

Garden Heart Preparation Pages

A companion guide to “Preparing Your Garden Heart for the New Year.”

Before you plant, take time to prepare your heart. These pages are designed to help you reflect, release, and renew—so your inner soil can be ready for all that God wants to grow this year.

1. Gratitude Reflections

What are you thankful for from last season—both in your garden and in your heart? Write down moments of grace, lessons learned, and surprises that strengthened your faith.

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2. Pruning the Old

As you begin a new season, what needs to be released? Write down what God may be asking you to let go of—habits, fears, or expectations that no longer serve your growth.

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3. Garden Heart Map

Use this space to connect your spiritual intentions with your garden plans. Each seed represents an intention for growth in both soil and soul.

Intention / Focus Word	Spiritual Application	Garden Connection	Prayer / Scripture

4. Reflection Prompts

Use these prompts to guide your journaling and prayer as you prepare for the new year:

- What truth am I carrying into this new year from last season?
- What needs pruning from my heart before I begin again?
- What “word” or theme is God placing over my garden and life this year?
- How can I tend my heart the same way I tend my soil?



Grace Note

“Before you plant the garden, prepare the gardener.”

May this new year begin with gratitude, bloom with grace, and grow with faith. As you prepare your garden heart, may God cultivate peace, purpose, and beauty in every corner of your life.

