

Talking To God:

A 21-Day
Prayer Journal
for The Teen Girl

You don't have to have the perfect words.
He just wants to hear from you.



MT Chick Mama

WELCOME:

Hey Girl,

Can I tell you something? I didn't always know how to pray. I used to think I had to use big, fancy words or sound super spiritual. But here's what God taught me — He just wants YOU. The real you. The messy, overthinking, big-dreaming, beautiful you.

This journal is your space to talk to Him. No perfect words required. Just an open heart and a willingness to show up. Over the next 21 days, you're going to learn that prayer isn't a performance — it's a conversation with the One who loves you most.

You are a daughter of the Most High King and He has been waiting to hear from you.

Let's do this together.

— Amber, MT Chick Mama

DAY 1: JUST SAY HI

Verse of the Day

PSALM 145:18

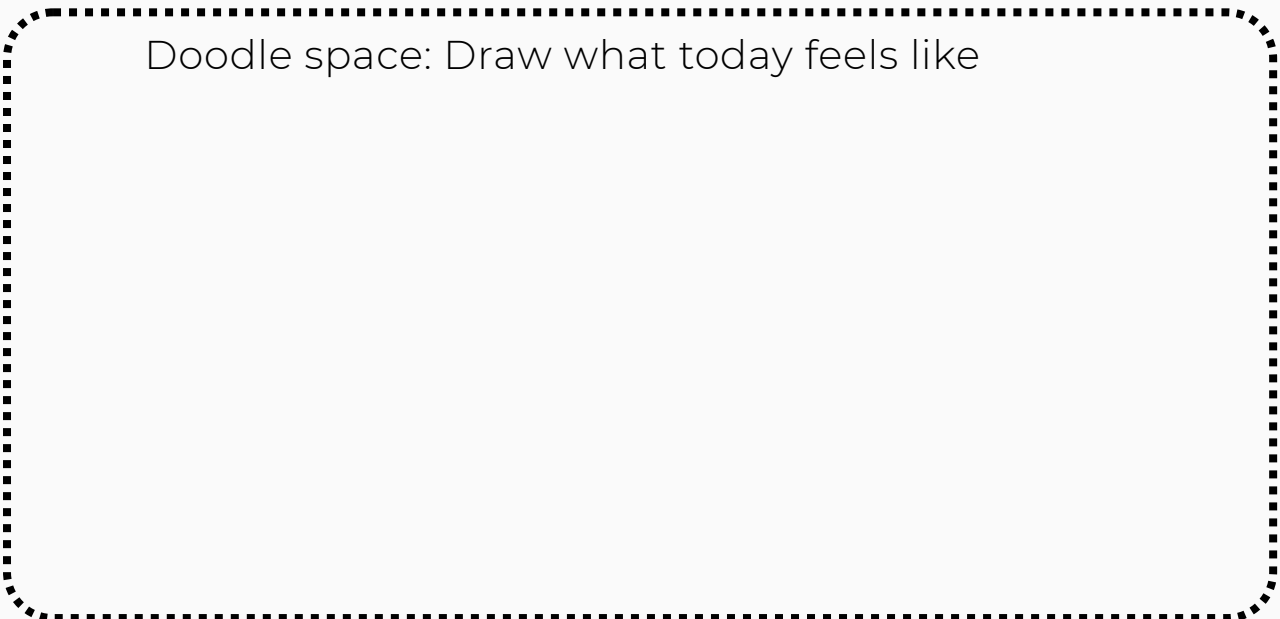
Reflection

What's one thing on your heart today that you haven't told anyone yet? Tell God right now.

Text Prompt to God

Text God like you're opening a conversation for the first time. What do you say?

