Essential Oils Guide

Haith

AROMA PRAYER JOURNAL FOR TWEENS & TEENS



Welcome to your Fragrant Faith Journey!

Navigating the pre-teen and teenage years can be a remarkable journey of faith and growth. These pivotal years are filled with challenges and opportunities that will shape your character and deepen your relationship with God. To support you during this transformative time, I've crafted a 30-day devotional journal that weaves together the timeless wisdom of Scripture with the soothing benefits of <u>essential oils.</u>

Each day's entry includes a meaningful Bible verse to reflect upon, a thought-provoking devotional message to ponder, and recommended essential oils to enhance your spiritual experience. Whether you're seeking peace, clarity, or strength, the combination of faith and the natural support from essential oils can help you stay centered and connected to God's guidance.

It's time to embark on the exciting journey of embracing each new day with an open heart and a willing spirit. May this devotional journal be a source of comfort, inspiration, and growth as you navigate the extraordinary years that God has planned just for you! Let's begin!



Date

Day 1: Embracing God's Peace "Peace I leave with you; my peace I give you." - John 14:27

God's peace is a gift. Take a moment to pause, breathe deeply, and pray for His calming presence to fill your heart. Sit comfortably in a quiet space where you won't be disturbed. Diffuse Lavender and Frankincense to create a peaceful environment in your room. Close your eyes, take three deep breaths in through your nose, hold for a moment, and exhale slowly through your mouth.

Now, write about a time when you felt completely at peace. Where were you? What were you doing? How did you feel? Describe it in as much detail as possible.



List three things you can do each day to invite more peace into your life. Consider small habits or actions that help you feel calm and grounded.

Write a prayer asking God to fill your heart with His peace. Include any specific areas of your life where you need His calming presence.

Write a short pledge or affirmation. For example: "I commit to seeking God's peace in every moment of my life" or "I will take time each day to breathe deeply and invite peace into my heart."

W W W . P A U L A B E H R E N S . C O M

Date

Day 2: God's Blueprint for Me "For I know the plans I have for you, declares the Lord." -Jeremiah 29:11

Reflect on what Jeremiah 29:11 means to you. How does it make you feel? Think about a time when life felt out of control or challenging. Describe that situation and how it made you feel.

Next, consider how trusting in God's plan could change your perspective on that situation.

What are some dreams or goals you have for your future? Write a short letter to your future self, reminding yourself to trust in God's plan, no matter what challenges you face.

List three things you are grateful for today. These can be simple or significant.

Create a small drawing or doodle that represents trusting in God's plan. This could be anything from a roadmap, a lighthouse, or even a heart. If you feel comfortable, take a photo of your journal page and share it with your friends or on social media using a hashtag like #TrustingGod #Devotional.

Date

Day 3: Strength in God's Word "I can do all things through Christ who strengthens me." -Philippians 4:13

Start by diffusing a blend of Peppermint and Lemon essential oils in your favorite diffuser. Take a few deep breaths to invigorate your senses and create a focused, energetic atmosphere. Think about a recent challenge you've faced. It could be something from school, a personal struggle, or even a tough decision you had to make. Describe how you felt during the situation and what made it difficult for you.

How might you draw strength from Christ during similar challenges? Write down how you can remind yourself to seek Christ's strength in such moments.



Write down at least three things you can do when facing a challenge to draw upon Christ's strength. This could include praying, reading a Bible verse, talking to a mentor, or even diffusing energizing essential oils like Peppermint and Lemon to refresh your spirit.

Write a personal prayer asking Christ to continue to strengthen you and guide you through every challenge.

What's your idea of strength? Think about three reasons why this means strength to you. Whenever you think about it during the day, remind yourself that you can draw strength from Christ in any situation.

Date

Day 4: Emotions Under His Control "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." – Philippians 4:6

Find a quiet, comfortable spot where you can focus. Make a roller bottle by adding 10 drops each of Clary Sage and Geranium essential oils and then top it off with a carrier oil, like coconut (ask for help if you need it). Apply some to your wrists. Take deep breaths, letting the calming aroma envelop you as you prepare your heart and mind for reflection.

Read the verse from Philippians 4:6. Write it down in the space below. What words or phrases stand out to you? Why do you think this verse is important when it comes to managing emotions?

