
The Things We Release in Summer
31 Journaling Prompts for Letting Go
bookworksbyamanda.com

The Things We Release In Summer

Thank you for visiting my blog and downloading The Things We Release in Summer Prompts Collection. I pray whichever journey you choose is a blessing to you in some way.

This collection includes both Scripture-Based and Non-Scriptural journaling prompts. Some days you may feel drawn to spend time reflecting on God's Word. Other days you may simply need a quiet space to sort through your thoughts and emotions. There is no right or wrong approach.

Choose the prompts that speak to you today, use both sections together or just focus on one collection at a time. This journal prompt collection was created to meet you where you are and encourage honest reflection, personal growth, and intentional living throughout the summer season.

My hope is that these pages will help you release what no longer belongs in your life and make room for peace, healing, and new beginnings.

Happy Journaling,

Amanda

P.S. → Be sure to follow BookWorks by Amanda on social media platforms. I will be doing these journaling prompts as well this month and sharing my thoughts and journey along the way.

The Things We *Release* in Summer



31 FAITH-BASED JOURNALING PROMPTS FOR LETTING GO

WITH KJV SCRIPTURE REFERENCES

1. What burden have I been carrying that God never asked me to hold?
   Matthew 11:28-30
2. What worry have I allowed to become bigger than my faith?
   Philippians 4:6-7
3. What fear is keeping me from fully trusting God?
   Isaiah 41:10
4. What part of my past am I struggling to leave behind?
   Philippians 3:13-14
5. What disappointment do I need to place in God's hands?
   Proverbs 3:5-6
6. Where am I trying to control what belongs to God?
   Psalm 46:10
7. What bitterness have I allowed to take root in my heart?
   Ephesians 4:31-32
8. Who do I need to forgive, even if they never apologize?
   Colossians 3:13
9. What shame am I carrying that Christ has already paid for?
   Romans 8:1
10. What lies about myself have I believed for too long?
    John 8:31-32
11. What fear of failure is keeping me from obedience?
    Joshua 1:9
12. What old wound still needs God's healing touch?
    Psalm 147:3
13. What expectations am I carrying that were never mine to bear?
    Galatians 6:2-5
14. Where have I been seeking approval more than God's direction?
    Galatians 1:10
15. What does surrender look like in this season of my life?
    Luke 22:42
16. What habit is pulling me away from the person God is calling me to be?
    Hebrews 12:1
17. What regret do I need to release to God's grace?
    1 John 1:9
18. What relationship needs stronger boundaries and more prayer?
    Proverbs 4:23
19. What fear is keeping me from using the gifts God has given me?
    2 Timothy 1:7
20. What am I holding onto because it feels familiar, even though God may be calling me forward?
    Isaiah 43:18-19
21. Where do I need to stop striving and start resting?
    Psalm 62:1
22. What comparison is stealing my joy?
    2 Corinthians 10:12
23. What unanswered prayer am I struggling to trust God with?
    Romans 8:28
24. What part of my story do I need to stop hiding?
    Psalm 139:1-18
25. What fear keeps me from being fully honest with God?
    Hebrews 4:16
26. What area of my life needs a fresh start?
    2 Corinthians 5:17
27. What am I clinging to that God may be asking me to release?
    Genesis 22:2
28. What would change if I truly believed God was working all things for good?
    Romans 8:28
29. What promise of God do I need to hold onto this summer?
    Numbers 23:19
30. What would peace look like if I trusted God completely?
    Isaiah 26:3
31. What does the healed version of me believe about God, myself, and my future?
    Jeremiah 29:11

Casting all your care upon him; for he careth for you.

1 PETER 5:7

YOU ARE ALLOWED TO RELEASE WHAT WAS NEVER MEANT TO DEFINE YOU. GOD IS NOT ASKING YOU TO CARRY WHAT HE HAS ALREADY PROMISED TO HOLD.

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31 JOURNALING PROMPTS FOR LETTING GO

1. What am I still carrying that no longer fits the person I'm becoming?
2. What memory do I revisit that still hurts me every time I touch it?
3. Whose voice lives in my head rent free—and why have I given it so much power?
4. What version of myself am I grieving?
5. What am I exhausted from pretending doesn't bother me?
6. What do I keep forgiving that I probably should not?
7. What am I afraid will happen if I finally let it go?
8. What relationship takes more from me than it gives?
9. What shame have I quietly attached to my identity?
10. What would change in my life if I stopped trying to prove my worth?
11. What am I tolerating simply because I've grown used to it?
12. What old survival habit is now hurting me more than helping me?
13. What do I secretly mist.—even though it wasn't good for me?
14. What conversation still lives unfinished inside me?
15. What expectations am I carrying that were never mine to begin with?
16. What pain have I mistaken for personality?
17. What do I need to forgive myself for?
18. What am I still blaming myself for that was never fully my fault?
19. What fear keeps me from fully showing up as myself?
20. What part of my life feels emotionally cluttered right now?
21. Who do I become when I stop shrinking to keep others comfortable?
22. What have I outgrown emotionally, spiritually, or mentally?
23. What bitterness am I feeding instead of healing?
24. What am I still hoping someone else will fix for me?
25. What would peace look like if I stopped chasing closure?
26. What am I carrying simply because I'm afraid to disappoint people?
27. What is one thing I know deep down I need to release before summer ends?
28. What have I been calling "patience" that is actually fear?
29. If my heart could speak honestly right now, what would it say?
30. What deserves more space in my life once I finally let go of what's heavy?
31. What does the healed version of me need me to release today?

You are allowed to outgrow what once broke you

YOU ARE ALLOWED TO LET IT GO.


Letting go of THE things I WAS never meant to carry!