Doodle space: Draw what today feels like



DAY 2: HE ALREADY KNOWS YOU

Verse of the Day

PSALM 139:1-3

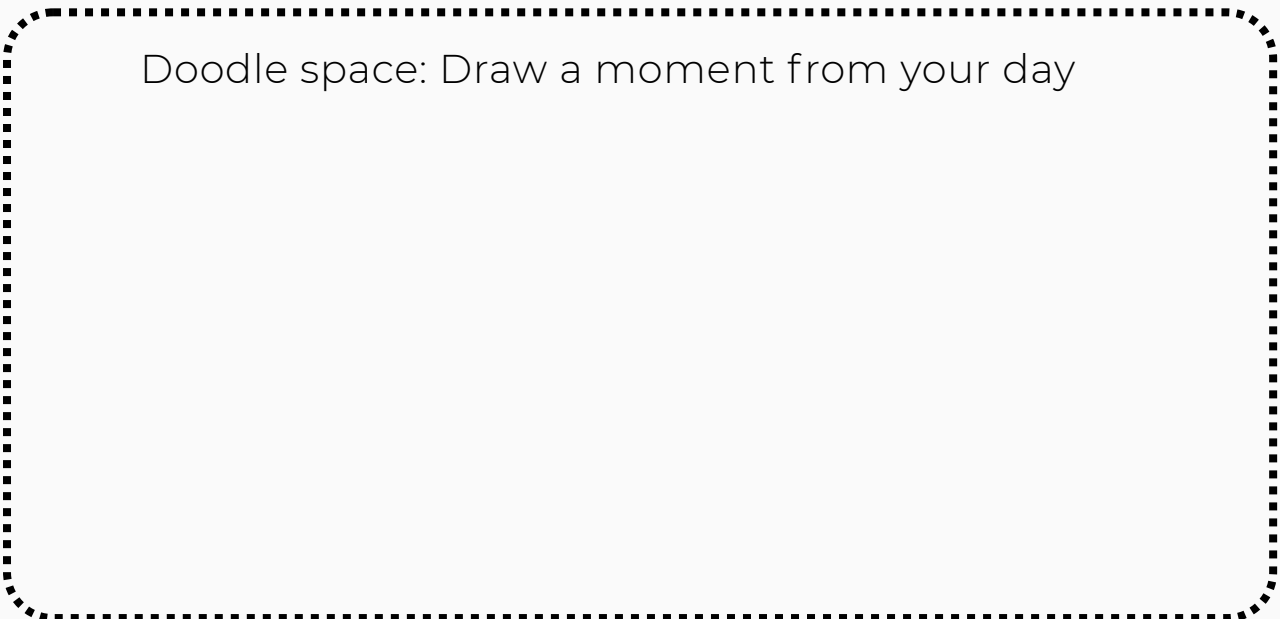
Reflection

Does it change how you feel about prayer knowing God already knows everything about you? Why or why not?

Text Prompt to God

Send God a voice note in your head — what would you say out loud if no one else could hear?

Doodle space: Draw a moment from your day



DAY 3: WHEN YOU DON'T KNOW WHAT TO SAY

Verse of the Day
ROMANS 8:26

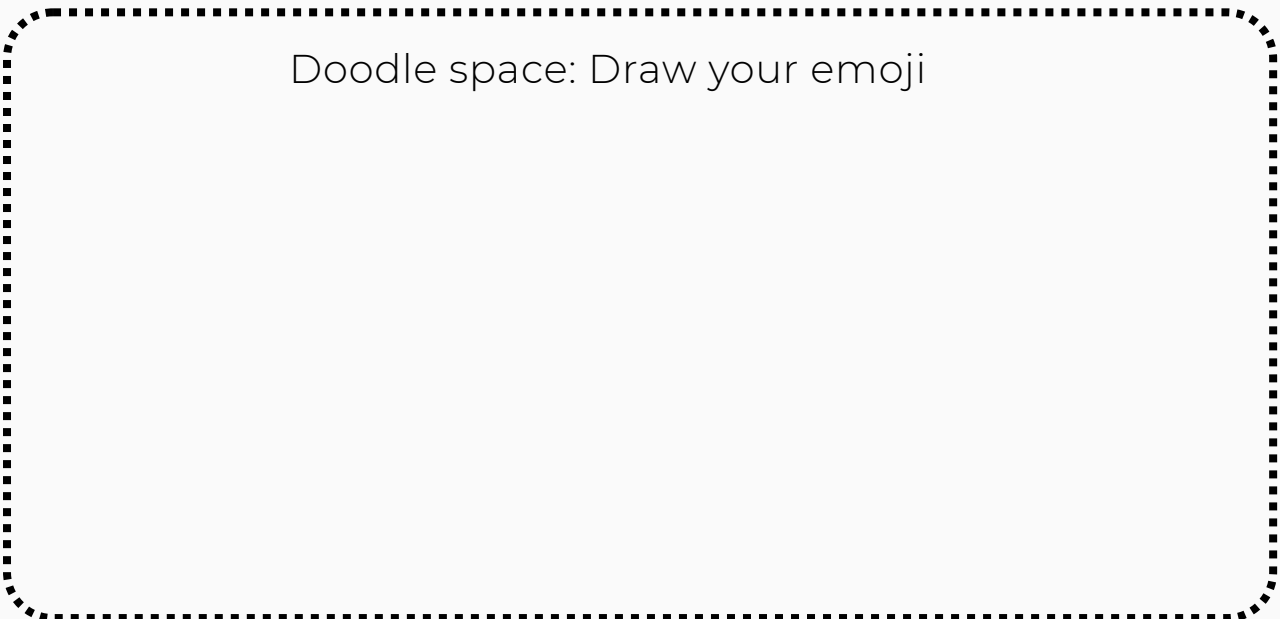
Reflection

Have you ever sat in silence with God? What do you think He hears even when you have no words?