Think about a time recently when you felt anxious or overwhelmed. Describe the situation. What were your thoughts and feelings?

Write down three affirmations or positive statements that can help you feel stronger during times of emotional struggle. For example, "I am loved," "God is with me," or "I can find peace."

Think about how you can use prayer and essential oils to support your emotional well-being in the future. Write down a plan or a few steps you can take next time you start to feel anxious.

Date

Day 5: Loving Others "Love your neighbor as yourself." - Mark 12:31

Before you start, diffuse a blend of Orange and Lavender essential oils in your room. Close your eyes and take a few deep breaths to relax and center your heart on love and kindness.

Reflect on Jesus' statement: "Love your neighbor as yourself." What does it mean to love your neighbor as yourself? How would you like to be treated? List a few ways you can show that same love and kindness to others.

Write "Loving Acts Logbook" in the space below. Come back to this page and write about any loving acts of kindness you do this week.

Think about a time when someone showed you unexpected kindness. How did it make you feel? Write about this experience and how it impacted your mood or day.

Identify someone in your life who might need an extra dose of kindness. Write down a plan of how you could show love and kindness to this person. This could be through a kind word, a helping hand, or a small gift.

List three things you love about yourself. By appreciating yourself, it can become easier to extend love to those around you.

Date

Day 6: God's Guidance "Your word is a lamp to my feet and a light to my path." - Psalm 119:105

Take a moment to be still and quiet. Put a drop of Frankincense oil on your temples (ask for help if you need it!). Close your eyes and take a few deep breaths.

Think about the Bible verse and let it sink into your heart. Now, write down any thoughts or feelings that come to you during this quiet time. Imagine your path through life. What do you think it might look like? Write down your thoughts about what God lighting your path means to you.



Label different spots along your path with significant moments or dreams in your life (like starting a new grade, making new friends, or chasing a hobby you love).



Write a short prayer asking God for His guidance in any area of your life where you feel uncertain or need His help. It could be school, friendships, or even hobbies.

List three things that you can do to seek God's guidance regularly. Examples could be reading the Bible, praying, or talking to a trusted adult about your feelings.

Date

Day 7: Finding Joy "The joy of the Lord is your strength." - Nehemiah 8:10

Before you start writing, take a moment to create a joyful atmosphere. Diffuse three drops each of Bergamot and Ylang Ylang essential oils. Close your eyes and breathe deeply, allowing the uplifting scents to fill you with a sense of happiness and well-being.

Think about the small moments in your day that bring you joy. It could be the laughter of a friend, the warmth of the sun on your face, or even the taste of your favorite snack. Joy can be found in the simplest of things. Now take a few moments to write about the small things that bring you joy.



Write down at least five moments in the past week that made you smile or feel happy. Describe each one and note why it brought you joy. How did these moments make you feel stronger or more positive?

Write a short prayer thanking God for these joyful moments. Ask for the strength to find joy even in challenging times.

Reflect on how focusing on joy and gratitude can strengthen your spirit. How can you make finding joy a daily habit?

Date

Day 8: Dealing with Peer Pressure "Bad company corrupts good character." – 1 Corinthians 15:33

Today, we will explore how to handle peer pressure and stay true to ourselves. Peer pressure can sometimes feel like a big wave trying to push us where we don't want to go. It's important to remember that who we are deep inside can shine through, even in the face of such challenges.

First, inhale deeply as you apply a blend of Valor and Cedarwood essential oils on your wrists. Imagine this blend giving you the bravery of a lion and the steady wisdom of an ancient tree.

Take a moment to write down the verse, "Bad company corrupts good character." Think about what this means to you. How do the people around you influence your actions and thoughts?

List three people you spend a lot of time with. How do each of them make you feel? Are they kind, helpful, and positive, or do their actions sometimes steer you away from what you believe is right?

Think of ways you can gently say "no" to peer pressure. Write down a few phrases or sentences you can use when you feel like someone is pushing you to do something you don't agree with. For example, "That doesn't feel right to me," or "I'd rather not."

Even in challenging times, there's always something to be thankful for. Write about what you're grateful for today, especially focusing on the supportive people who encourage you to be the best version of yourself.

