

Heart Check — Reflection & Journaling

This guide helps you reflect honestly without spiraling into shame. It explores the difference between reflection and rumination, offers a structure for safe journaling, and equips you to reconnect with God through truth-based writing practices.

Key Takeaway:

Journaling is safest and most effective when it's structured, grounded, and truth-focused.

Anchor Verse:

"Let us test and examine our ways, and let us return to the Lord."

—LAMENTATIONS 3:40 (AMP)

Reflective Quote:

"You're not weak for needing structure. You're wise for honoring your healing pace."

— SEAN BRANNAN

Meditation / Affirmation:

"I can face the truth without fear. God meets me where I am—not where I pretend to be."

Take Action:

Try journaling with the Ground - Name - Redirect method after one minute of breathwork. Start with a sentence like, "Right now, I feel..." and move toward one truth or insight.

Breathwork Prompt:

Ground & Open (4–6–8)

Great for: emotional openness and safety

- Inhale 4 seconds (calm)
- Hold 6 seconds (presence)
- Exhale 8 seconds (release)
- Repeat x3–5

Journal Prompts:

Use these questions to guide your next journal entry —

What emotion or belief am I avoiding—and why?

What truth do I need to come back to right now?