

A Message of Hope Ministry



Weekly Reflection & Journaling Worksheet

Meeting Jesus Beneath Your Discouragement

Use this page to slow down, name what you are carrying, and bring it honestly to Jesus

*Cast your cares on the Lord and He will sustain you.
Psalm 55:22*

1 What has been weighing on my heart this week?



2 What fear may be hiding underneath my discouragement?



3 What lies or discouraging thoughts have I been believing?



4 What truth from scripture do I need to remember today?



5 What is one faithful step Jesus may be inviting me to take?



A simple Prayer

6 *Jesus, I bring you my discouragement, my fears, and my questions.
Please help me trust Your heart and take the next step with You. Amen*



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