Date

Day 9: Overcoming Fear "Do not fear, for I am with you." - Isaiah 41:10

Reflect on how God supports and guides you through your fears with the comforting words of Isaiah 41:10 (above). As you meditate on the scripture passage, diffuse a blend of Valor and Cypress essential oils. Let the scents of bravery and protection inspire you, filling your space with calm and courage.

Think about a time when you once felt afraid. Imagine God as a gentle, protective presence standing beside you in that moment. Place a drop of Valor in your hands, breathe in the aroma and notice what happens to the image of that time when you felt afraid. It may fade away, break apart, become more intense, or change into something else. If it becomes more intense, continue to breathe in the calming oils and ride the wave until you feel a sense of peace.

As you begin to feel calm and protected by God, let your words paint a picture of what just happened.

Write about a time recently when you felt worried. What happened? How did you feel?

Close your eyes and imagine God standing right there with you. How does His presence change your feelings of being worried?

Think of a small, brave action you can take today. How can believing that God is with you help make that scary step feel possible?

Date

Day 10: Gratitude in All Things

"Give thanks in all circumstances." - 1 Thessalonians 5:18

Today, we're diving into the beautiful world of gratitude. Start by preparing your mind and heart for reflection. Find a quiet, cozy corner and mix a few drops of Sandalwood and Lavender essential oils in your diffuser. Take a few deep breaths, letting the serene aroma fill you with peace.

Now, in the space below write today's date along with the title "Gratitude in All Things." Underneath, start by writing the verse from 1 Thessalonians 5:18. Let the words be your guide as you embark on today's journey.

Write down five small blessings that you've noticed recently. These could be as simple as a friendly smile, a cozy sweater, or a delicious meal. Reflect on how each of these tiny gifts brings joy into your life.

Think about a challenging situation you've faced. Describe why it was difficult and one good thing that came out of it. Maybe you learned a valuable lesson, made a new friend, or discovered inner strength you didn't know you had.

Think of three people who have made a positive impact on your life. For each person, write a short, heartfelt note thanking them for their kindness and support. Then write about your appreciation for the love and care you receive.

Take a moment to think about your hopes and dreams for the future. Write them down, and beside each one, note how you can be grateful as you work towards your goals. Gratitude isn't just about the present; it's about nurturing a hopeful and thankful heart for what's to come.

Date

Day 11: Wisdom in Decisions "If any of you lacks wisdom, let him ask God." - James 1:5

Add a few drops of Lemon to your diffuser to support clarity and thoughtful decision-making. Focus on how you can make wise decisions by seeking God's guidance.

Think about a wise decision you made recently. Did you make a wise choice in what to wear, what to eat for breakfast, or maybe how to spend your free time? How did you feel before and after making this choice?

Remember a time when you felt unsure about what to do. What was happening. Did you ask God for wisdom? How did you pray for guidance? What happened after you sought God's wisdom?

Plan a moment during your day when you can pause, breathe deeply with the refreshing scent of Lemon essential oil, and ask God for wisdom. What will you do during this pause (e.g., pray, read the Bible, meditate)? What kind of decisions are you hoping to find clarity for today?

Reflect on a decision you feel you made wisely with God's help in the past few days. How did this decision positively impact you or others? Write a short prayer of gratitude to God for His wisdom and guidance.

Set a goal for yourself to seek God's wisdom regularly. How often will you ask God for wisdom (e.g., every morning, before a big decision)? What can remind you to seek wisdom (e.g., a special bookmark, an alarm on your phone)?

Date

Day 12: God's Unfailing Love "His love endures forever." – Psalm 136:1

Before you begin, put a few drops of Young Living's Lavender and Geranium essential oils into your diffuser. Inhale deeply and let the calming, floral scents create a space of love and comfort around you.

Start your journal entry by writing down Psalm 136:1: "His love endures forever." Feel the power in these words as you write them out slowly and thoughtfully.

Think about a time when you felt very loved and cared for. It could be a moment with a family member, a friend, or even a pet. Describe this moment in as much detail as you can. How did it make you feel? What made that moment so special?

Now that you've relived that special moment, think about how God's love compares. God's love is even greater and never-ending! Write about how knowing that God's love endures forever makes you feel. Does it give you comfort, joy, or a sense of security?

