Faith & Encouragement

Optional reflection for personal growth.

> *“Be transformed by the renewing of your mind.” — Romans 12:2*

Reflect

What thought pattern or habit would I like to renew?	
Where do I notice gratitude today?	
What encouragement do I want to remember?	

Faith & Encouragement

Scripture library

Psalm 139:14 · Identity and worth	Proverbs 31:30 · Inner beauty
Galatians 6:9 · Perseverance	Philippians 4:6–7 · Prayer and peace
Romans 12:2 · Renewal	My optional prayer or gratitude prompt

Write freely	
Notes	

Faith participation is optional. Scripture is offered in context and does not promise medical, weight, or appearance outcomes.