

GATHERING REFLECTION JOURNAL

—○—
Gentle Prompts for New Traditions
and
Identity in Christ

Created by Minister Coy
Still On The Journey Ministries



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DISCLAIMER:

This planner is designed for personal reflection and spiritual growth. It is not intended to replace professional mental health care, therapy, or medical treatment. If you are experiencing trauma or mental health concerns, please seek support from a qualified professional.

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I



II



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HOW TO USE THIS JOURNAL

This journal was created to give you a quiet and gentle space to reflect, heal, and reconnect with God during seasons that may feel tender or uncertain. There is no pressure to complete every prompt. There is no timeline to follow. This journal is an invitation, not an assignment.

Move slowly. Pause when needed. Return to pages as often as you like. Some days you may write a few words. Other days you may sit with a prompt in prayer. Allow God to meet you where you are.

This journal is designed to be used in your own way and at your own pace.

Ways You May Use This Journal

Read one prompt at a time
Journal only in the sections that feel supportive
Pause to pray before or after writing
Write freely and honestly without censoring yourself
Revisit prompts as your healing continues

WAYS YOU MAY USE THIS JOURNAL

Read one section at a time
Use the Preparation Checklist before gatherings
Refer to the Emergency Response Plan when you feel overwhelmed
Journal honestly and without censoring your emotions
Read scriptures slowly and aloud when possible

PRINT AT HOME USE

You may print this guide to use as a physical journal.

To print the guide

Open the PDF file on your computer or tablet
Select the print option
Choose standard letter size paper
Print single sided for more space to write

After printing

Place the pages in a binder, folder, or notebook
Write directly on the pages using pen or pencil
You may reprint individual pages if you need additional journaling space
You do not need to print the entire guide at once. You may print only the sections you plan to use.





DIGITAL USE

This guide may also be used digitally without printing.

To use digitally

Save a copy of the PDF to your device or cloud storage

Open the file using a PDF reader or note taking app that allows writing

Examples include GoodNotes, Notability, or Adobe Acrobat

Writing on the pages

Use a stylus with a tablet or touchscreen device to write directly on the pages as you would in a physical journal

You may also type using text boxes if preferred

You may duplicate blank pages inside your app if you need more space

To make your own copy

Always save a personal copy before writing

Do not write on the original file

This allows you to reuse the guide again in the future

Digital use allows for privacy, flexibility, and easy access wherever you are.

SHARING AND PERMISSIONS

This guide is free to share with others who may benefit.

Sharing guidelines

The guide must be shared in its entirety

The content may not be altered

The guide may not be sold or used for resale in any form

Credit must be given to

Still On The Journey Ministries

Minister Jane Coy

Thank you for honoring the heart and purpose behind this resource.

If you want formatting adjustments for spacing or page layout, say exactly what you want changed.





WELCOME



Dear Sister,

This journal was created to offer you a quiet place in this season. A place where you can breathe, reflect, and reconnect with God at your own pace. There is no pressure here. No expectations. These prompts are gentle invitations for your heart, not tasks to complete.

Move slowly. Be kind to yourself. Allow the Holy Spirit to meet you as you write.

With compassion,
Minister Jane Coy
Still On The Journey



I



II



III





SECTION ONE

New Traditions for Peace



This section supports you as you explore new traditions that honor your healing and protect your peace.



Prompt 1



Which past holiday traditions bring tension or sadness to your heart. Write honestly and gently.



I

II



III



Guided Prayer Prompt

Lord, I thank You for showing me the traditions that have brought heaviness to my heart. Please guide me as I release what no longer supports my peace, and help me express what I need in this season...



Continue in your own words.



Prompt 2



What would a peaceful Christmas day look like for your soul. Describe it softly and with honesty.



I



II



III



Guided Prayer Prompt

Lord, I thank You for giving me a picture of what peace can look like for me. Please help me move toward the things that bring calm and rest, and guide me as I imagine a gentler way to experience this season...



Continue in your own words.



Prompt 3



Name one small thing you can do this year that supports emotional safety and rest.



I



II



III



Guided Prayer Prompt

Lord, I thank You for leading me toward the small steps that support my healing. Please show me what my heart needs most right now and help me honor those needs without guilt...



Continue in your own words.



Prompt 4



If you could begin a new tradition that brings comfort and joy, what would it be. Why does this matter to you.



I



II



III



Guided Prayer Prompt

Lord, I thank You for opening my heart to new traditions that can bring comfort and joy. Please guide me as I create moments that support my healing and reflect Your presence in my life...



Continue in your own words.



Prompt 5



Reflect on a moment when you sensed God inviting you into something new. What did it whisper to your heart.



I



II



III



Guided Prayer Prompt

Lord, I thank You for the ways You gently invite me into new places. Please help me recognize Your voice and trust the direction You are leading me in this season...

Continue in your own words.





I



SECTION TWO

Identity in Christ



Each prompt in this section is rooted in your Identity in Christ Declarations. Reflect slowly and let God speak to your heart.



III





I am loved by God.

Prompt 6



Write about a moment in your life when you felt the love of God, even in a small or quiet way.



I



II

III



I am chosen.



Prompt 7



Where have you seen God choose you, protect you, or guide your steps.



I am seen by God.

Prompt 8



Describe a time when you felt invisible or overlooked. Then write how you believe God saw you in that moment.



I



II



III



I am held by God.



Prompt 9



What is one area of your life where you need to feel held and supported. Write a short prayer inviting God into that space.



I am valuable.

Prompt 10



List three qualities inside you that reflect the beauty God placed in your life.



I



II



III



I am restored in Christ.



Prompt 11



How is God restoring your heart in this season. Reflect on the quiet ways He is rebuilding peace within you.



I



II



SECTION THREE

Reflection With God





Prompt 12



What is God inviting you to release this season.



I



II



III

Prompt 13



What is God inviting you to receive.





Prompt 14



Write a prayer asking the Holy Trinity to guide you gently in the days ahead.



I



II



III





Dear Sister,

Every word you wrote in this journal is part of your healing. God sees it all. You are loved. You are chosen. You are held. You are guided. You are never alone.

Continue to take your steps with God. Not through pressure, but through presence.

With love, Minister
Jane Coy Still On
The Journey