Jot down a few ways you can show God's love to others today. It could be a simple act of kindness, a word of encouragement, or a helping hand to someone in need.

Write a short prayer or note of gratitude. Thank God for His unfailing love and for always being there for you, no matter what. Breathe in the soft aroma of Lavender and Geranium as you do this, feeling the love and comfort it brings.

Date

Day 13: Embracing a Heart of Service

"Serve one another humbly in love." - Galatians 5:13

As you apply Peppermint and Lavender to your wrists for mental refreshment and a servant's heart, reflect on serving those around you. Breathe deeply allowing these calming oils to guide your thoughts towards kindness and compassion.

Think about serving one another humbly in love. What does that mean to you? Write down three ways you can serve your family or friends this week. These acts don't need to be grand gestures; sometimes, the smallest acts of kindness can have the biggest impact.



Consider helping a sibling with homework, offering to assist in preparing a family meal. or simply listening attentively when a friend shares their day.

Next, think about how serving others makes you feel. Does it bring warmth to your heart? Write about these emotions in the space below.

Take a moment to set a personal goal. How will you incorporate the spirit of service into your daily life? Write a prayer or a positive affirmation about your plans, asking for the strength and love to serve others joyfully and humbly.

W W W . P A U L A B E H R E N S . C O M

Date

Day 14: Cultivating Patience "Wait for the Lord; be strong and take heart and wait for the Lord." – Psalm 27:14

Diffuse Chamomile and Lavender to promote patience and calm. Today's adventure is all about patience. Before you dive in, take a deep breath and imagine the soothing scents of Chamomile and Lavender filling the room, wrapping us in a cozy blanket of calm and patience.

Think about a time when you really wanted something to happen right away, but you had to wait. Maybe it was waiting for your birthday, a special day at school, or a fun trip.

Write about what were you waiting for? Describe it with as much detail as you can.



How did it make you feel to wait for that special something? Did you feel excited, anxious, or even frustrated? What did you do to pass the time? Did you find a way to distract yourself, or did you just count the days?

How do you think God feels when we wait for His timing? Reflect on the verse, "Wait for the Lord; be strong and take heart and wait for the Lord." Write a short letter to God. Start by thanking Him for teaching you patience through your experiences.

Make a list of three things you can do the next time you need to be patient. Maybe you can read a book, play a game, or write in your journal.

Date

Day 15: Discovering Your True Identity

"You are a chosen people, a royal priesthood." - 1 Peter 2:9

Begin by finding a quiet and cozy spot where you feel safe and comfortable. Use a blend of Joy and Frankincense in your diffuser to reinforce your sense of worth and identity in Christ. As you settle in and the soothing aroma fills the room, take a few deep breaths, allowing the scents to calm your mind and spirit.

Now, read 1 Peter 2:9 slowly and thoughtfully. What words or phrases stand out to you? Write them down in the space below as you consider the beautiful truth that God has chosen you and called you His own.

Think about the qualities and gifts He has given you. Make a list of at least five characteristics or talents that you believe God has placed within you. Remember, these attributes make you special and unique in His eyes.

Imagine you're writing a letter to your future self, a version of you who might need a reminder of their identity in Christ. Reassure yourself of your worth and the royal identity bestowed upon you by Jesus. Use encouraging and loving words to remind yourself how much God delights in you.

Think about any moments when you have struggled to remember who you are in Christ. Write about one or two challenges you faced and how knowing your true identity could have helped you in those times. How can you use this understanding to strengthen yourself in the future?

Talk to God about the things you've written and ask Him to continuously remind you of your identity in Him. Let your heart pour out as you write, knowing He is listening and loving you every step of the way.

Date

Day 16: Faith Over Fear "For God has not given us a spirit of fear." - 2 Timothy 1:7

Begin your journaling by creating a fearless and faith-filled atmosphere. Diffuse a few drops of Frankincense and Lavender essential oils in your favorite spot (ask for help if you need it). Let the calming aroma make you feel safe and relaxed.

Then take a moment to think about what today's verse means to you. Write down what comes to mind when you read, "For God has not given us a spirit of fear." How does it make you feel? What does it tell you about God's gifts to you?



Write the word "Fear" below. Then list things that make you feel scared or worried. It could be anything—like a tough test at school, making new friends, or trying something new.

