

# A 7-DAY GUIDED PRAYER JOURNEY

TO DISCOVER & STEP BOLDLY INTO YOUR  
GOD-GIVEN PURPOSE  
FOR THE REST OF YOUR LIFE

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” — Jeremiah 29:11

# Welcome!

The second half is not a decline — it is your greatest becoming. This is the season God has been preparing you for all along.

This Prayer Map is your sacred pathway. For the next 7 days (or whenever you feel led), come to this page, light a candle, play soft worship, and let the Holy Spirit lead you deeper into the purpose that has your name written all over it.

Print this. Write on it. Cry on it. Let it get messy and marked up. This is holy ground.

## Heidi Mize



### ABOUT ME

As a lover of Jesus, I love coaching Christian women. Whether group coaching or one on one coaching, helping Christian women find their purpose as God's daughter, I'm here to walk beside you and discover it all.

## DAY 1 – ALTAR OF SURRENDER

**Scripture: Proverbs 3:5-6 "Trust in the Lord with ALL your heart..."**

(write it out in a couple different Bible versions, i.e. KJV, The Passion Translation, The Message Translation)

[illegible]

## PRAYER PROMPTS

Lord, I lay down every plan I've been clutching...

I release the need to figure it all out.

I surrender my timeline, my fears, my "shoulds."

Show me where I'm still driving, Jesus. Take the wheel.

Write the thing(s) you are surrendering today:

[illegible]

## DAY 2 – EXHALE THE PAST

**Scripture: Isaiah 43:18-19 "Behold, I am doing a new thing..."**

(write it out in a couple different Bible versions, i.e. KJV, The Passion Translation, The Message Translation or others)

[illegible]

# PRAYER PROMPTS

Father, forgive me for the years I lived on autopilot.  
Heal the regrets, the shame, the "if onlys."  
I release every label the world (or I) put on me.  
Thank You that my past is not wasted in Your hands.

Write one regret or label you are releasing to Him today:

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## DAY 3 - AWAKEN THE HEART

**Scripture: Psalm 37:4 “Delight yourself in the Lord, and He will give you the desires of your heart.”**

(write it out in a couple different Bible versions, i.e. KJV, The Passion Translation, The Message Translation or others)

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

## PRAYER PROMPTS

Holy Spirit, wake up the dreams I buried.  
What makes my heart leap even when I'm afraid to admit it?  
Show me the desires YOU planted in me before I was born.  
I am safe to want again.

Write the buried dream or holy desire rising up today:

This image shows a single sheet of white paper with horizontal dashed lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## DAY 4 – RECEIVE THE WHISPER

**Scripture: 1 Kings 19:11-13 (the still, small voice)**

(write it out in a couple different Bible versions, i.e. KJV, The Passion Translation, The Message Translation or others)

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## PRAYER PROMPTS

**Silence Challenge: Sit in silence for 10 minutes after praying.**

Speak, Lord. Your servant is listening.

What is the one thing You keep bringing to my mind?

Give me ears to hear the quiet yes.

Write what He whispered (even if it feels crazy):

This image shows a full page of white paper with horizontal dashed lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

## DAY 5 – CLAIM THE PROMISES

### Scripture Meditation (declare these out loud):

- Ephesians 2:10 – I am God's masterpiece, created for good works prepared in advance.
- Jeremiah 29:11 – He has plans to give me hope and a future.
- Philippians 1:6 – He will complete the good work He began in me.
- Psalm 139:16 – All my days were written before one came to be.

Write your own personalized declaration (example: "I, [name], was created to \_\_\_\_\_ in my second half.")

This image shows a full page of blank handwriting practice paper. It features multiple sets of horizontal lines. Each set consists of a solid top line, a dashed midline, and a solid bottom line, providing a guide for letter height and placement. The lines are evenly spaced across the entire page, which has a light gray background. There is no text or other markings on the paper.

## PRAYER PROMPTS

Write your own personalized declaration  
(example: "I, [name], was created to \_\_\_\_\_ in my second half.")

[illegible]

## DAY 6 – COURAGE TO STEP

**Scripture: Joshua 1:9 "Be strong and courageous... for the Lord your God is with you wherever you go."**

(write it out in a couple different Bible versions, i.e. KJV, The Passion Translation, The Message Translation or others)

[illegible]

## PRAYER PROMPTS

Jesus, I am terrified... and I'm saying yes anyway.  
Give me the next obedient step (just one).  
I choose faith over fear today.

Write your NEXT OBEDIENT STEP (no matter how small):

[illegible]

## DAY 7 – ANOINTED FOR IMPACT

**Scripture: Acts 1:8 “You will receive power when the Holy Spirit comes upon you...”**

(write it out in a couple different Bible versions, i.e. KJV, The Passion Translation, The Message Translation or others)

[illegible]

## PRAYER PROMPTS

Fill me afresh, Holy Spirit.  
Anoint me for the assignments ahead.  
Use my story, my scars, my second half for Your glory.  
I am available. Send me.

Write the lives you believe God wants to touch through you:

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## YOUR SECOND HALF PURPOSE STATEMENT

(After completing the 7 days, write your current understanding of your purpose in one bold sentence.)

"In my second half, God is calling me to so that

\_\_\_\_\_ and He  
gets all the glory."

Seal this with a prayer, sign your name, and date it.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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# WANNA LEARN MORE?

I'd LOVE to work with you! I invite you to come be a part of my group coaching where me and other Christian women are growing in Christ and in our purpose!



To see if we can work together let's find a path that works for your unique situation,

If you're interested in one on one coaching, click on the button below to apply for a free discovery call. Or, join our weekly group coaching!

[SCHEDULE A FREE CALL](#)

