

Soul Scents

Rooted

Journal Prompts for the devotional book

written by

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Week One ~ Of Great Worth

Day 1 ~ Glory means something that brings fame or is a source of great pride. How do you feel about being a person who brings glory to God? How about being a mirror that reflects God's own glory? How do you see yourself being remade into the image of Jesus?



Week One ~ Of Great Worth

Day 2 ~ Does the idea of being worthy of the cross make you uncomfortable? Does it help to separate your innate worth as God's beloved creation from "earning" the cross by your good works? How does it change the way you love yourself to embrace the value God sees in you? How does it change how you see people who don't share your faith?



Week One ~ Of Great Worth

Day 3 ~ Do you ever put limits on the gifts of God by thinking you are unworthy of them? That promotion? The words of someone who says you're beautiful or caring? Financial blessing? Pure, joyful acceptance of forgiveness or God's love? What would it be like to open yourself to all the benefits of the blood of Christ in your life?



Week One ~ Of Great Worth

Day 4 ~ How does it make it easier to receive the attention and gifts of the Father to think of Him walking beside you, picking out what's best for you? When have you felt judgment from someone in your life? How does it change to think of God the Father with His arm around you, walking through life, telling others you are valued by Him? Are you ready to enter the party of freedom and honor in Jesus? Why or why not?



Week One ~ Of Great Worth

Day 5 ~ Does anything keep you from believing you are deserving of the cross, not because of your goodness, but because of your value to God? If so, talk with the Lord about it. What does it mean to you that Jesus gave His all to bring you into relationship with Himself? Do you believe you're a priceless pearl to Him? Why or why not?



Week Two ~ Princess

Day 1 ~ Have you ever felt like someone's princess? What made you feel that way? Do you believe you are the treasured daughter of the King of all? How does the robe of righteousness feel as you wear it?



Week Two ~ Princess

Day 2 ~ Has anyone ever treated you the way Cinderella's step-family treated her? How did you rebuild after the hurt? What does it mean to take Jesus' hand? How does your identity as His bride change how you see yourself?



Week Two ~ Princess

Day 3 ~ Do you believe you are much loved? Are there slave clothes you need to remove (or ask the Lord to remove)? How might it change you to awaken every morning and reach for the hand of your Groom, believing you are His chosen beloved, bride?



Week Two ~ Princess

Day 4 ~ Are you wearing your tiara? If so, how does that impact your days? If not, why not? What would it change in your perception of yourself and your life if you allowed Jesus to place it on your head? Take a minute to imagine Him doing just that. Now watch Him step back to admire you, love and delight shinning in His eyes.



Week Two ~ Princess

Day 5 ~ What does it mean that you've been crowned with lovingkindness and compassion? How has your Savior-Husband beautified and dignified you?



Week Three ~ Bride

Day 1 ~ Is it a new thought to think of Jesus being breathless with excitement over being your Groom? Think of Him enjoying lingering over conversations with you. Does it change your perspective on prayer? If so, how?



Week Three ~ Bride

Day 2 ~ Do you believe Jesus sees you as beautiful, fair, lovely, and comely? How does His bride price (giving His all to be with you) help you believe in your value? Do you see your radiant, transformed beauty in the mirror?



Week Three ~ Bride

Day 3 ~ Write about a recent Divine kiss. If you don't remember one, ask Jesus to remind you. It's also okay to ask for more kisses! He loves to give them!



Week Three ~ Bride

Day 4 ~ When is the last time you feared deeper intimacy with a friend or spouse? How about with Jesus? What do you think deepened intimacy with Him would look like? Is it hard or easy to trust Him to lead you into deeper intimacy? Why?



Week Three ~ Bride

Day 5 ~ When I wrote the allegory included in today's devotional, I felt it. How you ever resisted when you sensed Him calling you into a new adventure or a new place in your relationship? How does it impact your relationship with Him to think of Him as patient and without judgment as He calls you forward? Do you believe He is committed to drawing you to Himself as you are able to follow? How hard is it to trust Him?



Week Four ~ Queen

Day 1 ~ What is your primary domain as servant-queen? How about secondary? What does it look like for you to rest in Jesus as you serve? How does it change service to think of executing your duties from a place of being His beloved? How easy is it for you to take the struggles of your kingdom to Him? What does it look like to rest in His ability to work with those you serve?



Week Four ~ Queen

Day 2 ~ How hard is it to believe Jesus is never distant or self-serving? Why? When has Jesus shared with you His plans for the kingdom you serve together? The devotion says, "As queen and friend of the Most High, I have nothing to prove." Agree or disagree? How does your answer shape how you "rule" your domain?



Week Four ~ Queen

Day 3 ~ How does the following shape your service: "The minute we are joined with Christ, all the rights of the kingdom and all the power of the Godhead are given to us. The same power that raised Christ from the dead is now at work within us." Is there a destiny He's calling you to which you haven't yet embraced? How does it impact you to know He empowers you for what He calls you to?



Week Four ~ Queen

Day 4 ~ Do you believe God controls your destiny? Why or why not? Where have the struggles you face shut down your heart? Do you feel alive inside? Talk to God about that. Ask Him to lead you into a glorious destiny!



