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journals*

immerse journal

mind, body, soul

This journaling experience is an invitation to abide in Christ and meditate on his word. This journal includes three poems and then a handful of Scripture inspired prompts to biblically consider mind, body, and soul in a practical way. As you read and respond may this time of reflection lead to everyday sacred moments--graceful and grace filled living--as you are strengthened and settled mind, body, and soul.

Psalm 46

Psalm 46 is a song of God's power, presence, protection, and provision. This is an invitation to draw near to God as your Refuge and Strength and to take mindful moments to simply "be still and know that he is God." As you meditate on Psalm 46 may these words become your words.

Psalm 19

This is an invitation to be in awe of God--in the sky and in Scripture. As you meditate on and move through Psalm 19 may you align every part of yourself with the beauty and truth of God and His Word.

“May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my Rock and my Redeemer.”

Whisper His Words

This Lenten journaling experience is an invitation to breathe the words of Christ.

The pairing of the seven phrases that Jesus uttered on the cross and the seven “I Am” statements he proclaimed will be the words used to sustain your spirit, restore your soul, and refresh your body. Just breathe.

Advent Offering



This Advent invitation is a journaling experience that ends with a gift! During this celebratory season of preparation, may you take some time to truly prepare Him room. As you thank God for the gift of the Christ Child, you will prayerfully offer him a gift too!

Sacred Senses

This engaging invitation involves all of your senses! It is less about reading and more about experiencing God and noticing Him in the world and in His Word. This is not a book that you read through, but one that you reflect on and respond to. With the turning of each page it is a way to behold and be held by God.