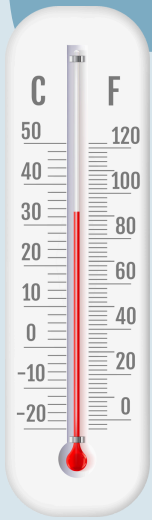


REFLECTION

Spiritual

If you could measure your Spiritual health with a thermometer, what would your temperature be? (hot is good, cold is not).



How has God answered prayer in the last month?

Did I achieve last month's goals? If not, what can I do differently?

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Things that really helped me grow Spiritually last month (podcasts, books, people, Bible verses):

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GOALS

Spiritual



A passage I want to memorise this month:

Large empty rectangular area for writing a passage to memorise.

Affirmation/Motto for the month:

Three horizontal dotted lines for writing an affirmation or motto.

People/things I'm praying for this month:

Eight horizontal dotted lines for listing people or things to pray for.

My prayer for this month:

Eight horizontal dotted lines for writing a prayer.

Spiritual discipline I want to do more this month:

Eight horizontal dotted lines for listing a spiritual discipline.