

3 DAYS OF SIMPLE PRAYER FOR THE BUSY MOM

I know your life is chaotic and you feel
overwhelmed and exhausted.
Remember as you pray over the next
3 days that you are a DAUGHTER OF
THE MOST HIGH KING!

Take these 3 days to dig in deep with
Jesus.

DAY 1: FINDING PEACE IN THE CHAOS

FOCUS: SURRENDER AND TRUST

Morning Prayer: Ask Jesus to help you surrender your worries
and trust Him with your day.

Scripture: Philippians 4:6-7 — “Do not be anxious about
anything...”

Reflection: Spend 5 minutes reflecting on areas where you
feel overwhelmed. Offer those to Jesus.

EVENING PRAYER: THANK JESUS FOR BEING YOUR PEACE DESPITE
THE DAY'S CHALLENGES.

3 THINGS I AM THANKFUL FOR TODAY

1.

2.

3.

DAY 2: STRENGTH FOR THE JOURNEY

FOCUS: RENEWAL AND STRENGTH

Morning Prayer: Pray for renewed strength and patience to handle your roles as mom, spouse, and worker.

Scripture: Isaiah 40:31 — “But those who hope in the Lord will renew their strength...”

Reflection: Write down one way you can lean on Jesus when you feel weak or tired.

EVENING PRAYER: ASK JESUS TO REFRESH YOUR SPIRIT AND PREPARE YOU FOR TOMORROW.

3 THINGS I AM THANKFUL FOR TODAY

1.

2.

3.

DAY 3: CONNECTION AND JOY

FOCUS: RELATIONSHIP AND JOY IN JESUS

Morning Prayer: Pray for deeper connection with Jesus and your loved ones.

Scripture: John 15:5 — "I am the vine; you are the branches..."

Reflection: Consider one relationship you want to strengthen and pray for it specifically.

EVENING PRAYER: PRAISE JESUS FOR HIS CONSTANT PRESENCE AND THE JOY HE BRINGS.

3 THINGS I AM THANKFUL FOR TODAY

1.

2.

3.

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