

SCRIPTURE JOURNALING

30 Days of Grace

Focusing on grace is a powerful way to cultivate peace, resilience, and deeper connections in your life. Grace allows you to embrace imperfection, extend compassion, and navigate challenges with humility and strength.

encouragement faith hope wisdom love trust

1. Grace Helps You Accept Imperfection

Life isn't perfect, and neither are people. Grace allows you to accept yourself and others as they are, fostering patience and understanding in relationships and personal growth.

2. Promotes Forgiveness

By focusing on grace, you can let go of resentment and bitterness. Grace empowers you to forgive—whether it's others or yourself—and move forward with peace in your heart.

3. Strengthens Your Relationships

Grace creates space for open communication and second chances. When you approach your family and friends with grace, you build trust, compassion, and deeper connections.

4. Frees You from Perfectionism

As a mom, grace reminds you that you don't have to do everything perfectly. It allows you to extend kindness to yourself, releasing guilt and embracing the beauty of "good enough."

5. Models Compassion for Your Kids

Focusing on grace teaches your children how to handle mistakes, conflict, and disappointments with kindness and resilience. It shows them the value of treating others—and themselves—with understanding and empathy.

6. Brings Peace to Difficult Situations

In moments of conflict or challenge, grace helps you respond calmly and thoughtfully. It gives you the ability to see the bigger picture, offering a sense of peace even in stressful situations.

7. Deepens Your Faith and Spiritual Growth

For many, grace is a spiritual practice that reminds us of the unconditional love and mercy of a higher power. Embracing grace connects you to something greater and inspires you to live with purpose and humility.

8. Encourages Gratitude

Grace allows you to appreciate the undeserved blessings in your life. This gratitude helps you focus on what truly matters, fostering joy and contentment.

thanks courage humility grace joy contentment

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1 John 1:16-17

“For from his fullness we have all received, grace upon grace. For the law was given through Moses; grace and truth came through Jesus Christ.”

2 Romans 3:23-24

“For all have sinned and fall short of the glory of God, and are justified by his grace as a gift, through the redemption that is in Christ Jesus.”

3 Titus 3:5

“He saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit.”

4 Romans 6:14

“For sin will have no dominion over you, since you are not under law but under grace.”

5 John 1:14

“And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.”

6 Ephesians 2:8-9

“For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.”

7 Romans 11:6

“But if it is by grace, it is no longer on the basis of works; otherwise grace would no longer be grace.”

8 Romans 5:20

“Now the law came in to increase the trespass, but where sin increased, grace abounded all the more.”

9 2 Peter 3:18

“But grow in the grace and knowledge of our Lord and Savior Jesus Christ.”

10 2 Timothy 1:9

“Who saved us and called us to a holy calling, not because of our works but because of his own purpose and grace, which he gave us in Christ Jesus before the ages began.”

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11 2 Timothy 2:1

“You then, my child, be strengthened by the grace that is in Christ Jesus.”

12 1 Corinthians 15:10

“But by the grace of God I am what I am, and his grace toward me was not in vain.”

13 Acts 20:32

“And now I commend you to God and to the word of his grace, which is able to build you up and to give you the inheritance among all those who are sanctified.”

14 2 Corinthians 9:8

“And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.”

15 Romans 5:15

“But the free gift is not like the trespass. For if many died through one man’s trespass, much more have the grace of God and the free gift by the grace of that one man Jesus Christ abounded for many.”

16 Hebrews 4:16

“Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”

17 James 4:6

“But he gives more grace. Therefore it says, ‘God opposes the proud but gives grace to the humble.’”

18 Colossians 4:6

“Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.”

19 Ephesians 1:7

“In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace.”

20 1 Peter 4:10

“As each has received a gift, use it to serve one another, as good stewards of God’s varied grace.”

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21 Titus 3:7

“So that being justified by his grace we might become heirs according to the hope of eternal life.”

22 Ephesians 2:7

“So that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus.”

23 Romans 5:2

“Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God.”

24 Romans 6:15

“What then? Are we to sin because we are not under law but under grace? By no means!”

25 1 Peter 5:10

“And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.”

26 Hebrews 12:15

“See to it that no one fails to obtain the grace of God; that no ‘root of bitterness’ springs up and causes trouble, and by it many become defiled.”

27 1 Peter 1:13

“Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.”

28 Titus 2:11-12

“For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age.”

29 2 Corinthians 8:9

“For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that you by his poverty might become rich.”

30 Galatians 2:21

“I do not nullify the grace of God, for if righteousness were through the law, then Christ died for no purpose.”