



NAUTICAL *Journaling Prompts*

1. All aboard! Describe when and where you met Jesus.
2. Dead in the water! When is the last time you felt stuck in your life? Describe how you worked through it.
3. Describe a perfect day at the beach.
4. Describe one scary emotional storm that you have weathered in your life. How did it make you feel? What brought you through it?
5. Describe what it means to have Jesus as your anchor.
6. Describe what things anchor you down or hold you back from moving forward in your Christian life.
7. Describe your favorite sea creature that God created.
8. Do you feel like you run a tight ship in your spiritual life? Describe why or why not.
9. Do you think you are a very good lighthouse for the Lord? Write about some of the reasons of why or why not.
10. Fish out of water! Ever felt out of place? Describe a time that you felt that way.
11. Has your ship come in? Write about some of the blessings the Lord has given you in your life.
12. Have you ever been on a boat? Write about your experience(s).
13. Have you ever missed the boat when it came to opportunities to witness for Christ? Write about a time that this happened.
14. If the ocean (or sea) could talk, what do you think it would say to humans?

15. If you could sail anywhere in the world, where would it be? Why?
16. In the same boat! How do you get along with people? Describe how you interact (or don't) with other people.
17. Jonah (in the book of Jonah from the Bible) was thrown into the sea and ended up in a whale. Describe how you think he felt inside there. What do you think he thought about inside the whale? What would you think about if you were closed up inside a fish?
18. Just a drop in the ocean! We are all just a speck when compared to our great God. Describe the might and power of God and what it means to you.
19. Land Ho! Heaven is waiting. Describe what you think Heaven will be like.
20. Name three ocean fish and describe each of them.
21. Put your oar in! Describe the last time you tried something new and what holds you back from trying new things.
22. Steady as she goes! What keeps you steady in your spiritual life?
23. What floats your boat? Describe what brings you joy.
24. What were your thoughts the first time you saw the ocean (or the Sea or one of the Great Lakes)?
25. What's your favorite movie that takes place in or near the water (ocean, beach, a ship, etc.) Write about a scene you like from the movie.
26. What's your favorite part of going to the beach? Why?
27. When did you learn to swim? Write about your experience.
28. When is the last time you rocked the boat (or stirred things up) either at work or home? Write about it.
29. Write about one story you know from the Bible about a ship or something that happened on the sea.
30. Write about what keeps you afloat when life gets hard.