Week Four ~ Queen

Day 5 ~ Do you believe the Lord allows questions and struggles and grief when the road to your destiny is laden with hardship? How does the freedom to grieve intersect with the truth that Jesus' burden is easy and yoke is light? Are there places of control you can release to find more freedom? Is there somewhere you need to ask for more strength and faith so you can move forward? How do you feel about your main destiny being enjoying Jesus?



Week Five ~ Domain & Destiny

Day 1 ~ Do you sense God flowing through you in a natural way as you serve in your domain? If not, do you think you are serving outside of your natural design, or are you serving in the right place but putting unnecessary pressure on yourself? Do you weary yourself by trying to please someone else or doing your job as someone else dictates? If you feel you're in the right place and serving from His empowerment, how about journaling in gratitude?



Week Five ~ Domain & Destiny

Day 2 ~ Do you ever fall into résumé-writing—trying to prove yourself—in your service? What does it look like in your sphere of service? How do you feel about the definition of success being serving in a way that pleases Jesus, from a place of His unconditional love and acceptance?



Week Five ~ Domain & Destiny

Day 3 ~ When have you misunderstood God's expectations and added burdens to your life that you were not called to carry? Is there a role when you feel continual failure? Why not ask God about that? How patient are you with yourself as God changes and heals you? Why? Where do you serve in joy and freedom?



Week Five ~ Domain & Destiny

Day 4 ~ How do you respond to Spurgeon's words, "Thou art in God's sight as perfect as if thou hadst never sinned"? How can believing you are a new creation through Jesus' blood help you serve in peace and energy?



Week Five ~ Domain & Destiny

Day 5 ~ How do you feel about being *the* masterpiece? Not your work or your success, but *you*? Do you believe God intentionally, personally, and purposefully shapes you as you become His magnum opus?



Week Six ~ From Victory

Day 1 ~ Do you believe you start from a place of victory? Why or why not?



Week Six ~ From Victory

Day 2 ~ What is your favorite flyswatter Scripture? What did you do last time you were too beaten down to pick up your flyswatter? How has Jesus fought for you?



Week Six ~ From Victory

Day 3 ~ Do you believe, "God never again looks at us as filthy"? What does it look like to live as one who is completely pure and forgiven? Is there confession that would help clear the air between you and someone else or you and God? Even as you admit your faults, you've already been granted forgiveness by our Savior!



Week Six ~ From Victory

Day 4 ~ Which is harder for you, a long battle or an intense battle? Is it easier for you to relate to the Lord as Friend or Commander? Why? Have you considered that the work you do is worthy of being opposed?



Week Six ~ From Victory

Day 5 ~ Do you believe love is victory and victory is love? How does living as one who is complete in the love of Christ make you more powerful in your life? Consider praying Ephesians 3:16-20 every day this week—or year!



Week Seven ~ Mind Makeover

Day 1 ~ Are there reoccurring negative thoughts you need to put in "jail"? What Scripture would replace the lie in the negative thought?



Week Seven ~ Mind Makeover

Day 2 ~ When have you created a scenario of conflict in your imagination that may not even be true if you talk about it with the other person? Is your thought life based more upon truth or assumptions?



Week Seven ~ Mind Makeover

Day 3 ~ What negative thoughts assault you that when examined aren't even true? Do thoughts zing at you that aren't even what you believe? How do you typically respond to bad thoughts? Is it productive? Why or why not? Where is God in all this? How can He help?



Week Seven ~ Mind Makeover

Day 4 ~ Do you believe the fact God Himself dwells within you changes how you can approach anything that makes you feel inadequate? Why or why not?



Week Seven ~ Mind Makeover

Day 5 ~ Do you believe the enemy can cripple you if he takes away your trust in God's love? Why or why not? Does that ever happen to you? I believe it is always good to ask God to reveal His love to you more deeply.



Week Eight ~ Fitted in His Armor

Day 1 ~ Where are you in a spiritual battle? How does the historical explanation of wrestling change your perspective on the seriousness of the battle? Is there a place in your life you've been fighting a human battle that may not be about wrestling flesh and blood, but instead the powers of darkness? What would it look like to fight a different enemy with the armor of God?



Week Eight ~ Fitted in His Armor

Day 2 ~ How does being covered with Christ's righteousness protect your heart/emotions?



Week Eight ~ Fitted in His Armor

Day 3 ~ Where do you experience joy and peace because of your foundation of a life based on the Gospel of Peace? Is there a place in your everyday life that isn't founded in the peace Christ brought? If so, what would it look like to place it on that foundation?



Week Eight ~ Fitted in His Armor

Day 4 ~ How does it change your perspective on spiritual warfare to imagine yourself covered completely by the shield of faith? What about the strategy of the community coming together to provide greater protection? When have you made a choice out of faith and obedience that didn't really make sense to you? How can the helmet of salvation protect you from negative thoughts?



Week Eight ~ Fitted in His Armor

Day 5 ~ What does the author of this devotion mean when she says to use specific Scripture as your offensive weapon? What specific word of God do you need in your present battle?



