

# *Journal*



By Catherina Fourie

## *My heart-to-heart with the Lord*

DATE \_\_\_\_\_



FOCUS FOR THE DAY: GOALS I'M  
WORKING ON:

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

SCRIPTURE VERSE FOR THE DAY

Large light blue rectangular area for writing the scripture verse.

WHAT IS GOD SAYING TO ME

Large light blue rectangular area for writing what God is saying to me.

I AM THANKFUL FOR

Large light blue rectangular area for writing what you are thankful for.

WHO OR WHAT TO PRAY FOR TODAY

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

I TRUST GOD FOR:

Large light blue rectangular area for writing what you trust God for.

TAKE TIME TO SPEAK TO THE LORD  
CREATE A QUIET PLACE WITH NO  
DISTRACTIONS  
BE INTENTIONAL IN SEEKING HIM.

## *My heart-to-heart with the Lord*

DATE \_\_\_\_\_



FOCUS FOR THE DAY: GOALS I'M  
WORKING ON:

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

SCRIPTURE VERSE FOR THE DAY

Large light blue rectangular area for writing the scripture verse.

WHAT IS GOD SAYING TO ME

Large light blue rectangular area for writing what God is saying to me.

I AM THANKFUL FOR

Large light blue rectangular area for writing what you are thankful for.

WHO OR WHAT TO PRAY FOR TODAY

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

I TRUST GOD FOR:

Large light blue rectangular area for writing what you trust God for.

TAKE TIME TO SPEAK TO THE LORD  
CREATE A QUIET PLACE WITH NO  
DISTRACTIONS  
BE INTENTIONAL IN SEEKING HIM.

## *My heart-to-heart with the Lord*

DATE \_\_\_\_\_



FOCUS FOR THE DAY: GOALS I'M  
WORKING ON:

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

SCRIPTURE VERSE FOR THE DAY

Large light blue rectangular area for writing the scripture verse.

WHAT IS GOD SAYING TO ME

Large light blue rectangular area for writing what God is saying to me.

I AM THANKFUL FOR

Large light blue rectangular area for writing what you are thankful for.

WHO OR WHAT TO PRAY FOR TODAY

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

I TRUST GOD FOR:

Large light blue rectangular area for writing what you trust God for.

TAKE TIME TO SPEAK TO THE LORD  
CREATE A QUIET PLACE WITH NO  
DISTRACTIONS  
BE INTENTIONAL IN SEEKING HIM.

## *My heart-to-heart with the Lord*

DATE \_\_\_\_\_



FOCUS FOR THE DAY: GOALS I'M  
WORKING ON:

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

SCRIPTURE VERSE FOR THE DAY

Large light blue rectangular area for writing the scripture verse.

WHAT IS GOD SAYING TO ME

Large light blue rectangular area for writing what God is saying to me.

I AM THANKFUL FOR

Large light blue rectangular area for writing what you are thankful for.

WHO OR WHAT TO PRAY FOR TODAY

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

I TRUST GOD FOR:

Large light blue rectangular area for writing what you trust God for.

TAKE TIME TO SPEAK TO THE LORD  
CREATE A QUIET PLACE WITH NO  
DISTRACTIONS  
BE INTENTIONAL IN SEEKING HIM.



## *My heart-to-heart with the Lord*

DATE \_\_\_\_\_



FOCUS FOR THE DAY: GOALS I'M  
WORKING ON:

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

SCRIPTURE VERSE FOR THE DAY

WHAT IS GOD SAYING TO ME

I AM THANKFUL FOR

WHO OR WHAT TO PRAY FOR TODAY

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

I TRUST GOD FOR:

TAKE TIME TO SPEAK TO THE LORD  
CREATE A QUIET PLACE WITH NO  
DISTRACTIONS  
BE INTENTIONAL IN SEEKING HIM.

## *My heart-to-heart with the Lord*

DATE \_\_\_\_\_



FOCUS FOR THE DAY: GOALS I'M  
WORKING ON:

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

SCRIPTURE VERSE FOR THE DAY

WHAT IS GOD SAYING TO ME

I AM THANKFUL FOR

WHO OR WHAT TO PRAY FOR TODAY

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

I TRUST GOD FOR:

TAKE TIME TO SPEAK TO THE LORD  
CREATE A QUIET PLACE WITH NO  
DISTRACTIONS  
BE INTENTIONAL IN SEEKING HIM.

## *My heart-to-heart with the Lord*

DATE \_\_\_\_\_



FOCUS FOR THE DAY: GOALS I'M  
WORKING ON:

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

SCRIPTURE VERSE FOR THE DAY

WHAT IS GOD SAYING TO ME

I AM THANKFUL FOR

WHO OR WHAT TO PRAY FOR TODAY

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

I TRUST GOD FOR:

TAKE TIME TO SPEAK TO THE LORD  
CREATE A QUIET PLACE WITH NO  
DISTRACTIONS  
BE INTENTIONAL IN SEEKING HIM.