



# **21-DAY FAITH RENEWAL JOURNAL**





# WELCOME & INTENTION SETTING

**Welcome to your 21-Day Faith Renewal Journey.**

Over the next three weeks, you will create space to reconnect with God, find peace in His presence, and renew your faith one day at a time. This journal is designed to guide you through daily Scripture, reflections, and prayers that will help you grow closer to God and discover calm even in life's storms.

There is no right or wrong way to use this journal. Some days you may write pages, other days just a few words. What matters is that you show up with an open heart.

## Setting Your Intention

Before you begin, take a moment to reflect on why you're starting this journey.

**What do you hope to experience or discover over these 21 days?**

*Write your thoughts on the lines below:*

**What area of your life needs God's renewal most right now?**

*Write your response here:*

**Write a simple prayer inviting God into this journey with you:**

*Use the space below to write your prayer:*



# DAY 1: TRUSTING IN NEW BEGINNINGS

## Today's Verse:

*"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" - 2 Corinthians 5:17*

## Reflection:

Every journey begins with a single step of faith. Today marks the beginning of your renewal. God is already at work in your life, preparing new things you cannot yet see. Trust that He meets you exactly where you are and will walk with you through every day ahead.

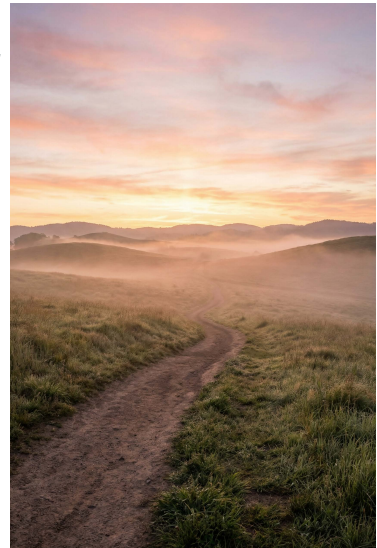
## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

What does "new beginnings" mean to you right now?

Where do you need God's renewal most in your life today?

What old patterns or worries are you ready to release?



## Today's Prayer:

Lord, I come to You at the start of this journey. I trust that You are making all things new in my life. Help me to release what no longer serves me and embrace the renewal You have planned. Give me the courage to take this first step. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*



# DAY 2: RESTING IN HIS PRESENCE

## Today's Verse:

*"Come to me, all you who are weary and burdened, and I will give you rest." - Matthew 11:28*

## Reflection:

In a world that constantly demands more, God invites you to rest. True rest is not just physical but spiritual. It is found when you stop striving and simply sit in God's presence, knowing that He is in control. Today, give yourself permission to be still.

## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

What burdens are you carrying that God wants you to lay down?

When was the last time you truly rested in God's presence?

How can you create more space for stillness today?

## Today's Prayer:

Father, I am weary, and I need Your rest. Help me to stop striving and trust that You are holding everything together. Teach me to be still and know that You are God. Let Your peace wash over me today. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*





# DAY 3: REMEMBERING HIS FAITHFULNESS

## Today's Verse:

*"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness." - Lamentations 3:22-23*

## Reflection:

When life feels uncertain, it helps to remember God's faithfulness. Look back at the ways He has provided, protected, and guided you. His mercies are brand new this morning, just as they were yesterday and will be tomorrow. He has never left you, and He never will.

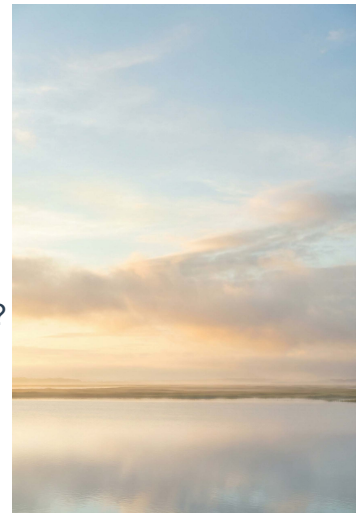
## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

What is one way God has shown His faithfulness to you in the past?

How does remembering His past faithfulness help you trust Him today?

What mercy are you most grateful for this morning?



## Today's Prayer:

Lord, thank You for Your faithfulness that never fails. When I look back, I see Your hand guiding me through every season. Help me trust that Your mercies will continue to meet me each new day. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*





# DAY 4: CHOOSING PEACE OVER WORRY

## Today's Verse:

*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." - Philippians 4:6*

## Reflection:

Worry is a natural response to uncertainty, but it is not where God wants you to live. Today, you are invited to trade your anxiety for prayer. Bring every concern, no matter how small, to God. He cares about what concerns you and promises His peace in return.

