




Preparing My Heart

FOR WHAT I CANNOT CONTROL





Reflection Journal

A space to be honest. A space to heal.

A space to surrender. 




Today I choose to:

-  Let go of what I can't control
-  Trust God with what I can't see
-  Focus on peace, not panic
-  Grow through what I'm going through


TODAY'S DATE: _____

Today, I come to God with:

_____ 


1 WHAT IS HEAVY ON MY HEART RIGHT NOW?

Be real with God. Write it out.

_____ 


2 WHAT AM I TRYING TO CONTROL?

What am I holding so tightly that I need to release to God?

_____ 


3 WHAT TRUTHS CAN I CHOOSE TO BELIEVE INSTEAD?

Replace worry with God's Word and promises.

_____ 


4 HOW CAN I PREPARE MY HEART TODAY?

What steps can I take to stay grounded in faith?

_____ 

5 A PRAYER OF SURRENDER

Write a prayer, releasing what you can't control to God.


_____ 

6 WHAT IS ONE THING I CAN DO TODAY?

Focus on what is in your hands and take faithful action.


_____ 


DECLARATION OVER MY LIFE:

I release what I cannot control and trust God with what I can't see.
I will not worry. I will not fear.
I will walk by faith, not by sight.
I am being prepared for purpose. 

NOTES TO MY FUTURE SELF:

Encouragement for the woman I'm becoming.

_____ 

I AM NOT ALONE. I AM NOT FORGOTTEN. I AM BEING PREPARED. 

Preparing My Heart for What I Cannot Control

Reflection & Healing Journal

A guided healing journal created by **Treasured by the Storm** to help readers reflect, surrender, process emotions, and reconnect with peace after reading the blog post.

1. What is heavy on my heart right now?

2. What am I trying to control?

3. What truths can I choose to believe instead?

4. How can I prepare my heart today?

5. Write a prayer of surrender.

6. What is one thing I can do today?

Declaration Over My Life

I release what I cannot control and trust God with what I cannot see.
I will not worry. I will not fear.
I will walk by faith, not by sight.
I am being prepared for purpose.