Text Prompt to God

Sometimes a prayer is just an emoji. What emoji describes where you are today — and why?

Doodle space: Draw your emoji



DAY 4: THANK YOU, GOD

Verse of the Day

1 THESSALONIANS 5:18

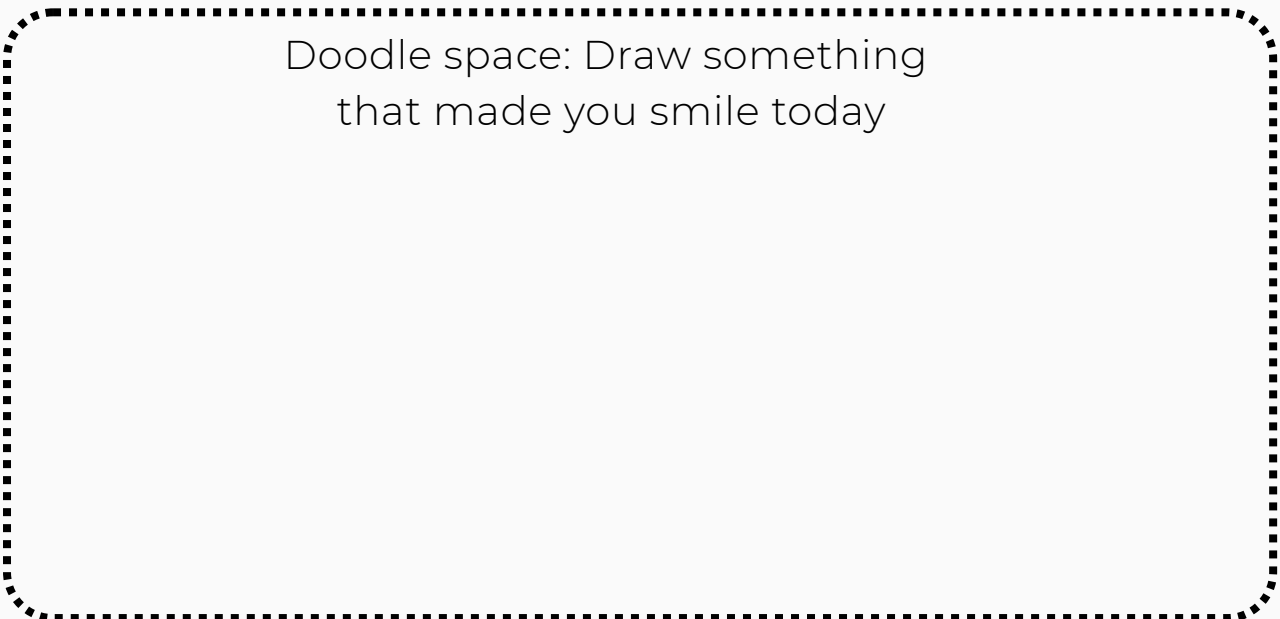
Reflection

Name 5 things you're grateful for that you've never actually thanked God for out loud.

Text Prompt to God

Send God a thank you text for something small that happened this week.

