

7 JOURNAL PROMPTS TO BUILD A FAMILY THAT LASTS

How to Use These Prompts as Legacy Letters

This document will walk you through each of the prompts! Each one is paired with scripture as an anchor for your writing.

For success, here are tips to help you get started:

1. You can use these prompts in a variety of ways:
 - Individually, during quiet reflection
 - Together, during family meetings or prayer nights with your spouse
 - Seasonally, at holidays or milestones when you feel inspired
 - Slowly, one prompt at a time over the course of a time period
2. How to share them:
 - Write a set for each child – as a gift for a large life milestone: 18th birthday, college send off, wedding, first child, etc.
 - Consider leaving them to your grandchildren as well or a future generation you may never meet.
3. In your opening letter, encourage the recipient to one day respond to the prompt themselves—adding their own story and passing it on again.



PROMPT #1

REMEMBERING GOD'S FAITHFULNESS

Prompt #1:

Tell the story of how God has been faithful to our family. What moments—big or small—shaped your faith the most? What do you want the next generation to know about who God has been to you in times of joy, doubt, waiting, or breakthrough?

Scripture: Psalm 78:4 NIV

We will tell the next generation the praiseworthy deeds of the Lord, His power, and the wonders He has done.

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PROMPT #2

WISDOM FOR THE WILDERNESS SEASONS

Prompt #2:

Describe a season of hardship your family faced. How did you respond? What did God teach you in the middle of it? What advice would you give the next generation when they face suffering, disappointment, or uncertainty?

Scripture: James 1:2-3 NIV

Consider it pure joy... whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.

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PROMPT #3

WHO WE ARE: OUR CORE CONVICTIONS

Prompt #3:

What values guided your decisions as a family? How did those values influence how you spent your time, handled conflict, used money, and treated others? Which values do you hope never change, no matter the season or generation? What do you want future generations to do differently?

Scripture: Joshua 24:15 NIV

Choose for yourselves this day whom you will serve... But as for me and my household, we will serve the Lord.

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PROMPT #4

THE RHYTHMS THAT MATTER

Prompt #4:

What rhythms helped keep God at the center of your home—prayer, meals together, Sabbath, Scripture, celebration, generosity? Which habits mattered most, and why? What rhythms do you encourage the next generation to protect and why? Advice on how to guard against busyness, drift, and threats to those rhythms.

Scripture: Deuteronomy 6:6–7 NIV

These commandments... are to be on your hearts. Impress them on your children.

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PROMPT #5

WISDOM ON STEWARDSHIP

Prompt #5:

What principles shaped how your family viewed money, generosity, work, and provision? How did you balance faith and responsibility? What lessons do you want passed down about contentment, giving, and trusting God as Provider?

Scripture: Luke 16:10 NIV

Whoever can be trusted with very little can also be trusted with much.

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PROMPT #6

THE TRADITIONS TO KEEP

Prompt #6:

What celebrations, traditions, or annual moments defined your family? Why were they important? How did they reinforce faith, unity, joy, or gratitude? Which traditions do you hope continue—and which new ones do you dream of starting?

Scripture: Leviticus 23:40 NIV

Celebrate before the Lord your God...

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PROMPT #7

A BLESSING AND ADVICE FOR THE FUTURE

Prompt #7:

Write a blessing over the generations to come. What do you pray they become known for? How do you hope they live as people set apart—marked by faith, love, generosity, and courage?

Scripture: Numbers 6:24–26 NIV

The Lord bless you and keep you; the Lord make His face shine on you...

A large, empty rectangular box with a thin gray border, intended for the user to write their blessing. It occupies the central portion of the page below the text.