



Willows of Grace

A PRINTABLE JOURNAL

*A quiet place to slow down, be honest,
and make room for God's grace.*

Your Relationship with God

“The Lord is near to the brokenhearted.” — Psalm 34:18

When do I feel closest to God? When do I feel most distant?

What do I believe God thinks about me when I struggle or fail?

Is there a part of myself I have been hiding from God?

Grace Over Shame

“There is therefore now no condemnation.” — Romans 8:1

What is one shame-filled thought that has been speaking loudly lately?

What truth from Scripture or God's character speaks against that shame?

How would I treat myself today if I truly believed grace is greater than shame?

Gratitude & Presence

“Rejoice always... give thanks in all circumstances.” — 1 Thessalonians 5:16-18

Name three small gifts from today — even if one is simply that you are breathing.

What can I see, hear, and feel right now that reminds me I am not alone?

Where have I noticed God's presence recently, even in a small way?

What I Carry

“Cast all your anxiety on him, because he cares for you.” — 1 Peter 5:7

What am I carrying that feels heavy right now?

What belongs to me, and what can I release to God?

What would it look like to let God carry this with me today?

One Small Step

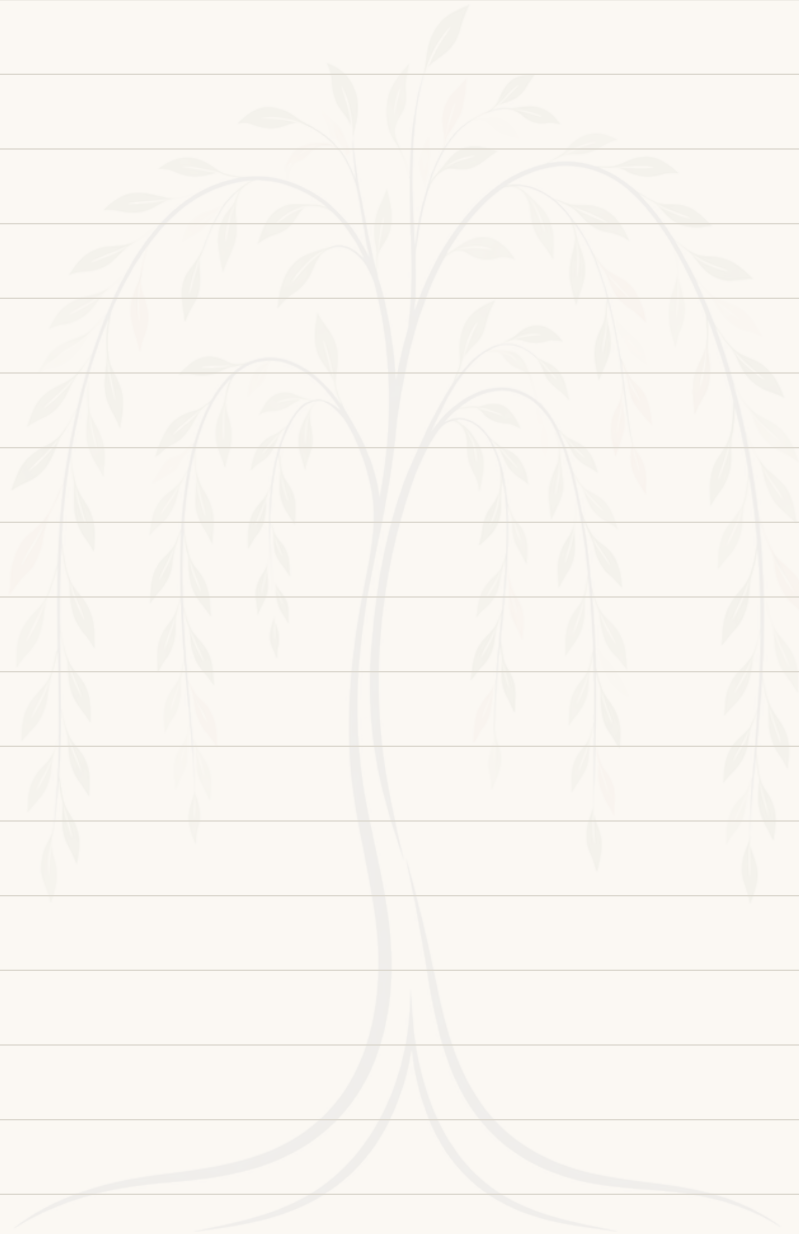
*“We are his workmanship, created in Christ Jesus for good works.” —
Ephesians 2:10*

What is one small, grace-filled step I can take today?

