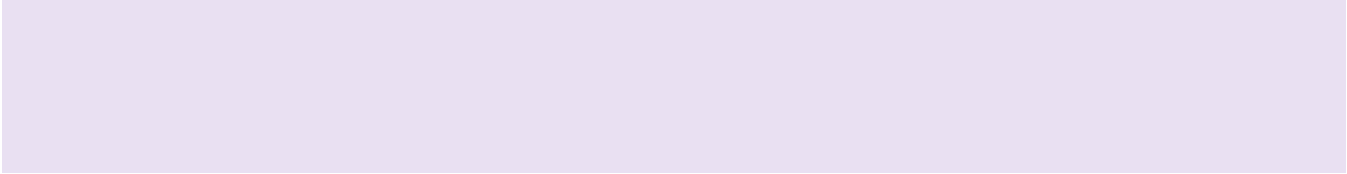




NEVER STOP BELIEVING

A Guided Journal to Strengthen Faith Through Every Season

SheysUniverse



Welcome

This journal is for the seasons when believing takes real effort — when what you're hoping for hasn't arrived yet, and staying hopeful feels like its own kind of work. Each page offers a short reflection and guided prompts to help you hold onto belief, one day at a time.

How to use this journal: Set aside a few quiet minutes. Read the thought for the day, sit with it, then use the guided lines to write freely — there's no wrong way to fill this in. Move at your own pace; return to any page whenever you need it again.

1

Believing Before You See It

“Faith is confidence in what we hope for and assurance about what we do not see.” — Hebrews 11:1

Belief always comes before proof. Today, let yourself hope for something without needing to see the whole plan first.

What am I hoping for, even without proof yet?

What would it mean to believe in it anyway?

2

The Dream You Haven't Let Go Of

Some dreams quiet down over the years but never fully disappear. If something keeps coming back to you, that's worth paying attention to.

A dream I've never fully let go of:

Why do I think it keeps coming back to me?

3

What Discouragement Is Trying to Tell You

Discouragement isn't proof you're on the wrong path — sometimes it's just proof you're tired. Rest doesn't mean giving up on believing.

What's discouraging me most right now?

Is this a sign to stop, or a sign to rest and keep going?

4 Believing For Someone Else, Too

“Two are better than one... if either of them falls down, one can help the other up.” — Ecclesiastes 4:9-10

Sometimes we believe loudest for the people we love. Today, think of someone who needs you to keep believing for them too.

Who am I believing for, besides myself?

What do I want for them?

5 Small Signs of Progress

Belief grows stronger when you notice the small signs that things are moving, even slowly. Look for them today.

A small sign that things are moving in the right direction:

How does noticing it change how I feel?

6

When It's Taken Longer Than Expected

“Though it linger, wait for it; it will certainly come.” — Habakkuk 2:3

Delay is not denial. Some of the best things take longer to arrive than we planned — that doesn't make them less real.

What has taken longer than I expected?

What has the waiting taught me?

7 Protecting Your Belief

Not everyone will understand what you're believing for, and that's okay. You don't need everyone's belief — just your own.

Who or what tries to talk me out of believing?

How can I protect my belief today?

8

Looking Back to Move Forward

Think of a time you believed for something and it actually happened. Let that memory fuel what you're believing for now.

A time my belief was rewarded:

How can that memory encourage me today?

9

Believing Even When It's Hard to Feel

"We walk by faith, not by sight." – 2 Corinthians 5:7

Belief isn't always a feeling — sometimes it's a decision you make even when the feeling hasn't caught up yet.

Where do I need to choose belief today, even without the feeling?

What decision can I make anyway?

10 Never Stop

Whatever you carry out of this journal, let it be this: you are allowed to keep believing, for as long as it takes.

What am I choosing to keep believing for?

One word I want to carry forward from here:

You Made It Through

Keep this journal close and return to it any time you need a reminder of how far you've come.

With love, SheysUniverse