Doodle space: Draw something
that made you smile today



DAY 5: ASKING FOR HELP

Verse of the Day

MATTHEW 7:7-8

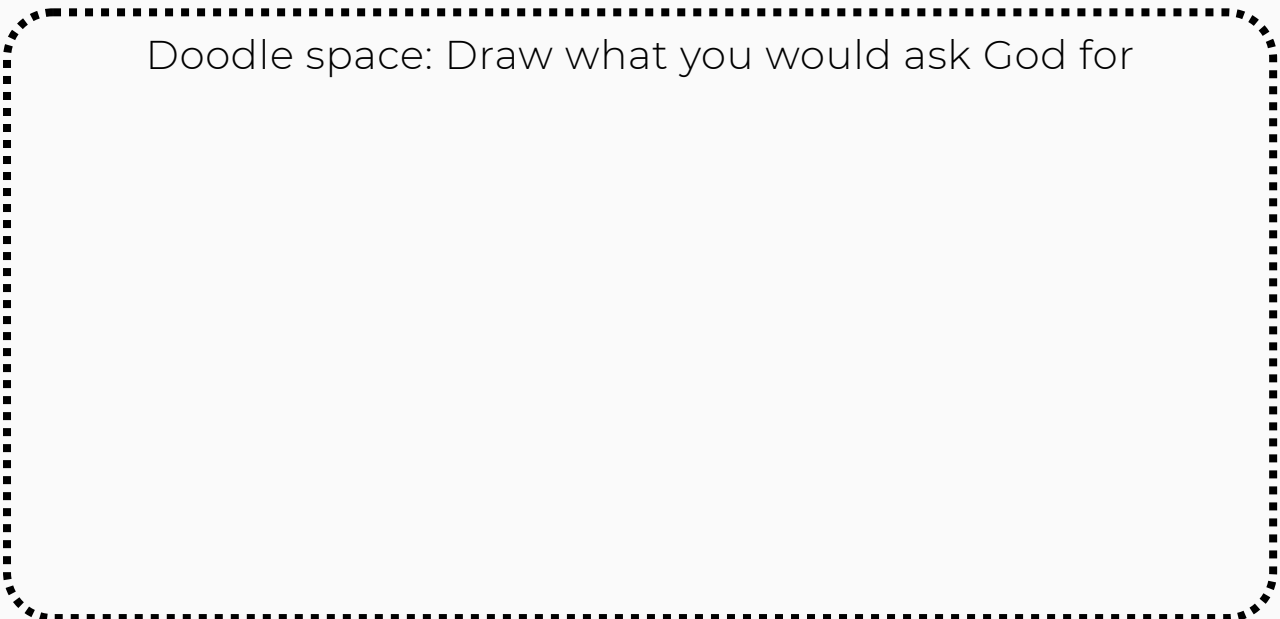
Reflection

What's something you've been afraid to ask God for? Why do you think you've held back?

Text Prompt to God

What's your prayer request today? Type it out like you're texting your best friend asking for prayer.

Doodle space: Draw what you would ask God for



DAY 6: WHEN LIFE FEELS HARD

Verse of the Day

PSALM 34:18

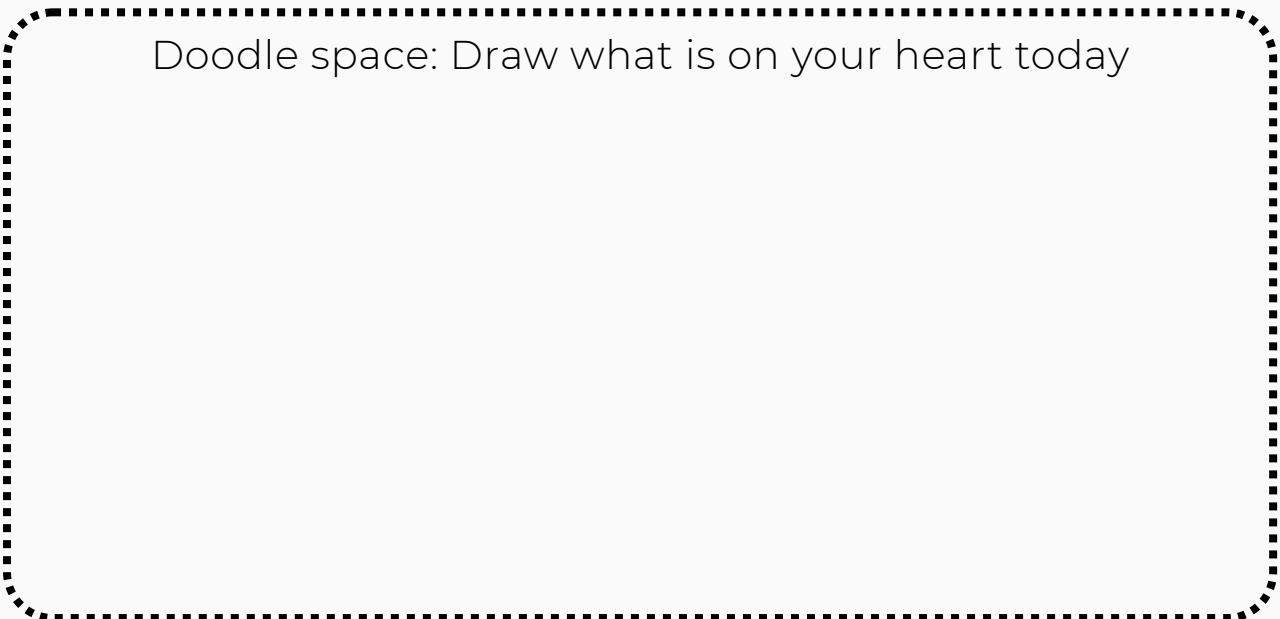
Reflection

What's hurting your heart right now? God can handle every single part of it.

Text Prompt to God

Vent to God like you would in a text to your mom or best friend. He can take it.

Doodle space: Draw what is on your heart today



DAY 7: WHO AM I?

