

# Sakura Ocean Relaxation Journal Sample

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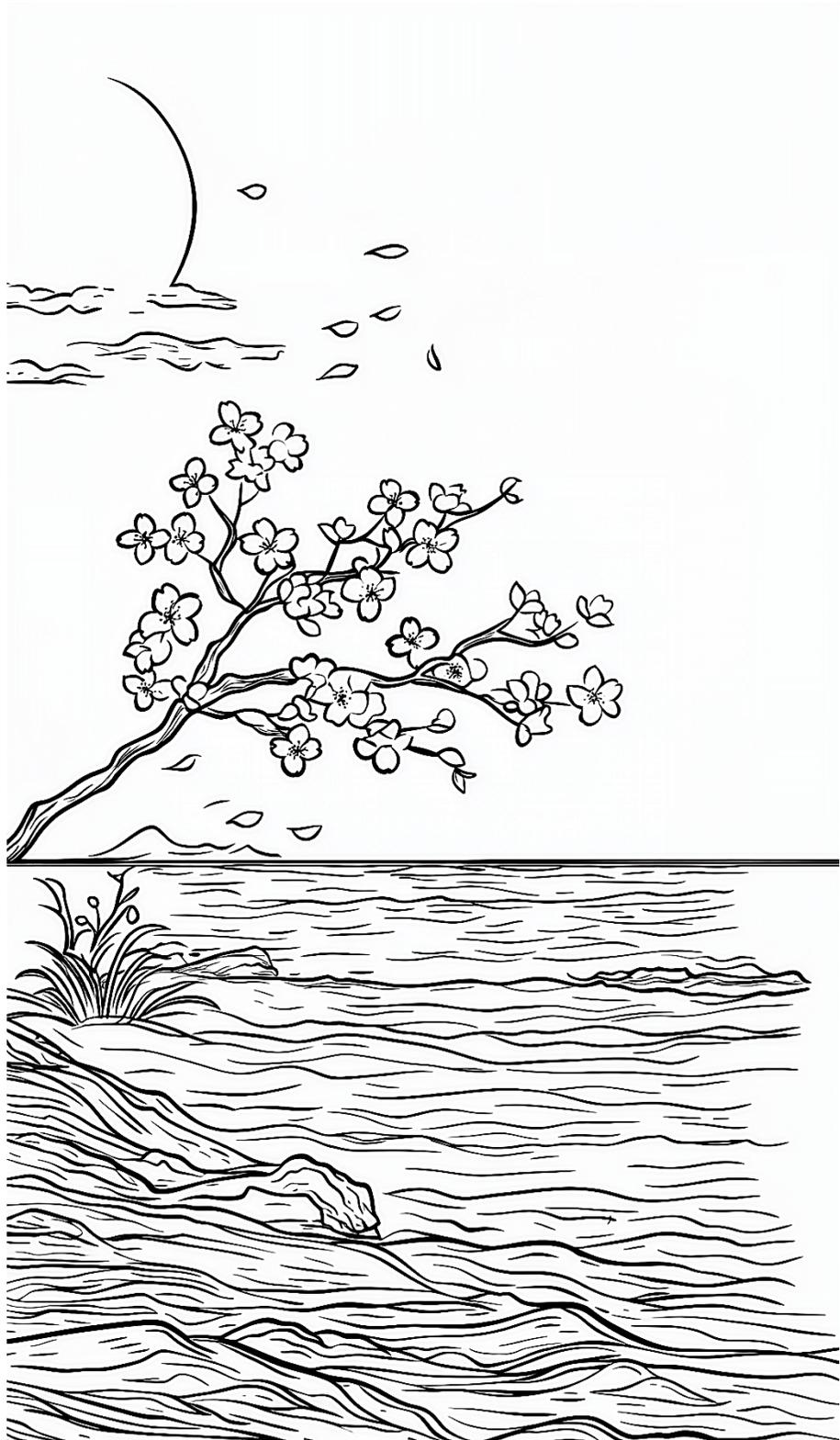


