

7-Day False Hope Journal

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This journal is designed to help you identify, surrender, and replace false hopes with the truth of God. Each day, reflect honestly, write what the Holy Spirit reveals, and close in prayer.

Day 1

● False Hope I'm Confronting Today:

 What makes this hope feel attractive or safe?

 What truth from God's Word speaks to this area?


 Prayer of Surrender:

Day 2

● False Hope I'm Confronting Today:

 What makes this hope feel attractive or safe?


 What truth from God's Word speaks to this area?


 Prayer of Surrender:

Day 3

 False Hope I'm Confronting Today:

 What makes this hope feel attractive or safe?

 What truth from God's Word speaks to this area?


 Prayer of Surrender:

Day 4

 False Hope I'm Confronting Today:

 What makes this hope feel attractive or safe?

 What truth from God's Word speaks to this area?

 Prayer of Surrender:

Day 5

🔴 False Hope I'm Confronting Today:

📝 What makes this hope feel attractive or safe?

📖 What truth from God's Word speaks to this area?

🙏 Prayer of Surrender:

Day 6

🔴 False Hope I'm Confronting Today:

📝 What makes this hope feel attractive or safe?

📖 What truth from God's Word speaks to this area?

🙏 Prayer of Surrender:

Day 7

🔴 False Hope I'm Confronting Today:

📝 What makes this hope feel attractive or safe?

📖 What truth from God's Word speaks to this area?

🙏 Prayer of Surrender:
