



Journal Prompts: United in Maturity

Use these prompts to reflect on how God is shaping you through community this week.

1. How has God used other believers to help me grow spiritually?
2. Where am I tempted to isolate myself instead of staying connected?
3. What relationships in my church help me grow—and how can I invest in them more intentionally?
4. Who might God be calling me to encourage, support, or walk alongside this week?
5. How do I respond when someone speaks truth to me in love? What does that reveal about my maturity?
6. Are there conversations I need to have—either to encourage or to reconcile?
7. What gifts or strengths has God given me that I can use to build up the body?
8. How can I contribute to unity in my church rather than division?
9. What does “growing together” look like in my current season of life?
10. Write a prayer asking God to help you grow in unity, humility, and love within the body of Christ.