

The Empty Nesters' JOURNAL



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JOURNAL



Marla W. Decubellis



2026 by Marla W. Decubellis

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Hi ,

I am glad you are here. Becoming an empty nester comes with lots of emotions. I felt sad and a little disoriented , but also relieved and excited. There is so much to process. (Sometimes there are huge intense issues surrounding this topic and for that I would encourage wise Biblical and/or professional counseling.) Here I want to help you remember , take note and imagine with the Lord how this next phase of life can look. I hope that you find this refreshing , clarifying , hopeful and fun!

Enjoy the journey!

Marla

ECCLESIASTES 3:1-8

A TIME FOR EVERYTHING

FOR EVERYTHING THERE IS A SEASON, AND A TIME
FOR EVERY MATTER UNDER HEAVEN:

A TIME TO BE BORN, AND A TIME TO DIE;
A TIME TO PLANT, AND A TIME TO PLUCK UP WHAT IS
PLANTED;
A TIME TO KILL, AND A TIME TO HEAL;
A TIME TO BREAK DOWN, AND A TIME TO BUILD UP;
A TIME TO WEEP, AND A TIME TO LAUGH;
A TIME TO MOURN, AND A TIME TO DANCE;
A TIME TO CAST AWAY STONES, AND A TIME TO
GATHER STONES TOGETHER;
A TIME TO EMBRACE, AND A TIME TO REFRAIN FROM
EMBRACING;
A TIME TO SEEK, AND A TIME TO LOSE;
A TIME TO KEEP, AND A TIME TO CAST AWAY;
A TIME TO TEAR, AND A TIME TO SEW;
A TIME TO KEEP SILENCE, AND A TIME TO SPEAK;
A TIME TO LOVE, AND A TIME TO HATE;
A TIME FOR WAR, AND A TIME FOR PEACE.



WHO I WAS...

DATE

S M T W T F S

Reflect on the person you've been over the past season of life.



THE ROLES I'VE PLAYED.

1

2

3

4

5

6

WHICH OF THE ABOVE MADE/MAKES ME SMILE THE MOST AND WHY?





Write a simple prayer of thanksgiving to God for these years.

WHO I WAS...

DATE

S M T W T F S

Reflect on the person you've been over the past season of life.

WHAT WERE MY STRENGTHS?

What would those closest to me say?



WHO OR WHAT HELPED ME ALONG THE WAY AND HOW?



WHO I WAS...

DATE

S M T W T F S

Reflect on the person you've been over the past season of life.

WHAT WAS HARD DURING THESE YEARS?

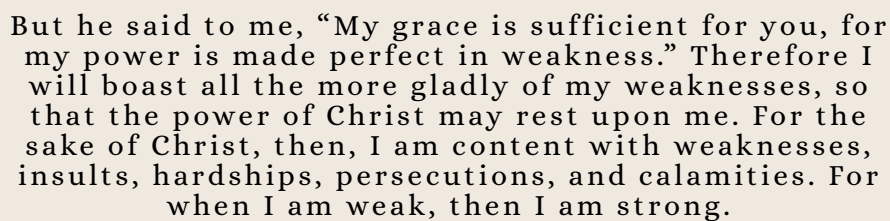
1

2

3

WHAT WERE MY BIGGEST WEAKNESSES?





Journal some thoughts or a prayer regarding your strengths and weaknesses.

WHO I WAS...

DATE

S M T W T F S

Reflect on the person you've been over the past season of life.



WHAT WOULD I CHANGE ABOUT THESE YEARS?

1

2

3

WHAT AM I MOST THANKFUL FOR?





Pray

Write a prayer to your Good Father
about what you have reflected on above.

DATE

S M T W T F S



DATE

S M T W T F S

Pray

**Write a general prayer to your
Good Father
about who and what you want to become
in the season ahead.**

WHO I WANT TO BE

DATE

S M T W T F S

Think about the person you want to become over the next season.



THE ROLES I WANT TO PLAY.

1

2

3

4

5

6

HOW DO I WANT MY RELATIONSHIP WITH GOD TO CHANGE?



WHO I WANT TO BE

DATE

S M T W T F S

Think about the person you want to become over the next season.



**WHAT ARE SIMPLE SPECIFIC STEPS I CAN TAKE TO GROW IN MY
RELATIONSHIP WITH GOD IN THE WAYS I MENTIONED ABOVE.**

1

2

3

**WRITE A PRAYER TO THE LORD ABOUT YOUR DESIRE TO
GROW CLOSER TO HIM.**



WHO I WANT TO BE

DATE

S M T W T F S

Think about the person you want to become over the next season.