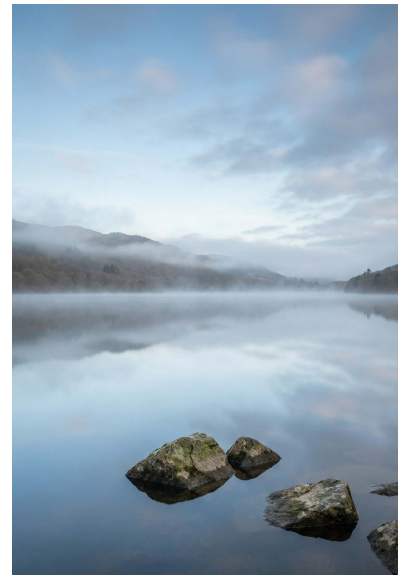
## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

What specific worries are weighing on your heart today?

How can you turn these worries into prayers?

What are three things you can thank God for right now?



## Today's Prayer:

God, I give You my worries today. I choose to trust You instead of letting anxiety control me. Thank You for caring about every detail of my life. Replace my fear with Your perfect peace. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*



# DAY 5: FINDING STRENGTH IN WEAKNESS

## Today's Verse:

*"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'" - 2 Corinthians 12:9*

## Reflection:

You do not have to be strong all the time. God's power shines brightest when you acknowledge your limitations and lean on Him. Your weakness is not a flaw; it is an opportunity for His strength to work through you. Today, let go of the pressure to have it all together.

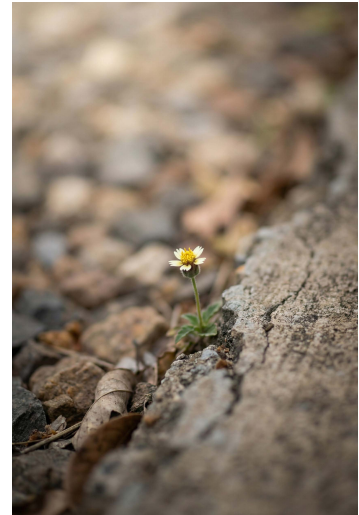
## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

Where do you feel weak or inadequate right now?

How might God want to show His strength in this area?

What would it look like to trust His grace instead of your own effort?



## Today's Prayer:

Lord, I admit that I am weak and I cannot do this on my own. Thank You that Your grace is enough for me. Let Your strength be perfected in my weakness. I surrender my need to be strong and trust in Your power instead. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*



# DAY 6: WALKING BY FAITH, NOT BY SIGHT

## Today's Verse:

*"For we walk by faith, not by sight." - 2 Corinthians 5:7*

## Reflection:

Faith means trusting God even when you cannot see the way forward. You may not understand His timing or His plan, but you can trust His character. Today, take one step forward in faith, even if the path ahead is unclear. God sees what you cannot.

## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

What situation in your life requires you to walk by faith right now?

How does trusting God's character help when you can't see the outcome?

What is one small step of faith you can take today?



## Today's Prayer:

Father, help me to trust You when I cannot see the way. I choose to walk by faith, believing that You are leading me even when the path is unclear. Strengthen my trust in You today. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*





# DAY 7: CELEBRATING THE WEEK

## Today's Verse:

*"This is the day that the Lord has made; let us rejoice and be glad in it." - Psalm 118:24*

## Reflection:

You have completed your first week. Take time today to celebrate your faithfulness and God's presence with you. Even small steps matter. Reflect on what God has been teaching you and how He has met you in these seven days.

## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

What stood out to you most this week?

How have you seen God at work in your heart or circumstances?

What is one thing you want to carry forward into the next week?



## Today's Prayer:

Lord, thank You for walking with me through this first week. I celebrate Your faithfulness and the growth You are creating in me. Help me to continue with joy and expectation for what You will do in the weeks ahead. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*



# WEEKLY CHECK-IN: WEEK 1

**Take a few moments to reflect on your first week of this faith journey.**

How consistent were you with your daily journaling?

*Circle one: Every day | Most days | A few days | I struggled this week*

What emotions did you experience most this week?

*Write your response below:*

Which day's reflection impacted you the most, and why?

