



**7-Day Devotional for
Creators and Builders**

EXPANDED JOURNAL PROMPTS

GOD × GRIT: EXPANDED JOURNAL PROMPTS PACK

An expanded 7-day guide to reflection, discipline, and obedience.

How to Use This Companion

- **Listen:** Start each day with the corresponding *Audio Devotional* at .
- **Reflect:** Read the Scripture and reflection in your physical book or Kindle version.
- **Journal:** Use the prompts below to process what God is revealing.
- **Act:** End with a tangible “Faith + Grit” action.
- Repeat weekly. The goal is rhythm, not perfection.



SUNDAY — GOD

Theme: Letting Go & Letting God Lead

Scripture: *Matthew 11:28–30*

Focus: Release self-reliance and rest in His leadership.

Reflection Extension:

When you try to carry everything, you edge God out of His rightful place. True strength starts with surrender.

Journal Prompts:

1. What specific burden am I holding that God is asking me to lay down?
2. When I say “God first,” what does that practically look like in my day?
3. How does my desire for control limit my faith?

Faith + Grit Action:

Spend 10 minutes in stillness before starting your workday.

Repeat aloud: “*Lord, I give You this day.*”



MONDAY — GIFTS

Theme: Recognizing the Giver

Scripture: *James 1:17*

Focus: See your abilities as sacred assignments.

Reflection Extension:

We often confuse humility with hiding. Gratitude grows when you honor what God has placed in you.

Journal Prompts:

1. What skill or strength have I minimized that could serve someone this week?
2. How has God used my weaknesses to reveal His power?
3. Where do envy or comparison rob my joy in using my gifts?

Faith + Grit Action:

List three gifts and text one person offering to use one gift for them this week.



TUESDAY — GRIT

Theme: Enduring with Purpose

Scripture: *James 1:12*

Focus: Persevere with clarity and calling.

Reflection Extension:

Grit isn't grinding for ego; it's endurance for eternity. The hardest work is often staying faithful in the unseen.

Journal Prompts:

1. What challenge am I avoiding that God might be using to strengthen me?
2. When have I seen perseverance pay off in unexpected ways?
3. How do I act when the results don't show up quickly?

Faith + Grit Action:

Choose one unfinished task you've delayed. Finish it today as an act of worship.



WEDNESDAY — GIVE BACK

Theme: Serve First

Scripture: *2 Corinthians 9:6–12*

Focus: True greatness is found in serving others.

Reflection Extension:

Giving rewires the heart toward heaven. When you give first, you trust that God always supplies.

Journal Prompts:

1. What's one area where I've been taking more than I give?
2. Who in my circle could use my encouragement right now?
3. How do I respond when generosity isn't recognized?

Faith + Grit Action:

Perform one anonymous act of service today — no credit, no mention, just obedience.



THURSDAY — GO FORTH

Theme: Courage & Obedience

Scripture: *Joshua 1:9*

Focus: Fear fades when faith moves.

Reflection Extension:

God doesn't bless hesitation; He blesses obedience. Each act of courage creates room for His power.

Journal Prompts:

1. What is God asking me to start that I keep delaying?
2. What fear holds me back from action?
3. How can obedience today build momentum for tomorrow?

Faith + Grit Action:

Take one visible, physical step toward obedience — send the message, make the call, start the thing.



FRIDAY — GET GOING

Theme: Holy Habits

Scripture: *Exodus 14:15*

Focus: Build habits that invite holiness, not hustle.

Reflection Extension:

Habits don't make you holy — but holy habits keep you close to the One who is.

Journal Prompts:

1. What habit most reflects the person I *don't* want to become?
2. Which current routine could I anchor with prayer or Scripture?
3. Who can hold me accountable for consistency?

Faith + Grit Action:

Create a new “habit stack.” Example: *After I pour my coffee, I'll read one Psalm aloud.*



SATURDAY — GIVE IN

Theme: Surrender & Stillness

Scripture: *Psalm 46:10*

Focus: God finishes what surrender starts.

Reflection Extension:

You can't hear God when you're always talking. Stillness is spiritual strength training.

Journal Prompts:

1. What situation am I gripping that drains my peace?
2. How has God shown Himself faithful when I finally released control?
3. What truth about Him do I need to rest in today?

Faith + Grit Action:

Take a slow walk or drive in silence. No music, no phone.

Just breathe the Jesus Prayer:

"Lord Jesus Christ, Son of God, have mercy on me."



WEEKLY RESET

You've finished the first walk, but the journey doesn't stop here. If you get off track, start here again.

Review Prompts:

- What day challenged me most this week?
- Which habit or idea will I repeat daily next week?
- Who can I share this journey with or pray for?
- What one word describes my walk this week?

Commitment:

Write your one-sentence prayer for next week below:

“Lord, help me _____ this week.”

Moving Forward:

Continue your journey with [The 30-Day Grit Challenge](#) or join the [GxG Substack](#) for weekly devotionals and spiritual training tools.

Want more information? Head over to GodxGrit.com.