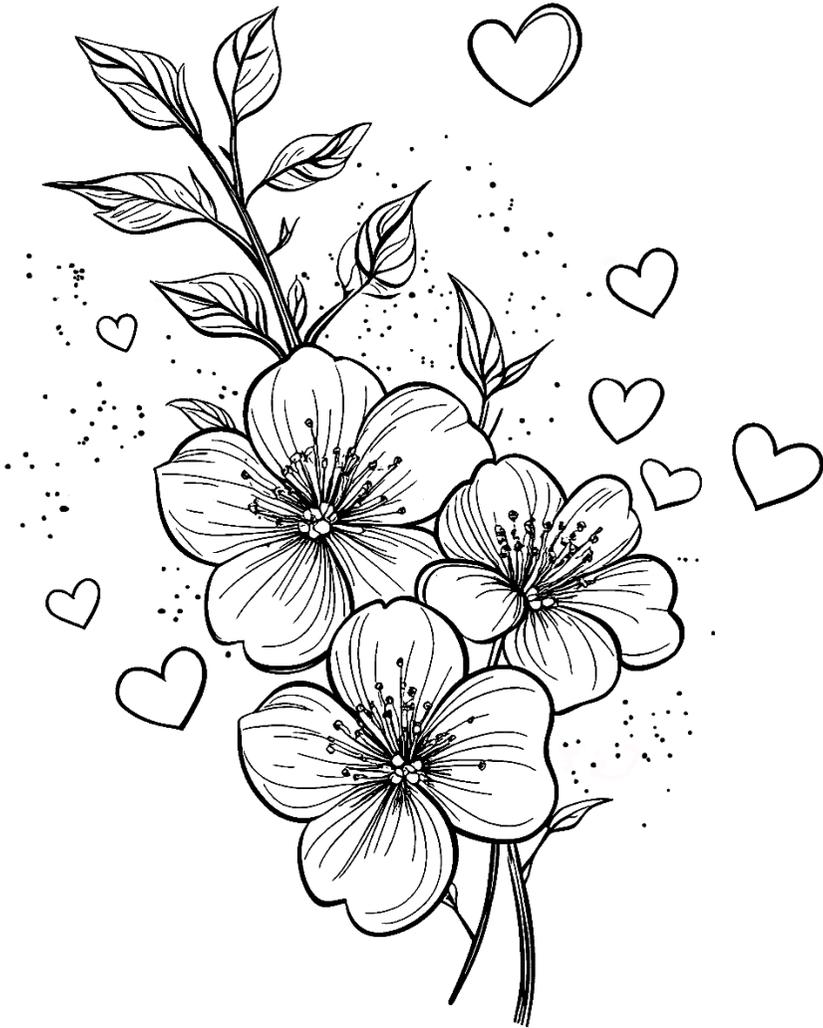
All bible verses are in the King James Version (KJV)

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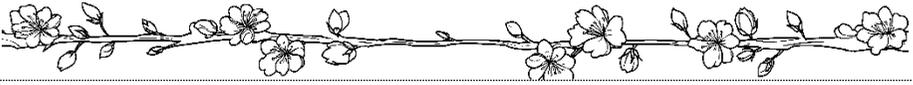
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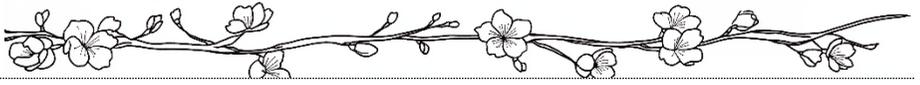




Isaiah 41:10: *Fear thou not;  
for I am with thee: be not dismayed;  
for I am thy God: I will strengthen  
thee; yea, I will help thee; yea, I will  
uphold thee with the right hand of  
my righteousness.*





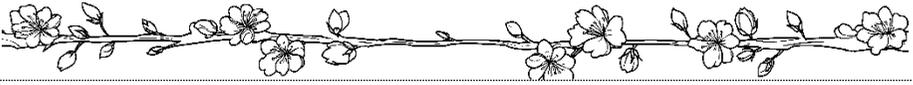


A series of horizontal lines for writing, consisting of a solid top line, a dashed midline, and a solid bottom line. There are 20 such lines spaced evenly down the page.

