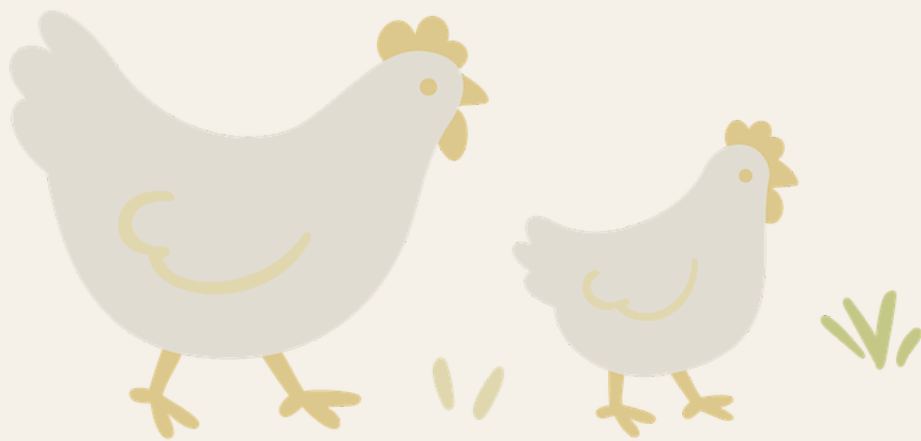


Walking Beside Her

A 21-Day
Prayer Journal
for The Mama of a Teen Girl



She's His. You're His. And He's got you both.

WELCOME:

Hey Mama,

Can I tell you something? Raising girls is hard, but when they hit the teen years, it goes from fighting daily battles to full out war. When my girls were little I could pray over them with confidence. Once the hormones started kicking in and the push and pull of independence took over, I knew I needed to change the way I pray for her, myself, and our relationship with each other and God.

This became a time for God to change the way I prayed for my girls. A space for me to hand over the controls and learn to walk with her in the journey instead of ahead of her. I was reminded that each of my daughters were truly not mine, they are His.

They are daughters of The King, just like me. I needed to find a way to Walk Beside Her as she finds her own walk with God.

That's where these prayer journals came to life.

Over the next 21 days you'll pray over the same topics your daughter may be wrestling with right now — her identity, her fears, her dreams, and her purpose. You don't have to share this journal with her. You just have to trust the One who already knows her better than either of you do.

You are a mama who loves your daughter fiercely and loves God even more. And He has been waiting to meet you right here. Let's do this together.

— Amber, MT Chick Mama



MT Chick Mama

DAY 1: LORD, SHE'S YOURS FIRST

Verse of the Day

PSALM 127:3

Reflection

What's one thing you've been carrying about your daughter that you haven't fully surrendered to God yet?

Text Prompt

Text God like you're handing your daughter over to Him for the first time. What do you say?

What is something I can give to God today that isn't mine to carry.

DAY 2: HE KNOWS HER BETTER THAN I DO

Verse of the Day

JEREMIAH 1:5

Reflection

Does it bring you peace or does it feel hard to trust that God knows your daughter even more intimately than you do? Why?

Text Prompt

Send God a voice note about something you've noticed in your daughter lately that only a mama would catch.

Optional: Ask your daughter what's on her heart this week.

DAY 3: WHEN I DON'T KNOW HOW TO PRAY FOR HER

Verse of the Day

ROMANS 8:26

Reflection

Is there a situation with your daughter right now where you genuinely don't know how to pray? Sit in that silence for a moment.

Text Prompt

Send God just an emoji that describes how you feel about your daughter today — and tell Him why.

What is distracting you today?

DAY 4: THANK YOU FOR GIVING HER TO ME

Verse of the Day

1 THESSALONIANS 5:18

Reflection

Name 5 things about your daughter you've never actually stopped to thank God for out loud.

Text Prompt

Send God a thank you text for one small moment with your daughter this week that you almost missed.

What are you thankful for today
outside of motherhood?

DAY 5: HELP ME KNOW WHEN TO STEP IN AND WHEN TO STEP BACK

Verse of the Day

PROVERBS 3:5-6

Reflection

What's one area of your daughter's life where you've been holding on too tight? What would it look like to open your hands?

Text Prompt

Write out your prayer request for your daughter today like you're texting your best friend asking her to pray.

How often do you actually reach out to others for prayer?

DAY 6: WHEN HER HARD DAYS BECOME MY HARD DAYS

Verse of the Day

PSALM 34:18

Reflection

What's breaking YOUR heart about something your daughter is going through right now? God can handle every single part of it.

Text Prompt

Vent to God about the hard thing your daughter is walking through. He can take it — and so can she.

What was a hard learning moment for you as a teen?

DAY 7: LORD, REMIND ME WHO YOU MADE HER TO BE

Verse of the Day

PSALM 139:14

Reflection

What's one thing about your daughter's identity that the world is trying to rewrite? What does God say about that?

Text Prompt

Ask God to remind you who HE says your daughter is.
Write His reply the way you imagine He'd send it.

How was life different from your teen years to hers?

DAY 8: FORGIVENESS — THE MISTAKES I'VE MADE AS HER MOM

Verse of the Day

1 JOHN 1:9

Reflection

Is there something you've done as a mom that you haven't fully forgiven yourself for, even though God already has?

Text Prompt

Write a text to God confessing something about your parenting — and then write His reply back to you.