Verse of the Day

PSALM 139:14

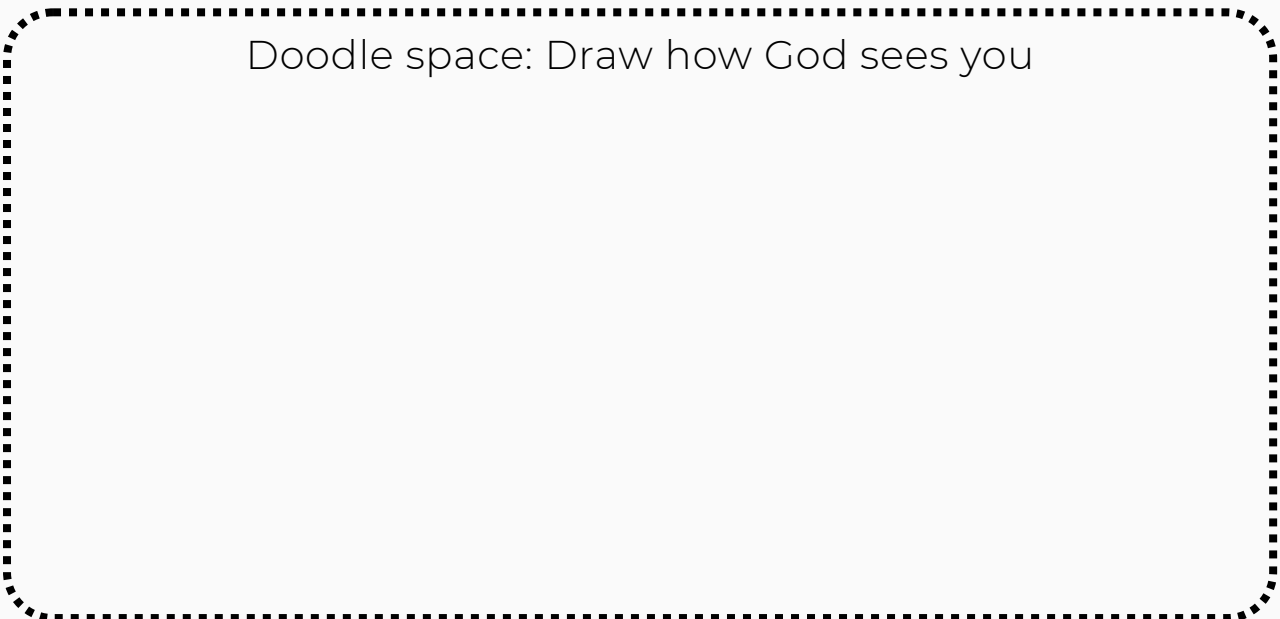
Reflection

What's one thing you struggle to believe about yourself that God says is true?

Text Prompt to God

Ask God to remind you who He says you are. Write His reply the way you imagine He'd send it.