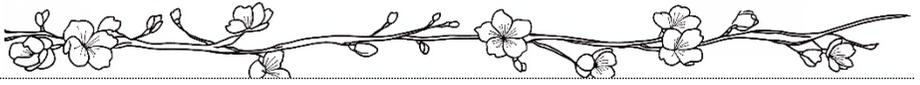
**Philippians 4:6-7:** *Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*







A series of horizontal lines for writing, consisting of a solid top line, a dashed midline, and a solid bottom line. There are 18 such sets of lines arranged vertically down the page.

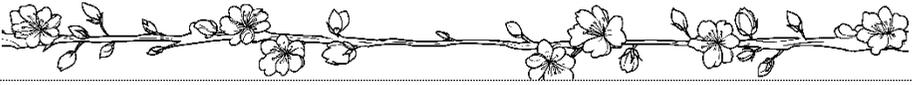


A series of horizontal lines for writing, consisting of a solid top line, a dashed midline, and a solid bottom line. There are 20 such lines in total, providing a guide for letter height and placement.

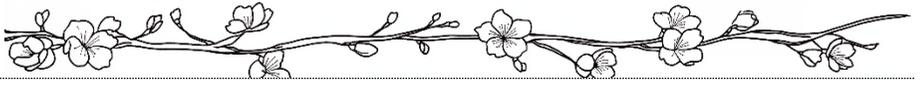
**Matthew 6:34**: *Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.*







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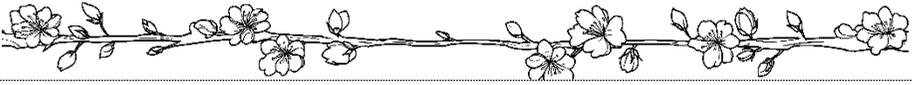


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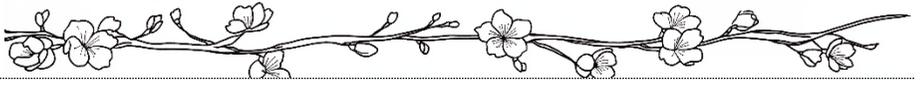
**1 Peter 5:6-7**: *Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you.*







A series of horizontal lines for handwriting practice. The first line is a solid line, followed by a dotted line. This pattern repeats for the rest of the page, providing a guide for letter height and placement.

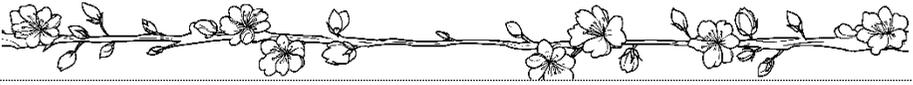


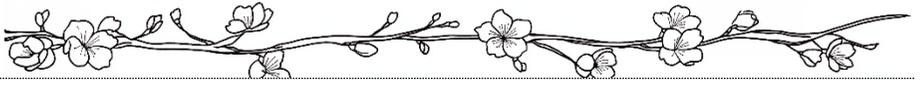
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**Psalm 55:22**: *Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.*



