

THE FAITH STUDIO

# FALL JOURNAL CLUB

A SEASON OF RELEASE & GRATITUDE



SEPTEMBER

## Sustaining The Harvest

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*They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither.*

*Psalms 1:3*

REFLECT   BREATHE   JOURNAL   PRAY



## Prompt One

**What has grown in your life this year that you don't want to overlook?**

- Don't limit yourself to what you can measure.
- Think about what has grown within you, around you, and perhaps between you and other people.
- What is here now that wasn't here before?
- Give yourself some time to notice it.



## Prompt Two

**What have you learned from the parts of this year that did not go the way you hoped?**

- You don't have to make something difficult into something good.
- Consider what disappointment, change, grief, or an unexpected turn may have shown you.
- Perhaps you learned something about yourself, your needs, your boundaries, or what matters to you.
- Let what you know now be enough.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the top right corner, there is a faint, light green illustration of a plant branch with several leaves. The rest of the page is completely blank and white.

### Prompt Three

**What has sustained you this year, especially in the seasons when you needed something to hold you?**

- Think beyond the things you intentionally reach for.
- Consider people, practices, faith, rest, creativity, community, places, or ordinary routines.
- What helped you keep going, return to yourself, or simply make it through?
- Notice what has been holding you.

[illegible]

## Prompt Four

**What are you grateful to have received that you may not have fully noticed or named?**

- Gratitude doesn't have to begin with something extraordinary.
- Consider what came to you through another person, an unexpected moment, an ordinary day, or a small kindness.
- What have you been given that you did not create or earn for yourself?
- Take a moment to name it and receive it again.



## Prompt Five

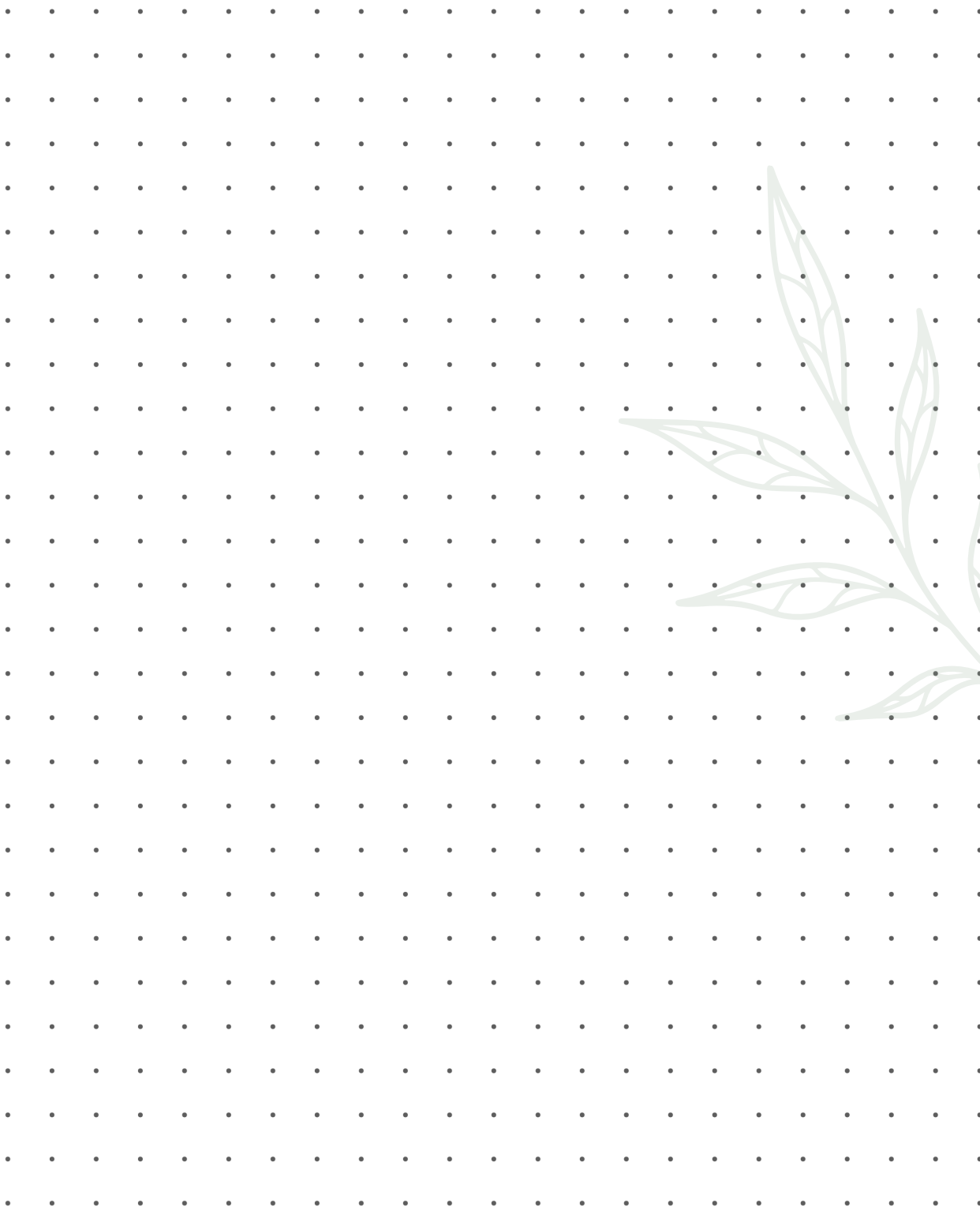
**What wisdom, joy, truth, or practice from this year's harvest do you want to carry into the season ahead?**

- You don't have to carry everything with you.
- Look back at what you've noticed through these reflections.
- What feels worth tending, remembering, practicing, or protecting?
- Choose what you want to carry forward with intention.

[illegible]

God, help me notice and give thanks for what has grown.  
May I carry this harvest with me into the season ahead. Amen.





DOODLES ✿ ARTS ✿ PHOTOS



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