Now, write the word "Faith" and ways you can replace those fears with faith. Think of encouraging Bible verses, things you know to be true about God, or how you've seen His goodness in your life.

Write the following affirmation: "God has given me courage, and I choose faith over fear today." Repeat it to yourself whenever you need a little extra boost. Remember, whenever fear tries to sneak in, you have God's powerful promise right by your side. You've got this!

Date

Day 17: God's Provision "And my God will meet all your needs." - Philippians 4:19

Prepare your sacred space by diffusing a calming blend of Lavender and Lemon essential oils. Let the gentle aroma create a serene atmosphere, readying your heart and mind for reflection.

Write down the verse in your journal: "And my God will meet all your needs." Take a moment to breathe deeply, allowing the words to settle in your soul.

Consider what it means for God to provide for all your needs. In what ways has He provided for you and your family? Reflect on the moments when you felt unsure, yet something or someone arrived just in time to help.



Looking forward, jot down areas in your life where you need God's provision. Maybe it's help with schoolwork, peace in friendships, or guidance for a future dream. Write a prayer asking God to meet these needs, trusting in His faithfulness.

Now, create a list of 5 things you are grateful for today that reflect God's provision. It could be small things like a delightful snack or significant ones like a supportive family.

Revisit today's verse. Write it once more, underlining the word "all" to remind yourself that God's provision covers every aspect of your life.

Date

Day 18: Cultivating the Fruit of the Spirit "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control." – Galatians 5:22-23

Apply a drop of Sandalwood and Geranium to your wrists for strength in building a godly character. Then write out each of the fruits of the Spirit listed in the verse: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Next to each fruit, jot down what it personally means to you. For example, love might mean being kind to a friend, while peace might mean feeling calm even when things around you are stressful.



Think of moments in your life when you've shown one of these fruits. Write about one of the moments. It doesn't have to be long; just a sentence will do. For instance, "I showed kindness by helping my neighbor carry groceries."

Focus on one fruit of the Spirit each day for the next week. Write down how you will actively practice that fruit each day. "Tuesday – Joy: I will start my day with a cheerful attitude and share a joke with a friend."

This journey of cultivating the fruit of the Spirit is ongoing. Write a promise to yourself (below) that with God's help you will keep your heart open, your spirit kind, and your soul filled with the essence of goodness and love.

Date

Day 19: Handling Stress "Cast all your anxiety on him because he cares for you." - 1 Peter 5:7

In today's devotional, you are invited to hand over your worries to God, trusting in His profound love and care. As you prepare your for today, think of journaling as a special moment to share openly with God.

Find a quiet spot where you feel comfortable and focused. Prepare your sacred space by diffusing a mixture of Lavender and Bergamot for stress relief. Think about the beautiful calming aroma. Close your eyes and take a deep breath.

Write in the space below the things that have been causing you stress lately. These could be schoolwork, friendships, family, or anything else that feels overwhelming. Then write a prayer asking God to help you release your worries and anxieties to Him.

Focus on the verse for today. Write out "Cast all your anxiety on him because he cares for you." - 1 Peter 5:7. Below it, jot down what this verse means to you. How does knowing that God cares for you help ease your stress?

Think about times when you have felt God's care before. Write a few sentences about moments when you experienced peace and support. This can help remind you that God is always there for you.

After you've written everything down, close your journal and sit quietly for a moment. Take deep breaths and imagine inhaling calmness and exhaling stress as the soothing scents of Lavender and Bergamot fill the room.

Date

Day 20: Friendship "A friend loves at all times." – Proverbs 17:17

Today, we explore the beautiful gift of friendship and how we can be friends who shine with God's love. Find a comfy spot, perhaps near your diffuser with the lovely blend of Joy and Sandalwood, and let its soothing scent create a welcoming atmosphere around you.

Think about your friends. Who are the ones that make you feel happiest, safest, and most loved? Write down their names and one special thing about each of them. For example: "Emma always listens to my stories with a smile," or "Liam shares his favorite games with me."



Write a thank-you note to God for these wonderful friends. You could start with something like, "Dear God, thank you for blessing me with friends like [name]. They make my life brighter and remind me of Your love every day."