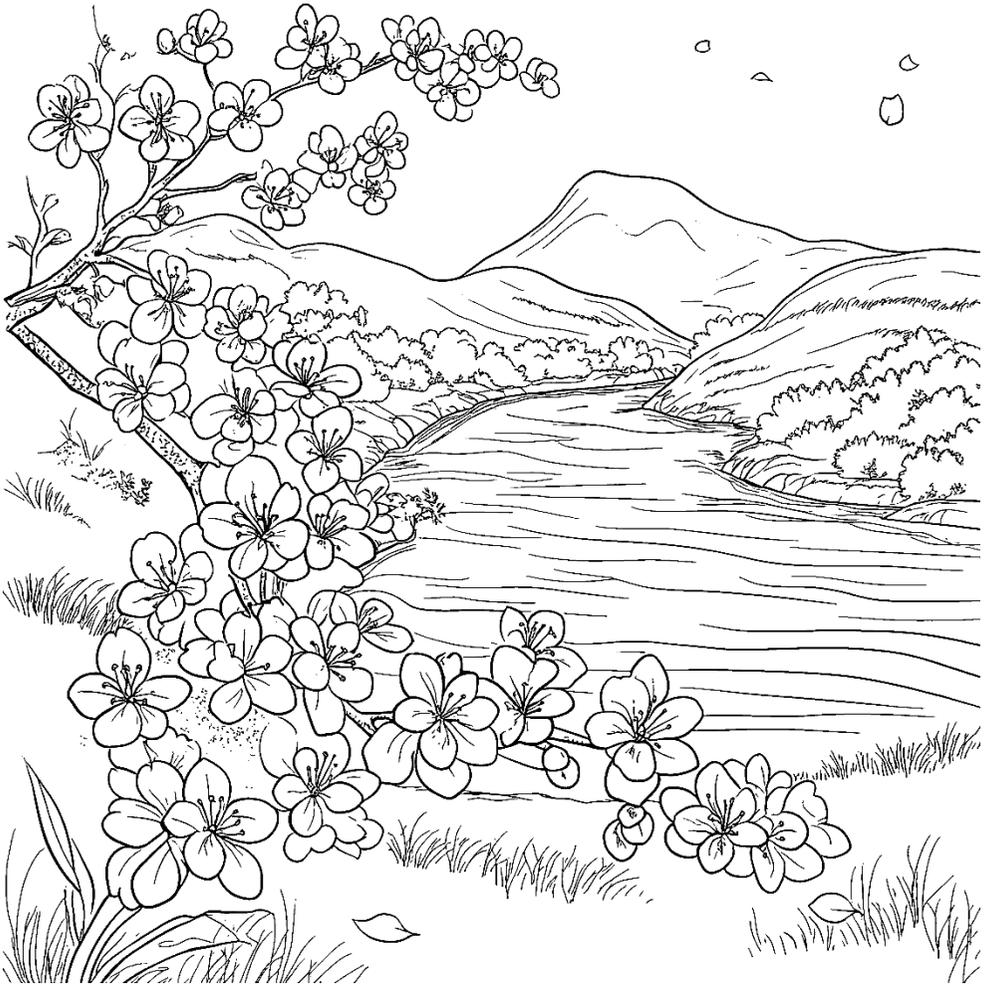




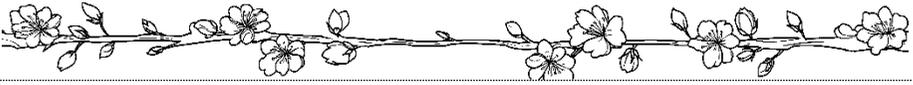


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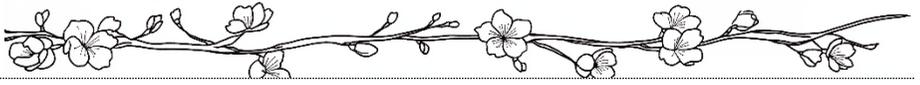
**Joshua 1:9**: *Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.*





