

Here are 20 Catholic Bible journaling prompts to deepen your faith and reflection:

1. Gratitude Reflection: Choose a Psalm that speaks of gratitude (e.g., Psalm 136). Reflect on the ways God has shown steadfast love in your life.
2. Divine Mercy: Read about the encounter between Jesus and the Samaritan woman at the well (John 4:1-42). Journal about a time you experienced God's mercy.
3. Living the Beatitudes: Pick one of the Beatitudes from Matthew 5:3-12 and write about how you can live out that Beatitude in your daily life.
4. Fruits of the Spirit: Read Galatians 5:22-23. Select one fruit of the Spirit and journal how you see this fruit manifesting in your life or how you can cultivate it more.
5. Sainly Insights: Choose a favorite saint, read a passage they wrote or a story about them, and reflect on how their life inspires your spiritual journey.
6. Parable Pondering: Select a parable Jesus tells in the Gospels (like the Prodigal Son or the Good Samaritan). Write about its relevance to your current life situation.
7. Divine Promises: Reflect on a promise of God from Scripture (e.g., Isaiah 41:10). How does knowing this promise affect your faith and daily living?
8. Forgiveness and Healing: Read the story of the healing of a paralytic, where Jesus first forgives his sins (Mark 2:1-12). Reflect on the relationship between forgiveness and healing in your own life.
9. Mary's Heart: Reflect on Luke 2:19, "But Mary treasured up all these things, pondering them in her heart." Journal about what you are treasuring and pondering in your heart today.
10. Call of Discipleship: Read about Jesus calling His disciples (Mark 1:16-20). Reflect on how you are being called to follow Jesus in your own life.
11. Overcoming Temptation: Reflect on Jesus' temptation in the desert (Matthew 4:1-11). Journal about a personal struggle and how you can use Jesus' example to overcome it.
12. Faith in Action: James 2:14-26 discusses faith and works. Write about a recent time when you put your faith into action.
13. Hope in Hardship: Reflect on Romans 5:3-5, which talks about suffering produces perseverance. Journal about a difficult time and how it has strengthened your hope.
14. Christ's Peace: John 14:27 talks about the peace Christ gives. Write about how you experience Christ's peace in turbulent times.
15. Loving Like Jesus: Reflect on 1 Corinthians 13:4-7. Journal about practical ways you can show this kind of love in your relationships.
16. Spiritual Warfare: Reflect on Ephesians 6:10-18 and the armor of God. Journal about the spiritual battles you face and how you can be better prepared.

17. God's Creation: Spend time in nature and read Genesis 1. Write about how the beauty of creation speaks to you about God's character.
18. Guidance and Wisdom: Reflect on Proverbs 3:5-6 and how trusting in the Lord has guided you in past decisions.
19. The Role of Prayer: Reflect on the importance of prayer as seen in the life of Jesus (e.g., Luke 5:16). Journal about your prayer life and aspirations.
20. Sacrifice and Salvation: Reflect on the Passion narratives in the Gospels. Write about what Jesus' sacrifice means for your life and faith.