Week Nine ~ Safety

Day 1 ~ Share a time you were cocooned in God's peace in the face of physical, emotional, or spiritual danger. Do you believe you are precious in God's sight? Do you believe He fights for you? Why or Why not? What does it look like to rest in His arms instead of flailing in fear?



Week Nine ~ Safety

Day 2 ~ Is there anywhere you sense you need to face a fear while holding Jesus' hand? Do you have a memory of a time He walked with you through something you feared?



Week Nine ~ Safety

Day 3 ~ How is God your safe place in times of painful self-discovery? Is there someone you need to forgive to find freedom and heal? What lie lurks in a wound God is probing to heal? What truth replaces the lie?



Week Nine ~ Safety

Day 5 ~ When has God been your safe place while calling you to enter the suffering of others? Is there a situation He asks you to enter today? How do you think He will keep you safe?



Week Ten ~ A Heart at Rest

Day 1 ~ Are you in a storm right now? How is God offering you kindness and strength to persevere? When has God calmed a storm on your behalf? How does that memory make you feel?



Week Ten ~ A Heart at Rest

Day 2 ~ Give all your worries and cares to Him for He cares for you.



Week Ten ~ A Heart at Rest

Day 3 ~ Do you trust the Fisherman? Does it bring you relief or anger to think of Him allowing you to fight while knowing He'll eventually have His way with you? Why? (And let's avoid the church answer here and be real before our God!)



Week Ten ~ A Heart at Rest

Day 4 ~ What does focusing on Jesus look like in your life?
How is He helping you learn to have a heart at rest?



Week Ten ~ A Heart at Rest

Day 5 ~ "We don't know what to do, but our eyes are on you" is a prayer I've prayed many times. Where do you see God's deliverance? How does He help you stand?



Week Eleven ~ Expectant Living

Day 3 ~ Is it hard or easy to believe you are seen and loved?

Why?



Week Eleven ~ Expectant Living

Day 4 ~ When has another believer helped you stand? How real is your community? How healthy? Are you safe for others? Do you have friends who are safe for you?



Week Eleven ~ Expectant Living

Day 5 ~ Remember and celebrate a tree of life moment. Is there a place in your life you need to live in the "and"?



Week Twelve ~ Little Things

Day 1 ~ What does dwelling in His fragrance look like for you?



Week Twelve ~ Little Things

Day 2 ~ Where do you notice the desire for Jesus growing in your heart? Talk with Him about your thirst. If your desire has waned, ask Him to rekindle it.



Week Twelve ~ Little Things

Day 3 ~ Are there gentle whispers of hope you push away?
Why or why not?



Week Twelve ~ Little Things

Day 5 ~ If you feel refreshed, write in gratitude. If you need refreshment, talk to Jesus about that.



Week Thirteen ~ Summer Snapshots

Day 1 ~ What does stutter-stepping look like in your life?
How about Peter? Are you brave like he was, able to get out of
the boat? What happens once you see the waves?



Week Thirteen ~ Summer Snapshots

Day 2 ~ Where is your focus? (Be real without self-judgment. If this is a struggle, that's normal. He's there to help us.)



Week Thirteen ~ Summer Snapshots

Day 3 ~ Is it easy or hard for you to experience raining sunshine? Why do you think that is? Do you ever dive for cover when it's only a sprinkle? What brings you joy in hard moments?



Week Thirteen ~ Summer Snapshots

Day 4 ~ Are you a person who easily embraces changing seasons, or is it a struggle? Where are there mature blossoms in your life? What is being pruned?



Week Thirteen ~ Summer Snapshots

Day 5 ~ Have you ever left skid marks in someone's heart as you struggled with change? What freedom bubbles can you explore?



Easter Devotionals

Day 1 ~ Do you believe you are forgiven in the past, present, and future? What does it look like to live in the peace of forgiveness, knowing you are covered in righteousness through the cross, while allowing the Lord to lead you into repentance?



Easter Devotionals

Day 2 ~ Spend some time talking to Jesus about hidden sin, fear, and unbelief that holds you back. Is there anything in your approach to life it would be helpful to rethink? How can He help with that?



Easter Devotionals

Day 3 ~ Spend some time thinking about the One who has loved you with His whole heart.



Easter Devotionals

Day 4 ~ Do you ever feel tyrannized by what you want? Does it increase your suffering? What comforts you in suffering? Do you believe He will heal and restore you? Why or why not?



Easter Devotionals

Day 5 ~ What are some of your favorite benefits of living in the Kingdom of Light?



Additional space for your own thoughts,
prayers and favorite scriptures









Author, speaker, and mom of four, Paula Moldenhauer encourages others to live free to flourish! She is passionate about the grace and freedom found in journeying with Jesus.

Besides the *Soul Scents* devotional book series, she has published over 300 shorter pieces in the non-fiction market.

Her first novel, *Titanic: Legacy of Betrayal*, released in 2012. Her novella, *You're a Charmer, Mr. Grinch*, included in the collection *Postmark: Christmas*, was an ACFW Carol Award finalist.

Paula loves long walks with her husband and peppermint ice cream.

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