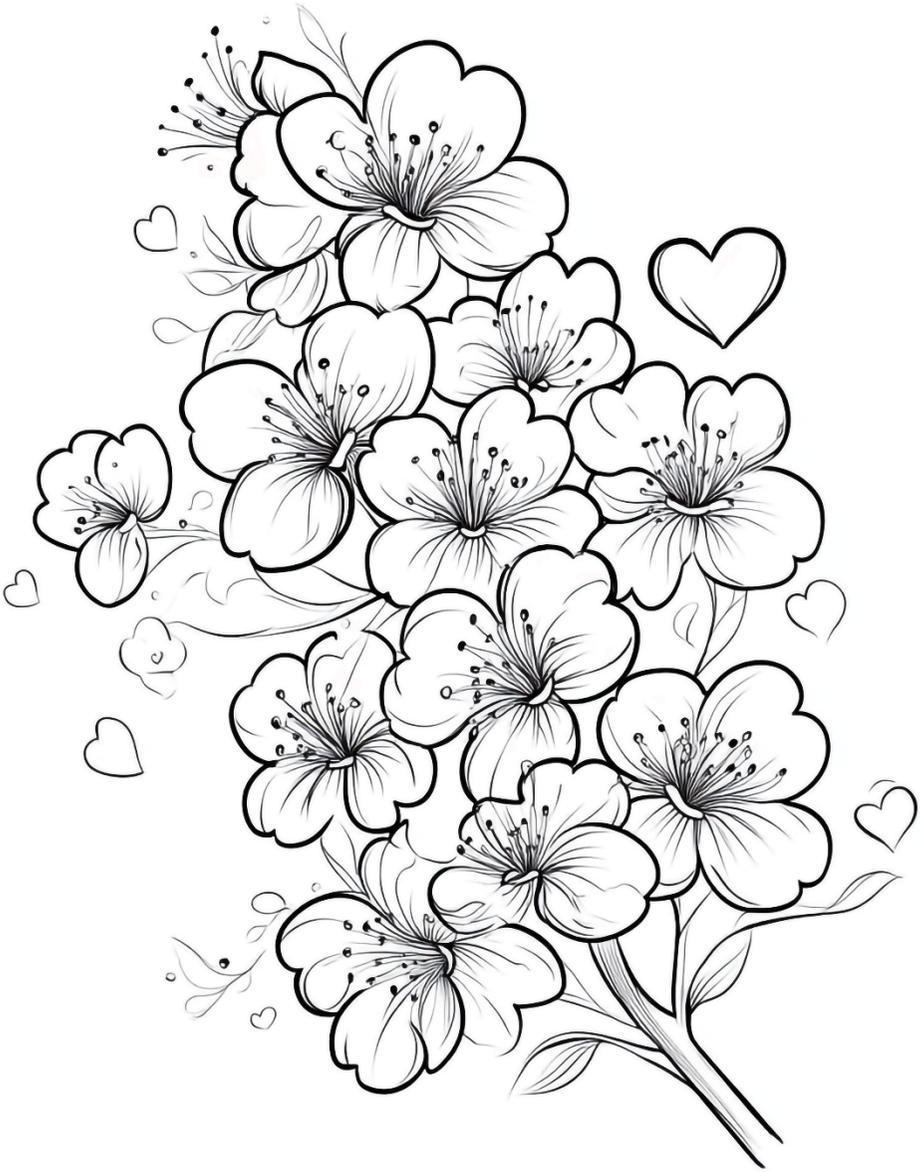


A series of horizontal lines for writing, consisting of a solid top line, a dashed midline, and a solid bottom line. There are 18 such sets of lines arranged vertically down the page.

