



What Now?: A Self-Guided Journal for Navigating Life Changes

Purpose

This short journal is meant to help you to reflect on where you've been, where you are now, and where you're going as you face a "rebuilding" time of life. It could be after a move, loss, crisis, transition, conflict, injury, new relationship, graduation, or any big change, positive or negative. The Scripture passages and journal prompts here are designed to walk you through a Biblical rebuilding process, as found in the book of Nehemiah.

This is designed as a companion piece to the full study, "Rebuilding: How to ENDURE During Life Changes." It is best used as a follow-up to that study, to be utilized any time a life transition happens, to help keep you rooted in God's Word and promises of Jesus Christ, who is our cornerstone.

Section 1: How Did I Get Here?

Journal Prompt 1: What is the life change or transition that I am currently facing?

Journal Prompt 2: What are the causes of this transition (note, not every circumstance will have something in every category)?

Relocation/move:

Financial motivation or factors:

Milestone leading to a transition:

Conflict or separation:

Change (including addition or removal) of a vocation:

Grief or loss:

Sin (committed by others):



Sin (committed by you):

Sinful world (factors in a broken world like disease or disaster):

Journal Prompt 3: Based on the factors that led to the time of rebuilding, what are some things that need to change going forward?

What should stay the same?

Section 2: What Promises Has God Given Me to Hold Onto?

Journal Prompt 3: First and foremost, you need to bring sin to throne of God's grace. Considering any sin that needs to be confessed at this time of rebuilding and transition, journal your responses to these promises of God, inserting your name in the blanks:

"Therefore, there is now no condemnation for _____ who is in Christ Jesus" (Romans 8:1)

"For God so loved _____ that He sent His only Son, that _____ who believes in Him would not perish but have eternal life" (John 3:16)

"The blood of Jesus His Son cleanses _____ from all sin"



Journal Prompt 4: It's easy to feel alone during life changes. How do these promises of God speak me whenever I'm feeling isolated or alone?

"Behold, the virgin will be with child and will give birth to a son, and they will call Him Immanuel (which means, 'God with us')" (Matthew 1:23)

"Behold, I am with you always, to the end of the age" (Matthew 28:20)

"Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need" (Hebrews 4:16)

What other verses give me comfort in this time?

Journal Prompt 5: It is essential for me to remain connected to Christ and His Church in this time. As Jesus says, "Apart from me, you can do nothing" (John 15:5). What are the gifts that God gives to me in through His Word and Sacraments? Why are they so essential during this time of life?



Section 3: What Has God Given Me to Be Able to Rebuild?

Journal Prompt 5: What vocations, roles, and relationship has God given me at this time?

Journal Prompt 6: How can any of those be used in this rebuilding process?

Journal Prompt 7: Who are some people that God placed in my life that have vocations that can help me in this time of change?

Section 4: What Can I Thank God for in this Process?

Journal Prompt 8: Write out a prayer thanking God for His presence and His promises in the midst of change:

Journal Prompt 9: Write out a prayer thanking God for at least 3-5 other gifts that He has given you in this transition:



Section 5: What's the Long-Term Plan?

Journal Prompt 10: What would you like to see happen going forward? Present that request to God here:

Journal Prompt 11: What is your plan for keeping worship and the body of Christ central to the next phase of your life?

Journal Prompt 12: When I hit bumps in the road...

What promises of God will I hold onto:

What people will I reach out to:

What habits will I continue:

Concluding Prayer

God, even though I'm dealing with...

You have promised me...



Thank you for...

Help me to...

