

12 journaling questions to connect your heart to God

This life gets noisy, doesn't it? Our lives and worlds are filled with so many messages both up close and from across the distance. We are constantly being told to be more and to do more and because of that pressure, we ultimately find ourselves disconnecting. Maybe through distraction, noise, scrolling, or whatever it may be.

One of the most powerful ways that I have found to help with reconnecting is by connecting my heart to God by asking him questions. It allows me to call myself into the moment, examine how I am really doing and connect myself with the life-giving source that is him.

I can remember so clearly when I started to realize that I could bring God any problem and ask him anything and he would rush in to connect with me. You see, for a long time, I was so enamoured by performance, on looking good and doing big things for God. But then when I started to make mistakes, I felt like he couldn't look at me and he must have left me.

It took the brave surrender of going before him, vulnerable and raw, and saying, "Here I am. It's not pretty, but here I am." I had to be willing to ask questions, wait for the answer, trust inherently that he is good and kind and so much better than I have ever been told. In that process, it transformed me. Because I heard his words and I knew that he saw things in me I no longer could, that he loved me in a way that was so far beyond.

And so, I want to invite you into that same process; to sit with God and ask him questions and trust that he is good and kind. I promise that if you do this, you'll be amazed at the things he will speak to you. Maybe he'll remind you of a truth, show you a picture, bring you to a specific Scripture, or just put a word on your heart. Stay open and curious and watch what could unfold in you.

These 12 journaling questions I use often and I encourage you to use them too. Get somewhere quiet and ask, listen and respond in a way that fits best for you. Maybe that means writing down the answers, just listening, telling a friend or using art or another creative expression to get it out.

1. How much do you love me?
2. What do I need to hear most right now?

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3. What do you see when you look at me?
4. Why did you make me?
5. What gives you joy?
6. What are you transforming in me right now?
7. What is the song you're singing over me?
8. What do I need to know about you today?
9. What are you celebrating today?
10. How can I experience more of you?
11. What are you thinking about?
12. When you hear my voice, what do you do?

Happy asking and listening!

Have you ever asked God a question? What was that like for you?