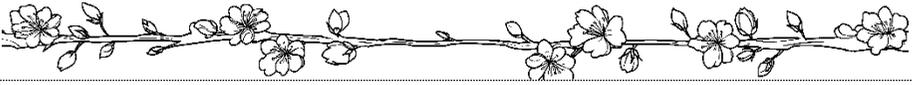


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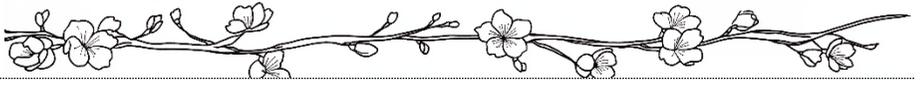
**Proverbs 12:25**: *Heaviness in the heart of man maketh it stoop: but a good word maketh it glad.*





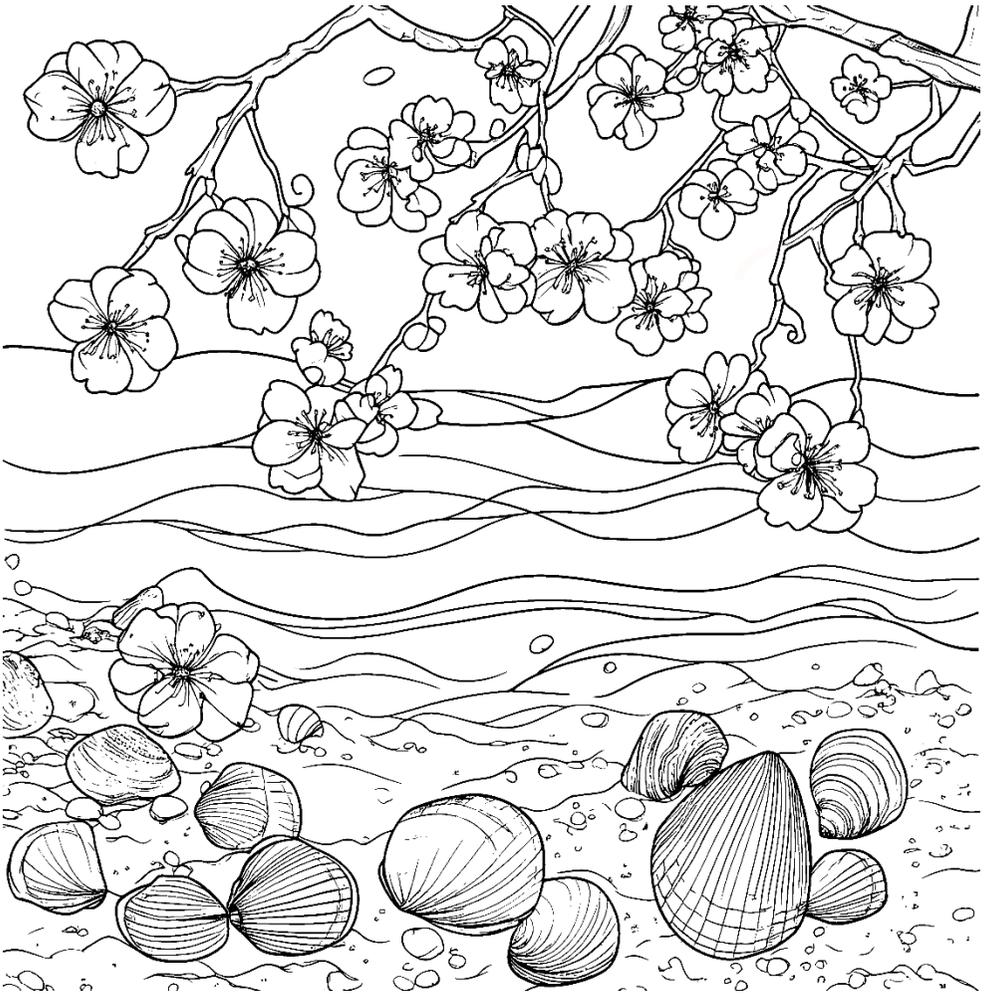


A series of horizontal lines for handwriting practice. The first line is a solid line, followed by a dotted line. This pattern repeats for the rest of the page, providing a guide for letter height and placement.

