



## Journal Prompts: The Call to Grow Up

### 1. Where am I spiritually right now?

Describe your current season with honesty. Are you growing, coasting, or struggling?

### 2. What areas of my life show signs of spiritual immaturity?

Think about your reactions, habits, relationships, or thought patterns.

### 3. What does “becoming more like Christ” look like for me personally?

Identify specific traits or attitudes you sense God calling you to develop.

### 4. How am I engaging with God’s Word right now?

What needs to change for Scripture to shape you more deeply?

### 5. Who are the people God has placed in my life to help me grow?

How can you lean into community more intentionally?

### 6. Where do I resist growth because it feels uncomfortable?

Ask the Spirit to show you what fear or pride might be holding you back.

### 7. What is one practical step I can take this week to pursue maturity?

Keep it simple and doable.

### 8. How is love showing up in my life?

Reflect on your relationships. Are you speaking truth in love? Building others up?

### 9. What is God inviting me to surrender so that I can grow?

Listen for His gentle conviction.

### 10. What encouragement from Ephesians 4 do I need to hold onto this week?

Write it down and revisit it daily.