

*Soul Scents*

# *Bloom*

*Journal Prompts for the devotional book*

*written by*

*Paula Moldenhauer*



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## *Week One ~ Blooming in Storms*

**Day 1** ~ Are you comfortable with the metaphor of being a spring garden of righteousness? Why or why not? What season are you in right now? Is it a season of rest, of hard work, of trial, or something else? Describe a time you bloomed in the snow.

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## Week One ~ Blooming in Storms

**Day 2** ~ Is there pain or weakness you're struggling with today? If so, why not offer it up to Him, seeking His perspective, healing, and freedom? (If this is hard to do, ask Him why!) Have you praised one minute and screamed the next? When and why? Did you discover anything about Jesus in the experience?

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***Week One ~ Blooming in Storms***

**Day 3** ~ What wound are you entrusting to His healing hands today? Talk with Him about it.

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## *Week One ~ Blooming in Storms*

Day 4 ~ Have you been wounded so deeply you don't know how to trust anymore? Tell Him. Has the storm hit hard, leaving you bleeding and in need of His healing balm? Ask Him. Does the storm continue, much longer than you expected? Do you need strength? Reach for Him.

All life is a montage of rain and sunshine, an opportunity to know Him in all seasons. Seek Him.

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## *Week One ~ Blooming in Storms*

Day 5 ~ How hard (or easy!) is it for you to believe God finds you beautiful even as you struggle with weakness, failure, and imperfection? Why is that? Has He spoken a new identity to you? What is it? Why not simply accept it as truth? Write a note of gratitude, receiving His love.

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## ***Week Two ~ Our Extravagant God***

**Day 1** ~ How easy is it for you to embrace the idea that God Himself planned for you, that you're chosen as the focus of His love? Why not write a note of gratitude. What parts of creation are especially dear to you? Why not thank Him for those too?

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## *Week Two ~ Our Extravagant God*

**Day 2** ~ Do you believe, way down deep, that God celebrates you? Spend some time basking in that concept.

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## Week Two ~ Our Extravagant God

**Day 3** ~ Is there a cycle of self-judgment you've allowed in your mind and heart? What would it look like to accept freedom from this guilt? Where are you learning to rest in the grace Jesus earned for us at the cross?

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## *Week Two ~ Our Extravagant God*

Day 4 ~ Whose agenda has your focus? Talk with Him about that.

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## *Week Two ~ Our Extravagant God*

**Day 5** ~ When were you sealed by the Holy Spirit? Reflect upon some of the most meaningful spiritual benchmarks of your life.

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# ***Week Three ~ Extravagant Guarantees***

**Day 1** ~ Is your relationship with Scripture more about discovering guidelines or discovering Jesus? How do you feel about that?

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## Week Three ~ Extravagant Guarantees

Day 2 ~ How does it change your identity to think of yourself as Christ's treasured inheritance?

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***Week Three ~ Extravagant Guarantees***

**Day 3** ~ What specific circumstance or relationship or personal healing requires HIS power today?

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## ***Week Three ~ Extravagant Guarantees***

**Day 4** ~ Remember a time you personally experienced an extravagant guarantee from the Lord.

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## Week Three ~ Extravagant Guarantees

Day 5 ~ Spend some time praising God for new life! Ask Him if there is somewhere He wants to help you live more alive.

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## Week Four ~ Extravagant Identity

Day 2 ~ Where do you sense Him preparing you for greater service by shaping a more steadfast spirit within? How fully do you live as if His opinion is the most important?

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## Week Four ~ Extravagant Identity

**Day 3** ~ How deeply have you embraced the truth that you are God's masterpiece? What helps with this? What gets in the way?

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# *Week Four ~ Extravagant Identity*

**Day 4** ~ Do you struggle with forgiving yourself? Do you believe in His unmerited favor, in complete cleansing through His blood? Talk to Him about where you are today. Praise Him if this is free and easy for you. Ask Him for help if it is not.

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## ***Week Five ~ Extravagant Intimacy***

**Day 1** ~ Why not pick a favorite version of the Bible and write your own Ephesians prayer below? Also, think about this: what makes you "hide" from God? How confident do you feel in His presence? Why?

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## Week Five ~ Extravagant Intimacy

**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 this definition of success? *Success is serving in a way that pleases Jesus, from a place of His unconditional love and acceptance.*

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# ***Week Five ~ Extravagant Intimacy***

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 where you feel like a 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?

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## *Week Five ~ Extravagant Intimacy*

**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?

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## Week Five ~ Extravagant Intimacy

**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?

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## Week Six ~ Extravagant Equipping

**Day 1** ~ What was your response to the last "more than I can handle" experience? Are you in one now? Where do you feel prepared? Unprepared? What is God doing?

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## *Week Six ~ Extravagant Equipping*

**Day 3** ~ Is there a lie knocking you down? What is God's perspective? Is it hard or easy to cling to God's perspective when people say something different?

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## *Week Six ~ Extravagant Equipping*

Day 4 ~ Where is your heart under attack? How can you appropriate the breastplate of righteousness in this situation?

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## *Week Six ~ Extravagant Equipping*

**Day 5** ~ Have you (or your faith community) added or deleted anything from the foundation of the good news? If so, how is that affecting your spiritual gait?

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## *Week Seven ~ Extravagant Equipping II*

**Day 1** ~ Can you fabricate faith? What do you come back to when your faith is tested?

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## Week Seven ~ Extravagant Equipping II

**Day 2** ~ Do you feel like you're in a tug-of-war between following God and something else? How does living from your new identity affect that struggle?

