

Soul Scents

Awaken

Journal Prompts for the devotional book

written by

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Week One ~ Unveiling True Desire

Day 4 ~ When have you tasted God's goodness? One moment that quickly comes to mind for me is the day of our daughter's wedding. It was an outdoor ceremony. The sun shone on her face even as the tiniest hint of moisture tickled her cheeks. She closed her eyes and smiled, drinking in the wonder of the moment and the beauty of the weather. I sensed God caressing her face in those tiny droplets, an exchange between the two of them, a promise to be there with her in sunshine and rain. What special God-moment have you experienced when you truly tasted His goodness?



Week One ~ Unveiling True Desire

Day 5 ~ In the American culture it is easy to focus on the outside. All around us sparkly things vie for our attention. This devotional talked about desiring Jesus first, longing to be changed on the inside so we are coordinated, not just putting on a pretty face, but being real all the way through—a real which reflects the beauty of Jesus. ONLY JESUS can make that kind of real in us. Thankfully He is in the business of making all things new. Do you struggle with working to be better and failing? I know that treadmill! Let's get off! The deepest change comes from looking to Jesus, hanging out with Him, knowing Him. Then HE changes US. What helps you focus on Jesus?



Week Three ~ A Stumble in the Dance

Day 1 ~ How long since you've had a guilt trip? Who is accusing you? How does that get in the way of your relationship with God? Spend a few minutes talking to the Lord about this today. Reject anything that makes you feel hopeless or worthless and listen to what He has to say when the accuser is silenced. In genuine conviction there is empowerment to change, a sense of being loved, a feeling of hope. False guilt is accusation that brings you down.



Week Three ~ A Stumble in the Dance

Day 5 ~ Where does perfectionism drive you? What makes you strive? What do you think about the idea that the blood of Jesus has make you perfect in Him? Do you believe that if your main focus is getting to know Jesus, simply keeping your eyes on Him, that He will change you and heal the imperfect, broken parts?



Week Four ~ The Father's Parent Heart

Day 1 ~ Have you ever struggled as I did to present your requests before God? Does it help to understand you're already one of the family, chosen and adopted by the King of Kings and Lord of Lords, purchased by Jesus' very blood? I pray the imagery of being seated with Jesus at the right hand of God will stay in your mind as you pray. Lean on over. The Father waits to wrap His arm around you and hear your requests.



Week Four ~ The Father's Parent Heart

Day 2 ~ Have you ever felt truly delighted in? Just for who you are? Do you believe my statement, "We can't earn His love, nor can we lose it?" Remember, Scripture says He sings over you. THAT, my friend, is delight. Spend some time thanking Him for delighting in you.



Week Four ~ The Father's Parent Heart

Day 3 ~ Can you relate to the imagery of God being like a mother who can't forget her nursing child? We often think of God as the Father, but Scripture gives Him mother-like qualities too. What would it be like to crawl upon His lap and let Him nurture the weary, worn places of your heart?



Week Four ~ The Father's Parent Heart

Day 4 ~ God says, "As a mother comforts her child I will comfort you." How do you receive His comfort? Why not ask Him to comfort your hurting places and to reveal to you all the ways He is reaching out to do just that?



Week Four ~ The Father's Parent Heart

Day 5 ~ Do you relate to my comment, "I performed for Him, but when I couldn't meet His standards I couldn't feel His love?" If so I hope you step with me onto the journey to knowing unconditional love. It's rarely offered by humans, but God's love is ALWAYS without condition and forever. If this is an area of struggle for you, ask Him to help you. If you see this struggle in someone you love, why not spend some time praying for him or her?



Week Five ~ Jesus Our Lover

Day 1 ~ They say the chief role of man is to love God and enjoy Him forever. But does God enjoy us? Why do you believe what you do about this? Was the image of Jesus dancing with his bride comfortable or uncomfortable for you? Why? How does the thought of God singing over you effect how you see your relationship with Him?