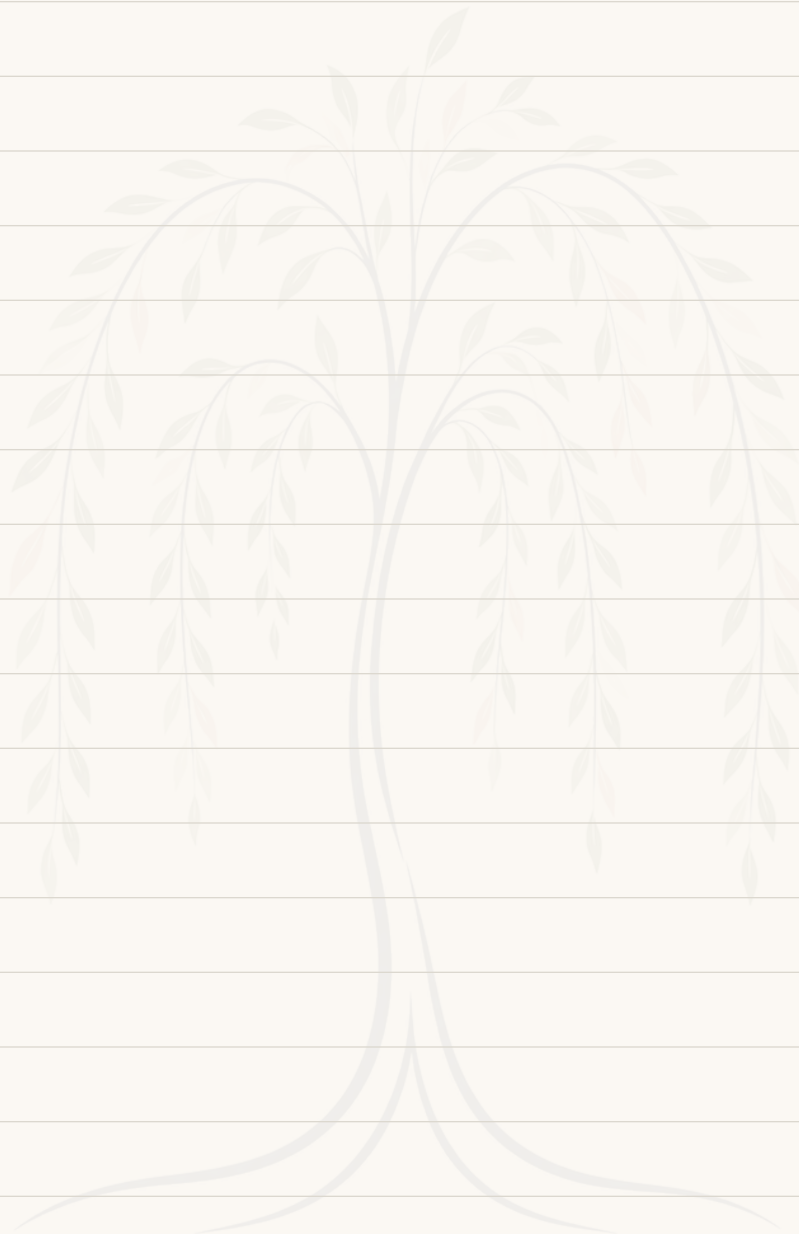
How can I treat myself the way God treats me?

What do I need most right now — rest, truth, connection, or something else?

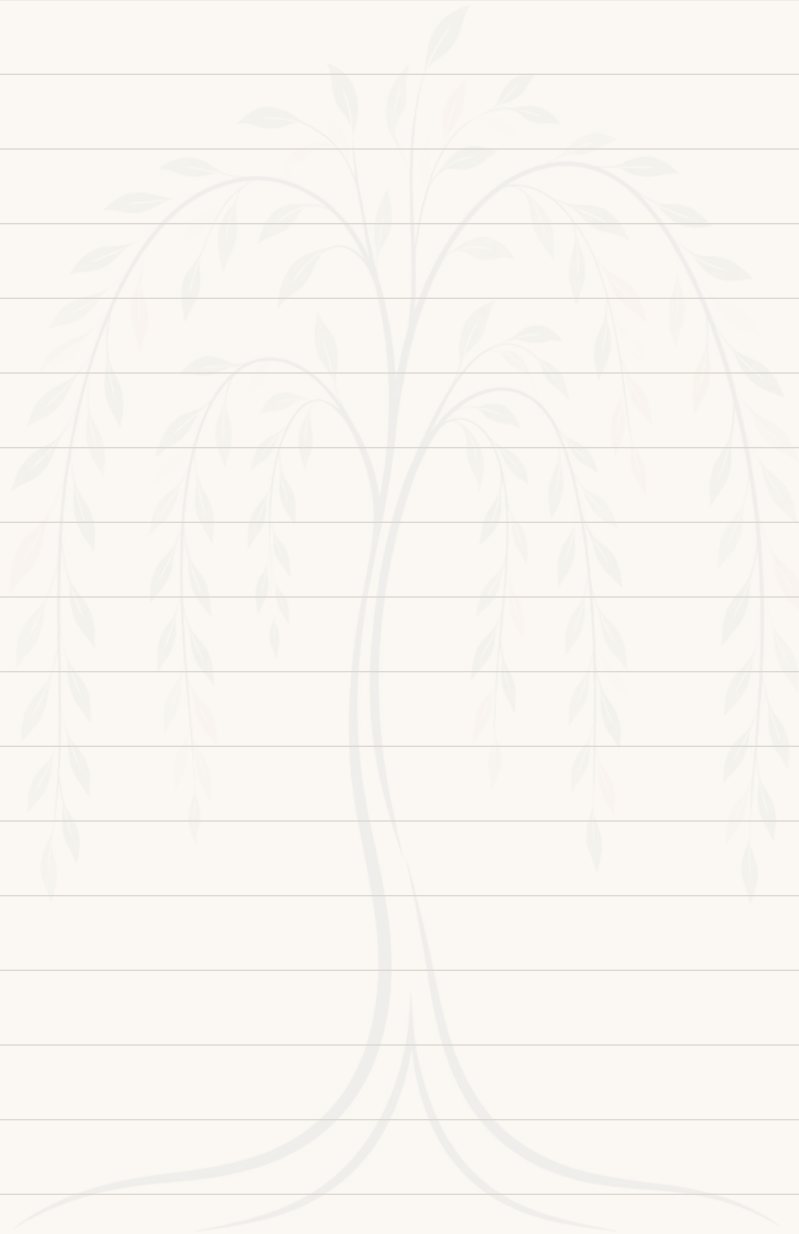
Reflection



Reflection



Reflection





Grace is greater than shame.

You do not have to earn your worth.

If you would like support as you keep walking this road,
you are welcome here.

willowsofgracecounseling.com