WHAT ARE SIMPLE STEPS THAT I CAN TAKE TO MAKE MY MARRIAGE A
PRIORITY. (IF APPLICABLE.)

1

2

3

ASK YOUR SPOUSE HOW YOU CAN LOVE THEM WELL DURING
THIS SEASON.





DATE

S M T W T F S

Pray and Write

**Pray and then write a letter or notes to
express to your spouse your desire to make
your relationship a priority.**



**Above all, keep
loving one
another
earnestly, since
love covers a
multitude of
sins.**

1 Peter 4:8

WHO I WAS...

DATE

S M T W T F S

Reflect on the person you've been over the past season of life.



HOW CAN I LOVE AND SERVE MY CHILDREN WELL DURING THIS NEXT SEASON?

1

2

3

HOW CAN I EXPRESS THIS DESIRE TO MY KIDS?



DATE

S M T W T F S



Pray and Write

Pray and then brainstorm ideas about how I can creatively express my love to my kids.

*Behold, children are a heritage from
the LORD,
the fruit of the womb a reward.
Psalm 127:3*



WHO I WANT TO BE

DATE

S M T W T F S

Think about the person you want to become over the next season.



WHAT ARE SOME NEW WAYS I CAN SERVE OTHERS?

(Think neighbors, church, homeless shelter, friends who are struggling, etc..)

1

2

3

WHAT ARE SOME WAYS TO GUARD MY HEART TO AVOID OVEREXTENDING MYSELF TO A PLACE OF UNHEALTH.





Lord ,

Help me have the heart of
a servant like Jesus.

Also , help me to know
my limits and to discern
where I can help and
when I can't or
shouldn't.

WHO I WANT TO BE

DATE

S M T W T F S

Think about the person you want to become over the next season.



IN WHAT WAYS DO I WANT TO BECOME HEALTHIER PHYSICALLY?

1

2

3

WHAT ARE SOME SMALL NEXT STEPS I CAN TAKE IN THIS DIRECTION.

Keep it simple.



“...do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”

1 Corinthians 6:19-20



*Pray and ask the Lord to
give you discipline and
grace to grow in this way.*

WHO I WANT TO BE

DATE

S M T W T F S

Think about the person you want to become over the next season.



WHAT ARE SOME NEW HOBBIES I'VE ALWAYS WANTED TO TRY.

1

2

3

4

5

6

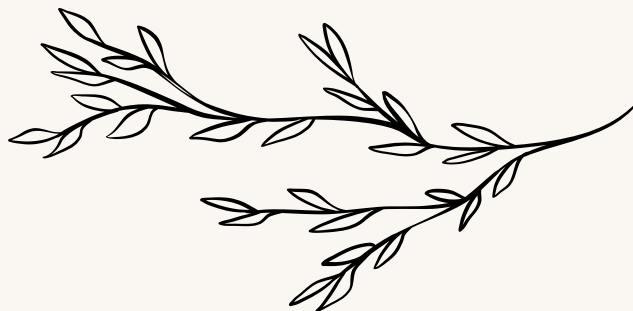
PICK 2 OF THE ABOVE AND WRITE OUT A BRIEF PLAN OF ACTION BELOW TO GET STARTED.



Do you feel uncomfortable or selfish wanting to try a new hobby. If so, journal a prayer to the Lord about how you are feeling.

I came that they may have life and have it abundantly.

John 10:10



WHO I WAS...

DATE

S M T W T F S

Reflect on the person you've been over the past season of life.



WHAT ARE 3 PLACES I WOULD LOVE TO TRAVEL TO SOMEDAY AND WHY?

1

2

3

RESEARCH AND MAKE A PINTEREST BOARD ON EACH DESTINATION.



Lord,

Broaden my knowledge of
you and your love for all
peoples whom you created.
Teach me how to champion,
love and serve them as I
research and travel to other
places around the world.

WHO I WANT TO BE

DATE

S M T W T F S

Think about the person you want to become over the next season.



WHAT ARE SOME BIG DREAMS?

(Think owning your own business, starting a ministry, writing a book, etc..)

1

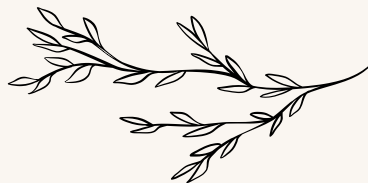
2

3

Write more notes and thoughts here.



Write a prayer asking your Good Father for His guidance and wisdom for these dreams and the willingness to surrender anything that is not of Him.



Lord ,

My life is yours. Each
breath is a gift from You.

May I , in this new
season , bring you glory and
honor in the way that I
think , feel , and live.

I am yours. I love you.