Week Five ~ Jesus Our Lover

Day 2 ~ Have you thought about the Scripture that says God rejoices over you as a groom rejoices over a bride? If not how does that change how you relate to God? If you've thought about it before, did it change anything in your relationship with God? Why not pause to think about how very special that really is. Maybe write a short prayer or draw a picture or dance a dance before him that expresses your response.



Week Five ~ Jesus Our Lover

Day 3 ~ When life gets really hard, what undergirds you? How have trials built your trust in God? Is there a past trial you can't process that actually makes you struggle with trust? If so talk with Him about that. Do you believe a deep sense of being loved by God makes a difference in how you handle struggle? Are you loved that way?



Week Five ~ Jesus Our Lover

Day 4 ~ Are you familiar with the idea that God romances His children? Do you believe it? Has He romanced you? If so recall a specific situation. Enjoy the memory. If you aren't aware of a time He romanced your heart, ask Him to reach out to you this way and to help you recognize Him when He does.



Week Five ~ Jesus Our Lover

Day 5 ~ Jeremiah says to expect love, love, and more love. Do you? Why or why not? Do you believe God desires you in your worst moments as well as your best? No matter how much you understand you are loved He always has more to offer. Why not ask Him to help you enter into a deeper revelation of His love?



Week Six ~ Empowered by the Spirit

Day 1 ~ How do you feel about the idea that we are totally dependent on God? What do you depend upon? There's nothing wrong with having good friends, healthy finances or making wise choices, but if everything temporal were taken away, do you have a foundation that stands forever?



Week Six ~ Empowered by the Spirit

Day 2 ~ What makes you feel inadequate? Where is your biggest battle right now? If you really believe your every deficit is covered by His surplus, how does that truth change the way you think about it—how you live?



Week Six ~ Empowered by the Spirit

Day 3 ~ Do you believe the need is not the call? Do you have permission to rest, to enjoy life? Where might you be spinning your wheels on something the Lord never asked you to do?



Week Six ~ Empowered by the Spirit

Day 4 ~ How does it change your perspective to think that everything you do is something you do WITH Jesus, not just for Him? Since God's Spirit dwells within you, how does that affect daily living? What about the Scripture that says you have the mind of Christ?



Week Six ~ Empowered by the Spirit

Day 5 ~ What do you do when you're afraid? How do you access courage? Can you relate to the imagery of Jesus as the Lion Aslan, surrounding you and walking with you where ever you go? (If not you might enjoy reading the Chronicles of Narnia again or for the first time!)



Week Seven ~ God's Provision

Day 1 ~ Is the idea of God as your provider new to you? When have you leaned on Him to meet your needs? Do you believe God cares about your desires or just your needs?



Week Seven ~ God's Provision

Day 2 ~ When has God surprised you with a desire of your heart, not something you needed, but something you longed for? Take a moment to thank Him. Do you find it hard to be generous when He moves on your heart to give to others? Why or why not?



Week Seven ~ God's Provision

Day 3 ~ What dreams for your life do you struggle to hold onto? How has God confirmed a special dream? Do you believe He cares about your dreams? Do you believe God is the One who gives you the power to be successful? What does that look like in real life?



Week Seven ~ God's Provision

Day 4 ~ Did today's verse surprise you? We don't often hear Christians encouraging each other to have fun, but that's what it says! What refreshes you? Do you take time for it? If that refreshment seems out of reach why not ask God for provision? He cares about your need for refreshment.



Week Seven ~ God's Provision

Day 5 ~ Did it seem like a contradiction for this devotion to focus on enjoying God's presence more than God's presents after four stories of His tangible gifts? Is there a situation in your life where He is building spiritual muscle? As you walk through times that feel desolate He offers Himself. HE is the present, the refreshment, the hope, the foundation. He is the constant Gift that never stops giving. Why not ask Him for a fresh and deeper experience of His presence?



Week Eight ~ Beautiful World

Day 1 ~ How do you think about this world? Is it good or evil? Or both? How can you embrace God's goodness reflected in the world He created?