Now, think about how you can show love and kindness to your friends. List three simple acts of kindness you can do for them this week. Maybe it's sharing your favorite snack, helping with homework, or just being there to listen.

Lastly, set a small goal for your friendship journey. It could be making a new friend, or being more patient and understanding with those you already have. Write it down, and ask for God's help in achieving it.

Date

Day 21: Hearing God's Voice "Be still and know that I am God." – Psalm 46:10

Today, let's embark on a journey where silence speaks volumes and whispers unfold wonders. As you sit in a cozy corner, surrounded by the calming aroma of Frankincense and Lavender, close your eyes for a moment. Feel the world grow quieter, allowing space for the gentle voice of God to reach your heart.

Read Psalm 46:10 out loud: "Be still and know that I am God." What does being still mean to you? Jot down your thoughts and imagine a place where you can find this stillness.

In the space below, start a section titled "God's Whispers." Write about a time when you felt calm and at peace. How did it feel? What thoughts crossed your mind? Did you sense God's presence in any particular way?

Imagine God speaking directly to you. Feel your heart fill with a serene knowing that God is always there, guiding you with gentle whispers. Write down any words, phrases, or feelings that come to mind. Don't worry about whether it makes perfect sense—just let your thoughts flow.

Create a list of questions you would like to ask God. These could be about your dreams, your worries, or anything you're curious about. Take a moment after each question to pause, breathing deeply, and just listen.

Think about things you are thankful for. Write a gratitude list, focusing on the small, quiet moments that made you smile. How do you believe God might have played a part in those moments?

Date

Day 22: Embracing Gratitude "Give thanks to the Lord, for he is good." – Psalm 107:1

To create an atmosphere of thankfulness, diffuse the invigorating scents of Orange and Lavender. These essential oils uplift the spirit and nurture a heart full of gratitude. Gratitude is like planting seeds in a beautiful garden. Each thing you are thankful for becomes a colorful flower that blooms and brightens your world. Today is the day to make our own Gratitude Garden through words.

Start by writing down five things you are grateful for. These are your "flowers." Think about the people who make you happy, the moments that bring you joy, and the little things that make your day special, things like: the laughter of friends. a cozy hug from a parent, or a sunny day.

Then write a sentence about why each "flower" means so much to you. Describe how it makes you feel and why it's important.

Add something new to your Gratitude Garden... a goal you like to achieve, a new friend, or a special moment. Write it down and imagine it happening. Ex. - I would love to achieve my goal in sports. When I do, I will feel proud of myself and grateful for the hard work I put in.

Take a deep breath and look over your Gratitude Garden. Feel the uplifted and grateful heart that you have cultivated today. Smile and thank God for all these beautiful blessings.

By thanking God and cherishing these precious moments, you can fill your life with endless blooms of happiness. Create a drawing or doodle that represents your Gratitude Garden. Let your creativity flow and capture the essence of gratitude in your unique way.

Date

Day 23: Finding Balance "There is a time for everything." – Ecclesiastes 3:1

Discovering balance in your life is truly important. From schoolwork to fun, every activity deserves its special time. But how can you find that perfect harmony and avoid feeling overwhelmed? By embracing each moment with intention and grace.

To help yourself find balance and maintain calm, apply a soothing roller mix of Clary Sage and Lavender to your wrists (ask for help if you need it). Let the gentle aroma guide you to a more centered state.

Then write down all the activities you usually do in a day. This could include going to school, homework, chores, hanging out with friends, and your hobbies. Don't forget to leave room for quiet moments and family time.

Out of all the activities listed, which ones feel most important to you? Think about why these particular activities matter to you. Does your homework help you learn new things? Do family dinners make you feel connected? Write them below with the note: Important!

Now, look at the activities that you didn't choose before. Ask yourself if there are too many things stuffed into one day. Are there times you feel rushed or stressed? Write those below with the note: Extras

In a perfect day where everything feels just right, how much time would you spend on each activity? Write a plan that shows a balanced day—from morning until bedtime. Include time for learning, playing, and resting. Write about why balance is important to you and what you can do to achieve it.

Date

Day 24: Love Beyond Measure "And so we know and rely on the love God has for us." - 1 John 4:16

Today, we are diving into the deep and boundless ocean of God's unfathomable love. As you breathe in the delightful aroma of Ylang Ylang and Geranium, imagine that each breath is a gentle reminder of how much you are loved.