Doodle space: Draw how God sees you



DAY 8: FORGIVENESS — RECEIVING IT

Verse of the Day

1 JOHN 1:9

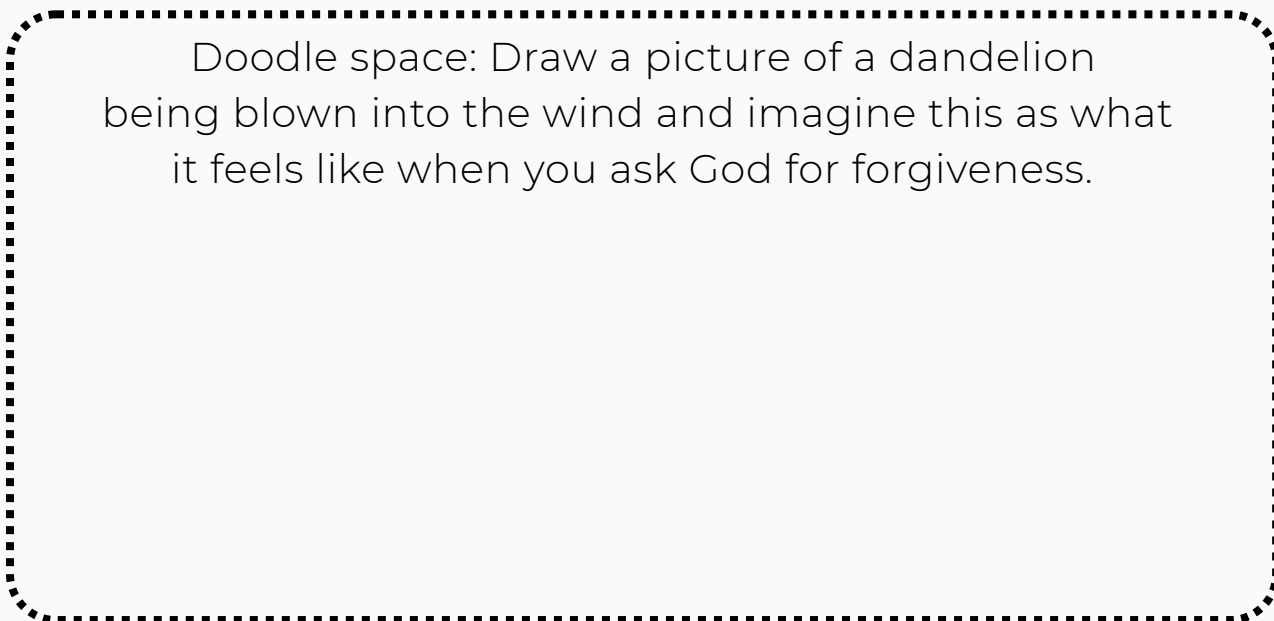
Reflection

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

Text Prompt to God

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

Doodle space: Draw a picture of a dandelion being blown into the wind and imagine this as what it feels like when you ask God for forgiveness.



DAY 9: FORGIVENESS — GIVING IT

Verse of the Day

COLOSSIANS 3:13

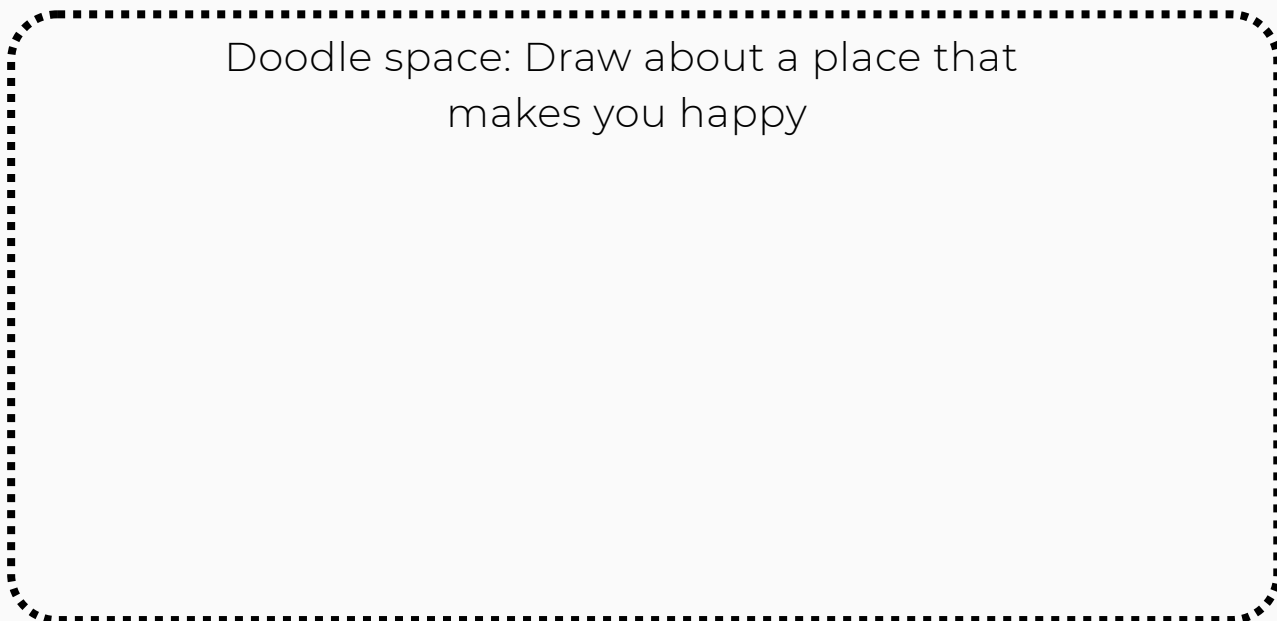
Reflection

Is there someone who has hurt you that God might be asking you to forgive? What makes that hard?

Text Prompt to God

Ask God to help you forgive someone. Be real — it's okay if it's hard.