Week Eight ~ Beautiful World

Day 2 ~ When do you feel closest to the Lord? When you feel parched where do you turn for refreshment? How do you nurture your spirit?



Week Eight ~ Beautiful World

Day 3 ~ How is God whispering the beauty of eternity—the glory of the perfection that awaits us—to us in our every day now? What gives you hope? What beauty of life, work of art, relationship, glimpse of nature fills you with joy?



Week Eight ~ Beautiful World

Day 4 ~ Do you truly believe, deep down, that God is good? How does that change how you relate to Him? Is there somewhere you've glimpsed His goodness that surprises you? Can you hope when life seems hopeless? What gives you hope?



Week Eight ~ Beautiful World

Day 5 ~ Children have a sense of wonder. How can adults cultivate wonder? Is it even important to have a sense of wonder? What fills you with wonder? What does wonder have to do with relating to God?



Week Nine ~ I Am

Day 1 ~ Have you thought about the implications of God naming Himself, "I AM," which is a present-tense, active description? What does that mean to you? How is He the great I AM in your daily experience? There is an eternal sense to God's declaration. How does thinking about a God who is eternal affect your thoughts about Him?



Week Nine ~ I Am

Day 2 ~ Have you ever felt safer with Jesus than with God the Father? If so why do you think that is? How does knowing Jesus is the exact representation of God the Father affect your thinking about each of them?



Week Nine ~ I Am

Day 3 ~ Jesus declares Himself the way to God. Ponder what pops into your mind at the thought of Jesus being the way to God. . What does that mean to you? Salvation? Heaven? Relationship? Spiritual understanding? Something else? How does that affect you personally?



Week Nine ~ I Am

Day 4 ~ How does it change your thinking about truth when you think about Jesus saying HE is truth. If Truth is a Person, how does that change your spiritual focus? How does Truth set you free? Are there doctrines you believe are true that get in the way of the greatest Truth of Jesus the Savior?



Week Nine ~ I Am

Day 5 ~ Is Jesus your life? If not do you want Him to be? If so what does that mean to you? How might your schemata of living change if you meditate more fully on accepting Jesus as your way, your truth, and your life?



Week Ten ~ I Am II

Day 1 ~ What do you think Jesus meant when He called Himself the Bread of Life? How does Jesus nourish you? What do you look to for nourishment (spiritually, emotionally, or physically) that leaves you disappointed? How could Jesus fill you in that place?



Week Eleven ~ Deeper

Day 5 ~ Do you have an on-going tender place? What emotions do you give yourself permission to have around that issue? How has Jesus met you there? Is there a way He wants to meet you in this issue that you've resisted? If so why have you resisted? Do you think He cares about this issue? Is there a place you need to give Him permission to do things His way?



Week Twelve ~ Celebrating Grace

Day 3 ~ Have you lived the roller-coaster of basing self-worth on other people's opinions or emotions? When is the last time you performed for approval? How would your inner person change if you lived knowing God doesn't condemn you but instead gently leads you, changing you from the inside out? What would emotional rest look like for you?



Week Twelve ~ Celebrating Grace

Day 5 ~ What did you think of us being like silver in God's hands—a valuable vessel that He cleanses and shines and polishes to reveal our true worth and beauty? Do you ever struggle to submit to God's polishing cloth? What do you think of the idea of praying for even the willingness to surrender? Do you believe even the desire for a surrendered obedient life is a gift of grace? Sometimes polishing happens through suffering. If you are suffering right now, be encouraged by I Peter 5:10, which promises after a little while the suffering will complete its work and you will be established and strengthened.





Author, speaker, and mom of four, Paula Moldenhauer encourages others to be released into their full potential through freedom in Christ and the empowerment of God's grace. She has published over 300 times in the non-fiction market and has two fiction books, *Titanic: Legacy of Betrayal* and *Postmark: Christmas*.

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Speaking topics and information on the next three Soul Scents devotional volumes can be found on her website:

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Thank you for taking this spiritual journey with [Soul Scents: Awaken](#). This is the first book in a series of devotions available from Amazon.