Close your eyes and take three deep breaths. With each inhale, think of a quality about yourself that you appreciate—something you believe makes you unique and special.

In the space below, write the title: "Love Beyond Measure." Now, think about a moment when you felt truly loved and cherished. It could be a hug from a parent, a kind word from a friend, or even a quiet moment you spent in reflection. Describe this moment in detail. How did it make you feel? What was so special about it?

God's love for you is even greater than the love you felt in that moment. Spend a few minutes writing about how it feels to know that God loves you beyond measure. Use words that come to your heart freely.

List three things you are thankful for today. They can be as simple as the warmth of the sun or as big as an achievement at school. These are ways God shows His love for you daily.

Think of a way you can share a bit of that divine love with someone else today. It might be through a kind gesture, a smile, or even a helpful hand. Write down your plan and how you will feel after you've done it.

Day 25: Courage Over Fear "Be strong and courageous." – Joshua 1:9

Date

In life, we all face challenges that can make us feel afraid. But remember, courage isn't the absence of fear; it's deciding to act even when we're scared. With God by our side, we can face anything with confidence and strength.

Create an atmosphere of courage and bravery by diffusing Valor and Cypress essential oils. Feel the empowering aroma fill the room and inspire you as you dive into this special journaling activity.

Think about a time when you felt scared but decided to be brave. Write down what happened and how you felt before, during, and after the experience.

Example: Maybe you were nervous about a school presentation but decided to go through with it anyway. Maybe your heart raced at first, but then you felt proud afterward. Write about your own experience of deciding to be brave.

Imagine a challenge you're currently facing or one that might come up soon. How does knowing God is with you change the way you think about it? Write a few sentences on how His presence makes you feel stronger and more courageous.

Think of someone you admire for their bravery. This could be a family member, friend, or even a character from a book or movie. Why do you think they are courageous? How can you be more like them? Write down your thoughts about what qualities make them brave and how you can embody those qualities.

Write down one step you will take to face a current fear with courage. It could be something small, like speaking up in class or introducing yourself to a new friend. Be specific about what you will do and when.

Date

Day 26: Joyful Heart "A joyful heart is good medicine." – Proverbs 17:22

Today we're exploring the magic of joy and how it can color your world with light and laughter. Your heart is like a garden, and joy is the sunshine that helps it flourish.

Close your eyes and take a deep breath. Inhale the uplifting aroma of Bergamot and Lime essential oils, letting the bright scent bring a smile to your face. Feel the joy tiptoe into your heart as you exhale.

Now, think of three moments in your life that made you burst into giggles or filled your heart with happiness. Write about each one. What were you doing? Who were you with? How did it make you feel? Describe these moments in as much detail as you can.

Sometimes joy sneaks into our hearts as tiny, sparkling moments of gratitude. Write down five things you're thankful for today. They can be as simple as a sunny day, a tasty snack, or a nice word from a friend.

Imagine your heart as a warm, cozy place. What can you do every day to make sure it stays joyful? Write a list of three things you can do to brighten your heart daily. Maybe it's dancing to your favorite song, telling a funny joke, or spending time with a pet.

Spread the joy! Think of someone who might need a little more happiness today. Write down a wish for joy and kindness for that person. It could be a friend, a family member, or even someone you don't know well.

Day 27: Embracing Your Wonder "I praise you because I am fearfully and wonderfully made." – Psalm 139:14

Date

Today we will embark on a special journaling journey inspired by Psalm 139:14. This verse is a powerful reminder that you are uniquely crafted by God's hands, deserving of self-love and confidence. Let's explore this divine craftsmanship together.

Apply Frankincense to your forehead and wrists for a boost in spiritual confidence and then list three things you are good at or passionate about. It can be anything from drawing, singing, to math or playing a sport. Remember, there's no achievement too small or too big.

How do these gifts make you feel? Describe how each one connects to the idea that you are "wonderfully made."

Imagine you're writing a letter to a dear friend. But this time, the friend is you! Begin by addressing yourself and express gratitude for being fearfully and wonderfully made. Mention qualities you love about yourself, no matter how simple. This letter is a safe space for kind words and affection.