*Write your response below:*

What is one way you saw God show up for you this week?

*Write your response below:*

What challenge or obstacle made it difficult to stay consistent?

*Write your response below:*

What is one intention you want to set for Week 2?

*Write your intention below:*



# PART 2: DAYS 8-14

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# DAY 8: LETTING GO OF CONTROL

## Today's Verse:

*"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." - Proverbs 3:5-6*

## Reflection:

Control is an illusion. The more tightly you grip, the more anxious you become. God is inviting you to release your need to manage every outcome and trust that He is directing your path. Surrender is not weakness; it is wisdom.

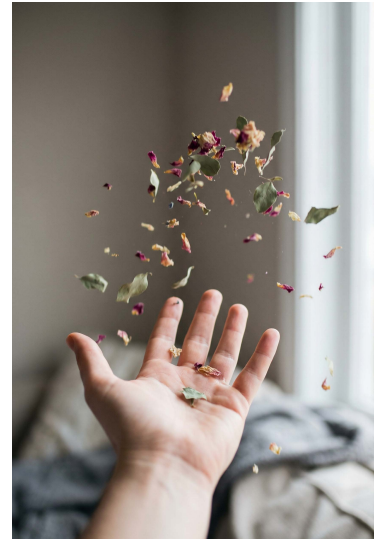
## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

What are you trying to control that you need to surrender to God?

How does holding on to control create stress in your life?

What would change if you fully trusted God with this area?



## Today's Prayer:

God, I confess that I try to control things that are not mine to control. I surrender my plans, my timeline, and my understanding to You. I trust that You are making my path straight. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*



# DAY 9: EMBRACING GOD'S TIMING

## Today's Verse:

*"For everything there is a season, and a time for every matter under heaven." - Ecclesiastes 3:1*

## Reflection:

God's timing is not always your timing, but it is always perfect. Waiting is not wasted time; it is preparation. Trust that God is working even when you cannot see progress. He is never early, never late, always on time.

## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

What are you waiting for right now?

How does impatience show up in your life?

What might God be teaching you in this season of waiting?



## Today's Prayer:

Lord, I am learning to trust Your timing even when it is different from mine. Help me to be patient and to see that You are at work behind the scenes. I trust that Your timing is perfect. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*





# DAY 10: RECEIVING GOD'S LOVE

## Today's Verse:

*"See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!" - 1 John 3:1*

## Reflection:

You are deeply loved by God, not because of what you do but because of who you are. His love is not earned or deserved; it is lavished freely. Today, let that truth sink deep into your heart. You are His beloved child.

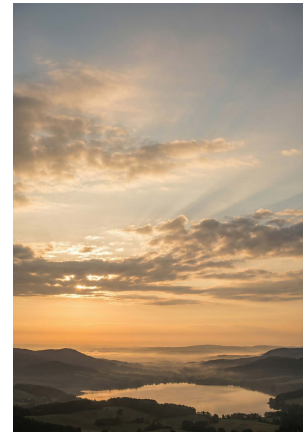
## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

Do you truly believe God loves you unconditionally? Why or why not?

What makes it hard for you to receive God's love?

How would your life change if you fully embraced your identity as God's beloved?



## Today's Prayer:

Father, thank You for loving me so completely. Help me to receive Your love without condition or doubt. Remind me daily that I am Your cherished child. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*



# DAY 11: FORGIVING YOURSELF

## Today's Verse:

*"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." - 1 John 1:9*

## Reflection:

God has already forgiven you. The question is, have you forgiven yourself? Shame and guilt keep you stuck in the past. Today, receive God's forgiveness fully and extend that same grace to yourself. You are not defined by your mistakes.

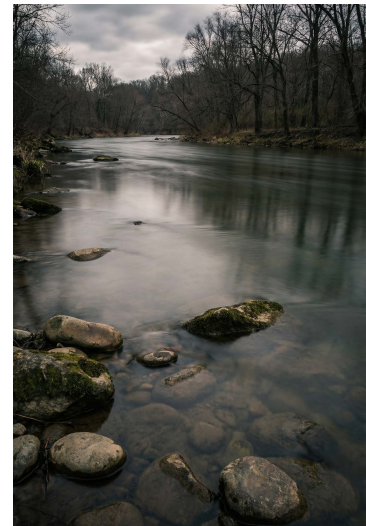
## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

What past mistake or regret are you still holding onto?

How would your life be different if you fully forgave yourself?