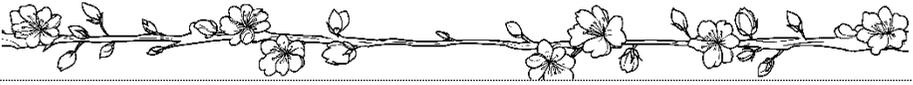


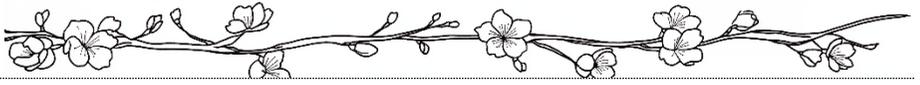
A series of horizontal lines for handwriting practice. Each set consists of a solid top line, a dashed middle line, and a solid bottom line. There are 11 such sets of lines, evenly spaced down the page.

**Psalm 34:4**: *I sought the Lord,  
and he heard me, and delivered  
me from all my fears.*







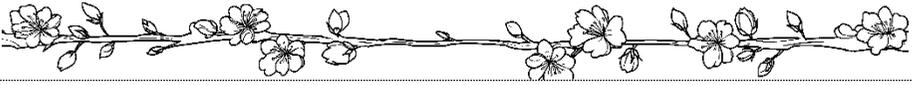


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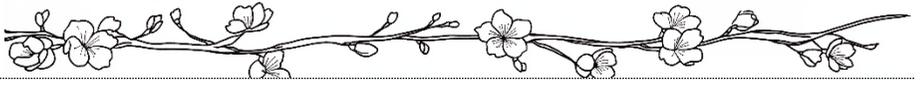
**2 Timothy 1:7**: *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*







A series of horizontal lines for handwriting practice. The first line is a solid line, followed by a dotted line. This pattern repeats for the rest of the page, providing a guide for letter height and placement. There are 10 sets of these lines on the page.

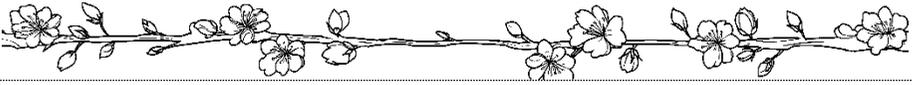


A series of horizontal lines for writing, consisting of a solid top line, a dashed midline, and a solid bottom line. There are 20 such sets of lines, providing a guide for letter height and placement.

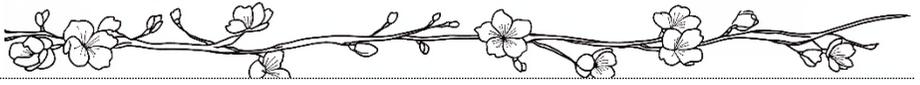
**Psalm 94:19**: *In the multitude of  
my thoughts within me thy  
comforts delight my soul.*







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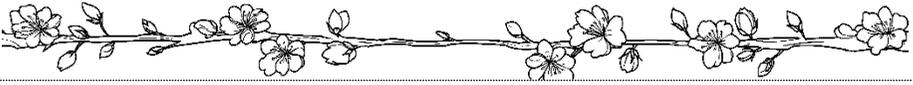


A series of horizontal lines for writing, consisting of a solid top line, a dashed midline, and a solid bottom line. There are 20 such lines spaced evenly down the page, providing a guide for letter height and placement.

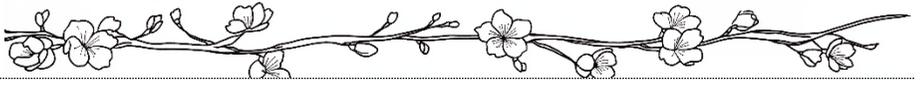
**Psalm 23:4**: *Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.*







A series of horizontal lines for handwriting practice. Each line set consists of a solid top line, a dashed middle line, and a solid bottom line. There are 15 such sets of lines, spaced evenly down the page.



A series of horizontal lines for writing, consisting of a solid top line, a dashed midline, and a solid bottom line. There are 20 such sets of lines, providing a guide for letter height and placement.