Doodle space: Draw about a place that makes you happy



DAY 10: FRIENDSHIP & PEOPLE

Verse of the Day

PROVERBS 17:17

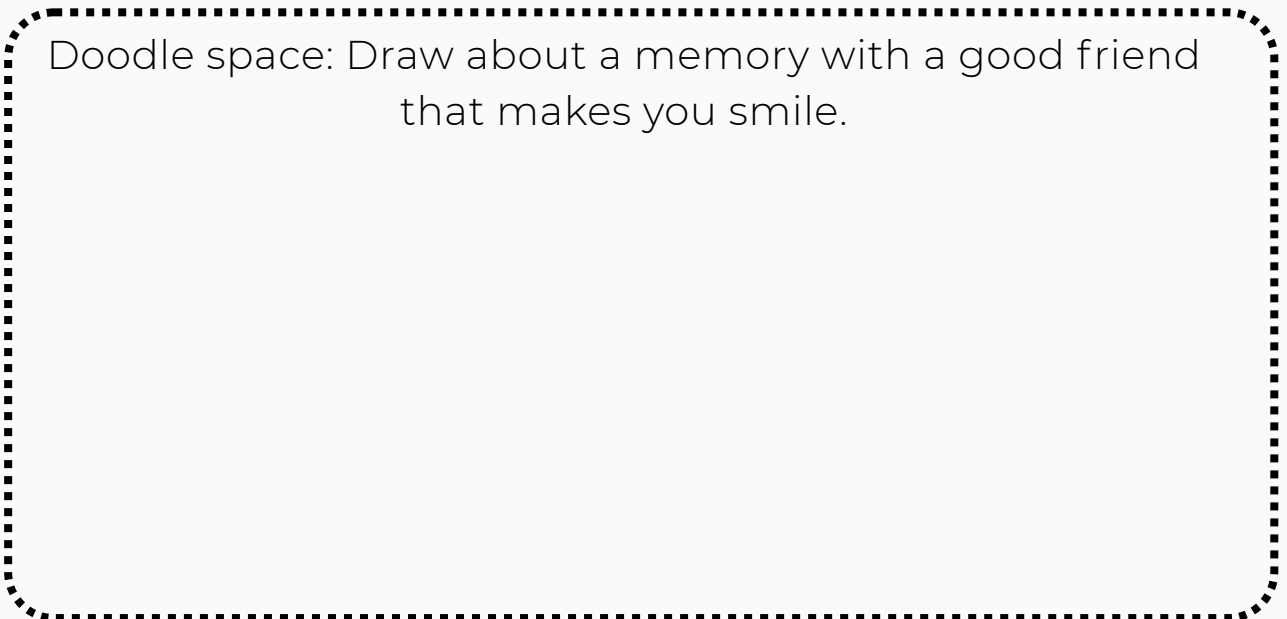
Reflection

What kind of friend do you want to be? Ask God to help you be that person this week.

Text Prompt to God

Pray for your closest friend by name — text it to God like you'd ask someone to pray for your friend.

Doodle space: Draw about a memory with a good friend that makes you smile.



DAY 11: ANXIETY & WORRY

Verse of the Day

PHILIPPIANS 4:6-7

Reflection

What are you most anxious about right now? What would it look like to hand that to Jesus?

Text Prompt to God

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

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-
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Doodle space: Draw yourself standing on a tall mountain in a confident pose.