What does God want to say to you about this today?



## Today's Prayer:

Lord, thank You for forgiving me completely. Help me to forgive myself and release the shame I have been carrying. I receive Your grace and choose to move forward in freedom. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*



# DAY 12: CULTIVATING GRATITUDE

## Today's Verse:

*"Give thanks in all circumstances; for this is God's will for you in Christ Jesus." - 1 Thessalonians 5:18*

## Reflection:

Gratitude shifts your perspective. When you focus on what you have instead of what you lack, you begin to see God's goodness everywhere. Today, cultivate a heart of thanksgiving, even in difficult circumstances. There is always something to be grateful for.

## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

What are five things you are grateful for today?

How does gratitude change the way you see your current situation?

What challenge can you find something to thank God for within?



## Today's Prayer:

God, thank You for the countless blessings in my life. Open my eyes to see Your goodness even in hard times. Help me to cultivate a heart of gratitude every day. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*



# DAY 13: SPEAKING LIFE OVER YOURSELF

## Today's Verse:

*"The tongue has the power of life and death, and those who love it will eat its fruit." - Proverbs 18:21*

## Reflection:

The words you speak to yourself matter. Negative self-talk creates a cycle of defeat, but life-giving words build faith and hope. Today, speak truth over yourself. Replace lies with God's promises. Your words have power.

## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

What negative things do you say to yourself regularly?

What truths from God's Word can you speak instead?

How can you be more intentional about encouraging yourself?



## Today's Prayer:

Lord, forgive me for speaking death over myself. Teach me to speak life and truth as You do. Help my words align with Your promises and build faith instead of fear. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*



# DAY 14: FINDING JOY IN THE JOURNEY

## Today's Verse:

*"The joy of the Lord is your strength." - Nehemiah 8:10*

## Reflection:

Joy is not the absence of hardship; it is the presence of God in the midst of it. You do not have to wait until everything is perfect to experience joy. God's joy is available to you today, right where you are. Let it be your strength.

## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

Where do you find joy in your current season?

How can you invite more of God's joy into your daily life?

What is stealing your joy that you need to release?



## Today's Prayer:

Father, fill me with Your joy today. Help me to find delight in Your presence and strength in Your joy. I choose joy over discouragement and trust over despair. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*





# WEEKLY CHECK-IN: WEEK 2

**Reflect on your journey through the second week.**

How did Week 2 compare to Week 1?

*Write your response below:*

What spiritual growth or shifts have you noticed in yourself?

*Write your response below:*

Which day's verse or reflection resonated most deeply with you?

*Write your response below:*

What has been your biggest challenge in staying consistent?

*Write your response below:*

How have you experienced God's presence differently this week?

*Write your response below:*

What are you most grateful for this week?

*Write your response below:*



# PART 3: DAYS 15-21

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# DAY 15: SURRENDERING YOUR PLANS

## Today's Verse:

*"In their hearts humans plan their course, but the Lord establishes their steps." - Proverbs 16:9*

## Reflection:

You can make plans, but ultimately God directs your path. Sometimes His plan looks different from yours, and that is okay. Trust that He sees the bigger picture. Surrendering your plans to God is not giving up; it is making room for something better.

## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

What plans are you holding too tightly?

How do you respond when things don't go according to your plan?

What would it look like to trust God's plan more than your own?



## Today's Prayer:

Lord, I surrender my plans to You. I trust that Your ways are higher than mine and Your plan is better. Help me to hold my plans loosely and follow where You lead. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*



# DAY 16: STANDING FIRM IN FAITH

## Today's Verse:

*"Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand." - Ephesians 6:13*

## Reflection:

There will be days when standing firm is all you can do. When circumstances overwhelm, and doubt creeps in, simply stand. Stand on God's promises. Stand on His Word. Stand knowing that He is with you. Your persistence in faith matters.

## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

What challenge is testing your faith right now?

How can you "stand firm" in this situation today?

What promise of God do you need to hold onto?



## Today's Prayer:

God, give me the strength to stand firm in my faith. When I feel weak, remind me that You are my strength. Help me to put on Your armor and trust that You are fighting for me. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*



# DAY 17: EXTENDING GRACE TO OTHERS

## Today's Verse:

*"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." - Ephesians 4:32*

## Reflection:

The grace you have received from God is meant to overflow to others. Holding grudges and bitterness only hurts you. Today, choose to extend the same forgiveness and compassion that God has shown you. Freedom comes when you release others.

## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

Is there someone you need to forgive or show grace to?

What is holding you back from extending grace?

How has receiving God's grace changed you?



## Today's Prayer:

Lord, thank You for the grace You have shown me. Help me to extend that same grace to others, even when it's hard. Free me from bitterness and fill my heart with compassion. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*





# DAY 18: LISTENING FOR GOD'S VOICE

## Today's Verse:

*"My sheep listen to my voice; I know them, and they follow me." - John 10:27*

## Reflection:

God is always speaking, but it requires stillness to hear Him. His voice may come through Scripture, through a quiet whisper in your heart, or through wise counsel. Today, create space to listen. Ask God to speak, and then be quiet long enough to hear.

## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

When was the last time you felt God speak to you?

What distracts you from hearing God's voice?

What do you sense God might be saying to you today?



## Today's Prayer:

Father, I want to hear Your voice. Quiet the noise around me and help me to listen with my heart. Speak to me today, and give me ears to hear and a heart ready to obey. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*



# DAY 19: CHOOSING HOPE OVER FEAR

## Today's Verse:

*"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*

## Reflection:

Fear whispers that the worst will happen. Hope declares that God has good plans for you. Today, choose hope. God's plans for you are filled with purpose, not harm. Even when the road is uncertain, His promise remains: you have a future filled with hope.

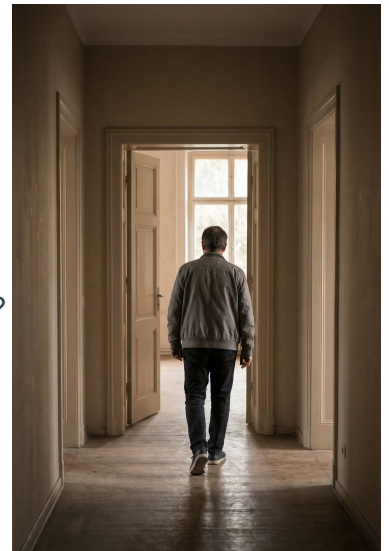
## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

What fear is trying to steal your hope right now?

How does knowing God has good plans for you change your perspective?

What does hope look like in your situation today?



## Today's Prayer:

Lord, I choose hope over fear today. Thank You for the good plans You have for my life. Help me to trust that You are working all things for my good, even when I cannot see it. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*



# DAY 20: PERSEVERING TO THE END

## Today's Verse:

*"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." - Galatians 6:9*

## Reflection:

You are almost at the finish line. Do not give up now. The work you have been doing, showing up day after day, matters. God sees your faithfulness. Keep going. The harvest is coming, and it will be worth every step you have taken.

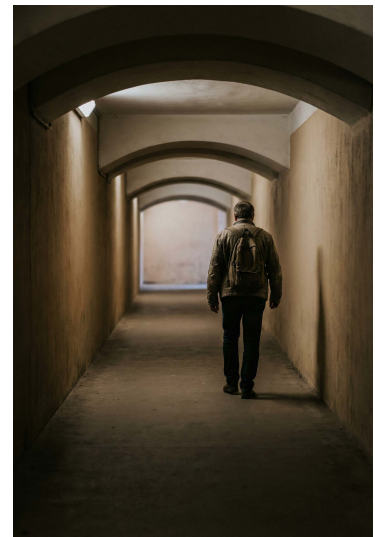
## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

What have you learned about yourself on this journey?

How has your faith grown over these 20 days?

What motivates you to keep going when you feel like quitting?



## Today's Prayer:

God, give me the strength to persevere to the end. Thank You for sustaining me through this journey. Help me not to grow weary but to keep pressing forward with faith and expectation. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*



# DAY 21: CELEBRATING RENEWAL

## Today's Verse:

*"He who was seated on the throne said, 'I am making everything new!'" - Revelation 21:5*

## Reflection:

You have completed 21 days of showing up, seeking God, and inviting renewal into your life. Today, celebrate how far you have come. God has been faithful every step of the way, and He is not finished yet. This is not the end; it is a new beginning.

## Today's Prompts:

*Reflect on these questions and write your answers below each one:*

How have you experienced renewal over these 21 days?

What is the most important lesson you are taking with you?

How will you continue to nurture your faith moving forward?



## Today's Prayer:

Lord, thank You for walking with me through these 21 days. I celebrate the renewal You have brought to my heart and my faith. Continue Your good work in me and help me to keep seeking You daily. Amen.