Who in your life has shown you a mother's love?

DAY 9: FORGIVENESS — WHEN SHE HAS HURT ME

Verse of the Day

COLOSSIANS 3:13

Reflection

Has your daughter hurt or disappointed you in a way that's still sitting on your heart? What makes it hard to fully let go?

Text Prompt

Ask God to help you forgive your daughter in this season. Be real — it's okay if it's hard.

What were you like as a teen to your mom/caregiver?

DAY 10: THE FRIENDS AROUND HER

Verse of the Day

PROVERBS 13:20

Reflection

What kind of friendships do you see your daughter in right now? What would you ask God to do in her friendships this season?

Text Prompt

Pray for your daughter's closest friend by name — text it to God like you'd ask someone to cover that friendship in prayer.

Who was your closest friend growing up?

DAY 11: GOD, TAKE MY ANXIETY ABOUT HER

Verse of the Day

PHILIPPIANS 4:6-7

Reflection

What are you most anxious about for your daughter right now? What would it look like to actually hand that to Jesus today?

Text Prompt

List your worries for your daughter like a bullet point text to God — and ask Him to take each one.

Optional:

Ask your daughter about what is making her anxious this week.

DAY 12: WHEN MY FAITH FEELS SHAKY

Verse of the Day

HEBREWS 11:1

Reflection

Is there a place in your daughter's story where YOU are struggling to trust God? How does your own faith history speak to that fear?

Text Prompt

Tell God honestly about a time you doubted Him with something related to your daughter and ask Him to grow your faith.

Picture yourself at a time when life felt steady.
What did that look like?

DAY 13: HER DREAMS SCARE ME SOMETIMES

Verse of the Day

JEREMIAH 29:11

Reflection

What are your daughter's biggest dreams? Do you believe God placed them there on purpose — even the ones that make you nervous?

Text Prompt

Share your daughter's dreams with God like you'd send an excited — or maybe anxious — text to your best friend. Don't hold back.

When your daughter was young, what did she want to be when she grew up?

DAY 14: HELP ME NOT COMPARE HER TO ANYONE

Verse of the Day

GALATIANS 1:10

Reflection

Are you guilty of comparing your daughter to other girls — or comparing yourself to other moms? What does God say about that?

Text Prompt

Tell God honestly about one place YOU struggle with comparison as a mom — and ask Him what He thinks about your daughter instead.

How much social media do you consume each day? Is God inviting you to be more intentional there?

DAY 15: COVER OUR FAMILY, LORD

Verse of the Day

JOSHUA 24:15

Reflection

What's one specific thing you could pray over your family dynamic with your daughter this week?

Text Prompt

Send God a group text prayer — one line of genuine prayer for each person in your family today.

What does your family unit look like? How much time do you spend praying for each person?

DAY 16: GIVE HER WISDOM

I CAN'T GIVE HER

Verse of the Day

JAMES 1:5

Reflection

What's one situation your daughter is navigating right now where she really needs God's wisdom — not just yours?

Text Prompt

Text God about your daughter's world right now — the good, the hard, and the parts that keep you up at night.

What is your daughter's favorite thing to do that brings a smile to her face?

DAY 17: RAISE HER BRAVE

Verse of the Day

JOSHUA 1:9

Reflection

Is there a situation where you've watched your daughter shrink back from who God made her to be? What would you ask God to do in that?

Text Prompt

Ask God for the courage to LET her be fully herself — even the parts that look different than you expected. Tell Him what scares you about that.

Who is someone you looked up to as a teenager?

DAY 18: HELP ME LOVE HER WELL ON HARD DAYS

Verse of the Day

1 CORINTHIANS 13:4-5

Reflection

When is it hardest for you to love your daughter well? What would Jesus do in those moments?

Text Prompt

Ask God to give you His eyes for your daughter — especially on the days she's hardest to reach.

Who can you talk to on your hard days?

DAY 19: WHAT DID YOU MAKE HER FOR, LORD?

Verse of the Day

EPHESIANS 2:10

Reflection

What do you think God made your daughter uniquely good at? How could He use her specific gifts for something bigger than either of you can see?

Text Prompt

Ask God what He made YOUR DAUGHTER for — and write out what you think He might say back.

What is one of your daughter's strengths that makes you smile?

DAY 20: HELP ME LISTEN MORE THAN I TALK

Verse of the Day

JAMES 1:19

Reflection

When was the last time you sat quietly and just listened — to God AND to your daughter? What do you think each one is trying to say?

Text Prompt

Sit quietly for 2 minutes. Then write what came to your heart about your daughter — even if it feels small.

What did you and your daughter last talk about?

DAY 21: I'M STILL HER MAMA — AND THAT'S ENOUGH

Verse of the Day

PHILIPPIANS 1:6

Reflection

Looking back at these 21 days — what has shifted in
how you see your daughter? How you pray for her?
How you trust God with her?

Text Prompt

Send God one final text that sums up where your heart is
today as her mama compared to Day 1.

As a little girl, what made your daughter strong? Is
that still a strength for her?

Closing Page

Mama, You showed up.

For 21 days you chose to pray instead of panic, to trust instead of control, to walk beside her instead of in front of her. That is not small. He who began a good work in her — and in you — will be faithful to complete it. Don't stop now.

 *Amber - MT Chick Mama*

One last text to God:

Look back at your time as a teenager. Where did God show up in your life at that time?



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