Now, create a list titled "Confidence Boosters." Think about moments when you've felt proud of yourself or times when others praised you. Include anything that makes you feel confident and strong. How do these moments reinforce your belief in being wonderfully made?

Write a short prayer thanking God for making you in His image, for the gifts He has given you, and for the confidence in your heart. Conclude by asking for strength to always embrace your true self, knowing that you are loved and wonderful just as you are.

Date

Day 28: Family Unity "Be devoted to one another in love." – Romans 12:10

take a few moments to reflect on the beauty of family unity. Just as every drop of essential oil adds to the harmony and peace in a room, every kind word and loving act strengthens the bonds within our families. Add a few drops of Lavender and Chamomile to your diffuser to encourage a peaceful, unified home environment.

Write down what Romans 12:10 means to you. How can being devoted to one another in love make your family stronger and happier? Complete this sentence: "To me, 'Be devoted to one another in love' means _____.

Think about a time when your family came together and felt especially united. Describe that moment in detail. What were you all doing? How did it make you feel? Did you feel God's presence in that moment of unity?

List three small acts of love you can do this week to contribute to the unity and happiness of your family. They can be simple things like helping with chores, saying kind words, or spending quality time together.

Write a list of five things you love about your family. Focusing on the positive can help you appreciate the unity you have and inspire you to nurture it further. "I love my family because..." "My family makes me smile when..."

When you use a diffuser with the calming smells of Lavender and Chamomile, think about how these scents can help make your home a more peaceful and happy place – while you focus on being kind, patient, and loving. Isn't it cool to know that you have the power to make your home a nicer place for everyone?

Date

Day 29: Hope in God's Promises "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." – Isaiah 40:31

Today we will dive into the heartwarming world of God's promises and how they can bring hope into your life. Let's get cozy, breathe in the calming and uplifting scents of Sandalwood and Lemon, and take a moment to reflect on the beautiful scripture from Isaiah 40:31.

Then write down one promise from God that means a lot to you. It could be a verse you love or one you've heard about. How does this promise make you feel? Fill your page with your thoughts and emotions.



Isaiah writes about soaring on wings like eagles. Close your eyes and imagine yourself as an eagle, strong and free, soaring high in the sky. What do you see below? How does the wind feel beneath your wings? Write about this experience and what it means to trust in God's plan for you.

Think about a time when you felt sad, worried, or overwhelmed. How did you find hope? Did you turn to a promise from God? Write a short story or a personal experience about how God's promises helped you through a tough time. If you haven't experienced this yet, imagine what it would be like.

List three ways you can lean on God to renew your strength every day. These could be simple habits like praying in the morning, reading your favorite Bible verses, or using essential oils to feel centered and hopeful. Write down how these actions help you stay strong and hopeful.

Date

Day 30: Reflect and Renew "This is the day that the Lord has made; let us rejoice and be glad in it." - Psalm 118:24

Today marks the final step in our 30-day journaling journey, a day to look back with a thankful heart and look forward with renewed faith. Over these past weeks, you have explored many thoughts and scriptures, each helping you grow a little closer to God. Today is the time to pause to reflect on what you've learned and how you've changed.

Begin by finding a quiet, comfortable spot. Close your eyes and take a deep breath. As you inhale, imagine filling your heart with peace, and as you exhale, let go of any worries. Imagine the gentle, calming aroma of Joy and Frankincense essential oils filling the room, helping you feel connected to God's comforting presence.

Write about a special moment or lesson from the past 30 days that made a big impression on you. How did you see God's hand in that moment? What did you learn about Him and about yourself? Describe one way you've noticed a change in yourself. It could be something about how you think, how you feel, or how you act. How does it make you feel to see this growth?

Write a statement of commitment to walking with God, inspired by your reflections. Here are a few prompts to help you: "From today forward, I will..." "I ask God to help me..." "I commit to..."

Write a prayer of thanks, a short prayer expressing your gratitude for the journey you've taken. Mention specific things you are thankful for and areas where you felt especially blessed by God's presence.

Remember, this isn't the end but rather a new beginning. Let your heart be joyful and your spirit renewed. As you go forward, carry the lessons and peace you've discovered in this journey, rejoicing in each new day that the Lord has made. Create a small drawing or doodle that brings joy to your heart.

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