*Use the space below for any additional thoughts, prayers, or reflections from today:*



# WEEKLY CHECK-IN: WEEK 3

Reflect on your final week and the full 21-day journey.

How did you feel approaching the final week?

*Write your response below:*

What breakthrough or insight did you experience this week?

*Write your response below:*

Looking back at all 21 days, what changed most in you?

*Write your response below:*

What was your favorite day or reflection from the entire journey?

*Write your response below:*

How do you plan to continue growing in your faith after this journal?

*Write your response below:*

What would you tell someone who is about to start this journey?

*Write your response below:*





# CLOSING REFLECTION

**Congratulations on completing your 21-Day Faith Renewal Journey.**

Take a moment to look back over the past three weeks and reflect on all that God has done.

What was your biggest takeaway from this experience?

*Write your response below:*

How has your relationship with God changed or deepened?

*Write your response below:*

What habits or practices do you want to continue?

*Write your response below:*

Write a prayer of gratitude for this journey:

*Use the space below to write your prayer:*

***Remember, this journal was just the beginning. Continue to make space for God in your daily life. He is always ready to meet you, renew you, and walk with you through every season.***



# PART 4: SPECIAL SECTIONS

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# ONE MINUTE FAITH RESET

There will be days when you don't have time for a full journaling session or when life feels overwhelming. Use this One Minute Faith Reset to quickly reconnect with God and recenter your heart.

## Step 1: BREATHE (20 seconds)

Take three deep breaths. With each exhale, release tension and worry. God is with you in this moment.

## Step 2: REMEMBER (20 seconds)

Recall one truth about God. Examples:

- \* God is in control
- \* I am loved by God
- \* God's grace is sufficient
- \* God is my refuge

## Step 3: PRAY (20 seconds)

Speak a simple prayer:

*"God, I trust You. I need Your peace. Thank You for being with me."*

That's it. One minute. Use this reset as often as you need throughout your day.



# WHEN MOTIVATION DROPS

It is normal to feel unmotivated some days. Progress is not always linear, and that is okay. Here is what to remember when you struggle to keep going:

**You don't have to feel motivated to be faithful.**

Show up even when you don't feel like it. Consistency matters more than perfection.

**Small steps still count.**

Even five minutes with God is better than nothing. Do what you can, not what you think you should.

**God meets you where you are.**

You don't have to have it all together. Come to God as you are, messy and imperfect. He is not disappointed in you.

**It's okay to rest.**

If you miss a day, don't quit. Just pick up where you left off. Grace covers your gaps.



**Remember your WHY.**

Go back to the intention you set at the beginning. Why did you start this journey? Let that remind you to keep going.

**You are doing better than you think. Keep showing up. God is with you.**



# REFLECTION TRACKER

Use this simple tracker to mark each day you complete your journal entry. You can check off the box, draw a heart, color it in, or add a smiley face. Make it your own!

*Print this page and place it on your fridge, mirror, or workspace as a visual reminder of your commitment.*

<b>Day 1</b> <input type="checkbox"/>	<b>Day 2</b> <input type="checkbox"/>	<b>Day 3</b> <input type="checkbox"/>	<b>Day 4</b> <input type="checkbox"/>	<b>Day 5</b> <input type="checkbox"/>	<b>Day 6</b> <input type="checkbox"/>	<b>Day 7</b> <input type="checkbox"/>
<b>Day 8</b> <input type="checkbox"/>	<b>Day 9</b> <input type="checkbox"/>	<b>Day 10</b> <input type="checkbox"/>	<b>Day 11</b> <input type="checkbox"/>	<b>Day 12</b> <input type="checkbox"/>	<b>Day 13</b> <input type="checkbox"/>	<b>Day 14</b> <input type="checkbox"/>
<b>Day 15</b> <input type="checkbox"/>	<b>Day 16</b> <input type="checkbox"/>	<b>Day 17</b> <input type="checkbox"/>	<b>Day 18</b> <input type="checkbox"/>	<b>Day 19</b> <input type="checkbox"/>	<b>Day 20</b> <input type="checkbox"/>	<b>Day 21</b> <input type="checkbox"/>

You completed \_\_\_\_\_ out of 21 days.

# Congratulations!

Celebrate your faithfulness!

***Remember:*** Every day you showed up matters.  
God sees your commitment and celebrates your growth.

*May God bless you richly as you seek Him daily.*