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## Week Seven ~ Extravagant Equipping II

Day 3 ~ What is the fruit of Scripture in your life? Is there a place it's been used as a weapon instead of healing? Talk to the Lord about that.

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# Week Seven ~ Extravagant Equipping II

**Day 4** ~ Is there a place you've made prayer too complex? Are there "rules" around prayer that hold you back from honest communion? What's your favorite experience in prayer?

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## *Week Seven ~ Extravagant Equipping II*

Day 5 ~ Do you have a safe community of prayer? Talk to God about that.

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## *Week Eight ~ Journey with Job*

**Day 1** ~ Do you have pain and/or grief you've not yet processed fully? Do you believe God is okay with your anger and/or questions? Talk to Him about that.

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## ***Week Eight ~ Journey with Job***

**Day 2** ~ Is there a painful circumstance in your life that chips away at your worth? What does Jesus say about that? What accusations can you refuse to receive? What is it like to live from the position of Christ's beloved in your painful situation?

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## Week Eight ~ Journey with Job

**Day 3** ~ Where do anger and questions co-exist with faith in your life? How authentic is your interaction with God when you hurt? Are you okay with looking to Him for help and being angry with Him at the same time? How do you think He responds to that kind of raw interaction?

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## *Week Eight ~ Journey with Job*

**Day 4** ~ Do you believe, "Some losses never go away, but they can, over time, stop *controlling our today.*" Why or why not? Talk with God about your losses and accompanying pain.

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## Week Eight ~ Journey with Job

**Day 5** ~ Do you believe you are *never* abandoned to destruction? Read some or all of the Scriptures at the end of this devotional. Write what the Lord is placing in your heart as you read.

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## *Week Nine ~ The North Wind*

Day 2 ~ What comforts you from today's reading? Does anything challenge you?

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## Week Nine ~ The North Wind

Day 3 ~ Where do you most often sit in the boat of life?

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# Week Nine ~ The North Wind

**Day 4** ~ When has the Lord held you safe in His hand? Can you see yourself there right now? Why or why not?

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## Week Nine ~ The North Wind

Day 5 ~ What most speaks to you about the image of Jesus as your strong tower?

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## Week Ten ~ The Tower Years

**Day 1** ~ Do you think the following phrase is true? *He has never forsaken us, and He never will.* What gives you confidence it is? What makes you unsure?

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## *Week Ten ~ The Tower Years*

**Day 2** ~ How do you feel about "shoulds?" How do you treat yourself when you have a day (or season) that feels too big and too hard?

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## Week Ten ~ The Tower Years

**Day 3** ~ Blind spots are things we can't see about ourselves. Why not ask the Lord if there is anything He would like you to see that you've not yet understood about your relationship with Him and with life?

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# Week Ten ~ The Tower Years

Day 4 ~ Hang out for a while with God, just basking in His steady, unconditional pulse of love for you.

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## *Week Ten ~ The Tower Years*

**Day 5** ~ How do you feel about the following statement? *We need not fear the future because God is already there helping us navigate it.*

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## Week Eleven ~ The Tower Years II

Day 1 ~ Most of us have people in our life who we'd like to protect from pain and hardship. Is there someone you need to release into His care? Talk with Him about that. What does Psalm 46:1 communicate to you?

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## *Week Eleven ~ The Tower Years II*

Day 2 ~ Is there a "yes" in your heart that you are afraid to surrender to? Talk with Him about that.

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## Week Eleven ~ The Tower Years II

Day 3 ~ When have you faced a tragedy that became a bouquet of hope instead?

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**Week Eleven ~ The Tower Years II**

Day 4 ~ Are you in a joy season, a weeping season, or a combination of both? Where is God in this season?

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## *Week Eleven ~ The Tower Years II*

Day 5 ~ Quick! Jot ten things you are thankful for!

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## *Week Twelve ~ A New Perspective*

Day 1 ~ Does an old pain or season of pain block your experience of intimacy with the Lord? What kind of conversation with Him would help restore your trust?

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# Week Twelve ~ A New Perspective

**Day 2** ~ Respond to this statement from the Groom in the story: *He asked me to be forsaken so you never, ever would.*

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# Week Twelve ~ A New Perspective

**Day 3** ~ Do you have a seed of distrust you've attempted to ignore or explain away by faith talk? If so, why not talk with the Lord about that?

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## Week Twelve ~ A New Perspective

**Day 4** ~ How is Jesus the Strong Tower for you today? Are there places He is safety that feel like imprisonment? Where is He protecting you?

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## Week Twelve ~ A New Perspective

Day 5 ~ Recount a time you were injured because you tried to do what only God could do.

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# Week Thirteen ~ Walking with Jesus

**Day 1** ~ Where have you noticed Jesus in the daily parts of life? Do you believe He is with you every moment? Why not ask Him to help you recognize Him throughout the day?

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# *Week Thirteen ~ Walking with Jesus*

**Day 2** ~ Respond to the following statement: *God wants His children to be productive without being workaholics. He longs to see us joyfully creating, serving without striving, productive without being driven.*

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## ***Week Thirteen ~ Walking with Jesus***

**Day 3** ~ Where do you hear the call to adventure?

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# ***Week Thirteen ~ Walking with Jesus***

**Day 4** ~ Is there a place where the Spirit is nudging you from your comfort zone?

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## Week Thirteen ~ Walking with Jesus

Day 5 ~ Agree or disagree? *The Christian life isn't about striving to be like Jesus; it's about walking with Him.* What does it mean to you that you are one with Jesus?

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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.

Connect with Paula at:

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