirit of God has made me,
and the breath of the Almighty
give me life."
Job 33:4 CSB





"All we went astray like sheep; we
all have turned to our own way;
and the Lord punished him for
the iniquity of us all."

Isaiah 53:6 CSB



"God is spirit, and those who
worship him must worship him in
Spirit and in truth."

John 4:24 CSB