DAY 12: FAITH WHEN IT'S HARD

Verse of the Day

HEBREWS 11:1

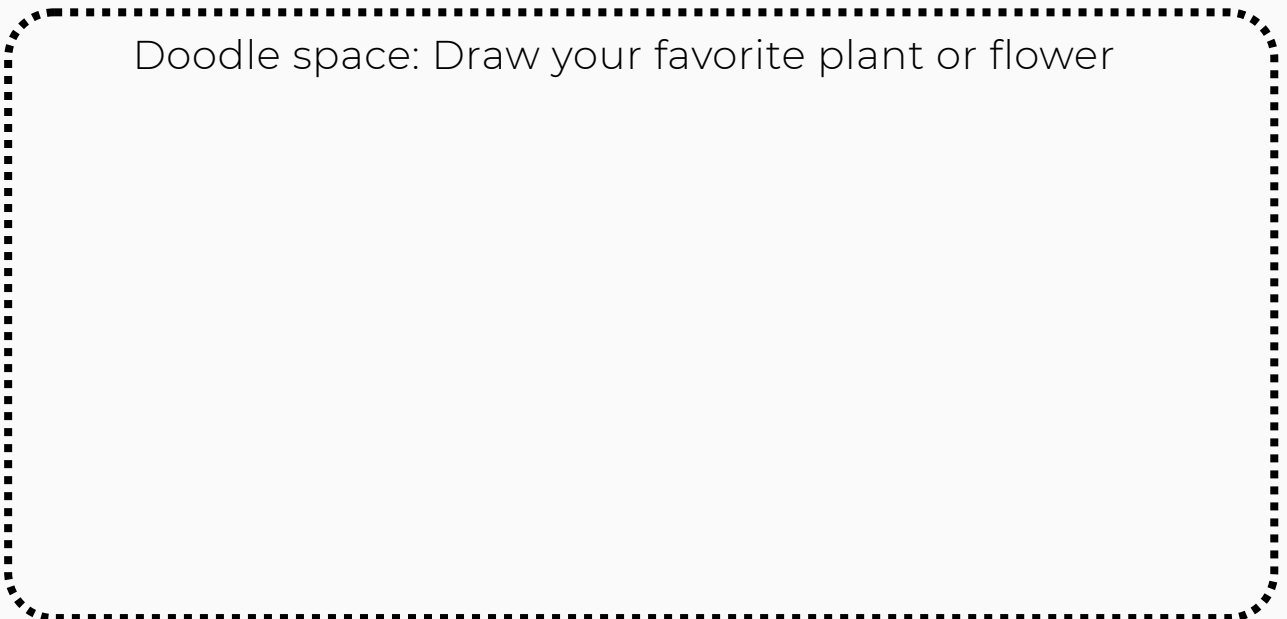
Reflection

Describe a time something was really hard but God came through. How does that memory help your faith today?

Text Prompt to God

Tell God about a time you doubted Him — and ask Him to grow your faith.

Doodle space: Draw your favorite plant or flower



DAY 13: YOUR DREAMS

Verse of the Day

JEREMIAH 29:11

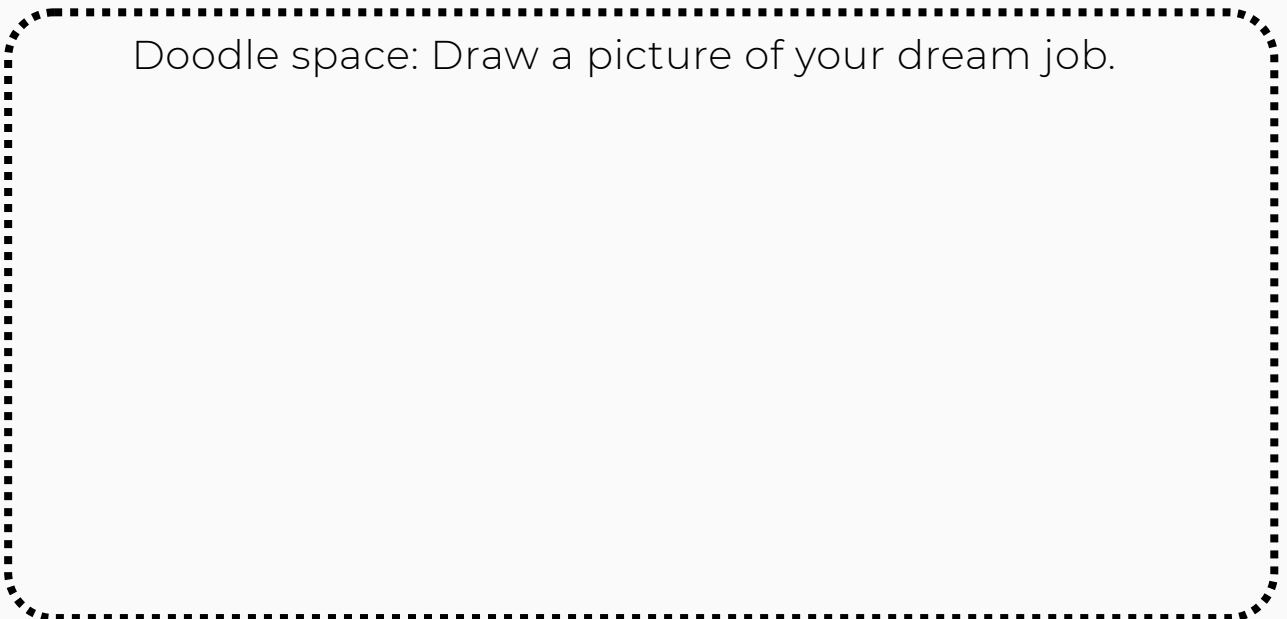
Reflection

What are your biggest dreams? Do you believe God placed them there on purpose?

Text Prompt to God

Share your dreams with God like you'd send an excited text to your best friend. Don't hold back.

Doodle space: Draw a picture of your dream job.



DAY 14: COMPARISON & SOCIAL MEDIA

Verse of the Day

GALATIANS 1:10

Reflection

Who do you find yourself comparing yourself to most? What does God say about that?

Text Prompt to God

Tell God honestly about one place you struggle with comparison — and ask Him what He thinks about you instead.

Doodle space: Draw or write about a talent you have that brings other people joy

DAY 15: YOUR FAMILY

Verse of the Day

EPHESIANS 6:1-3

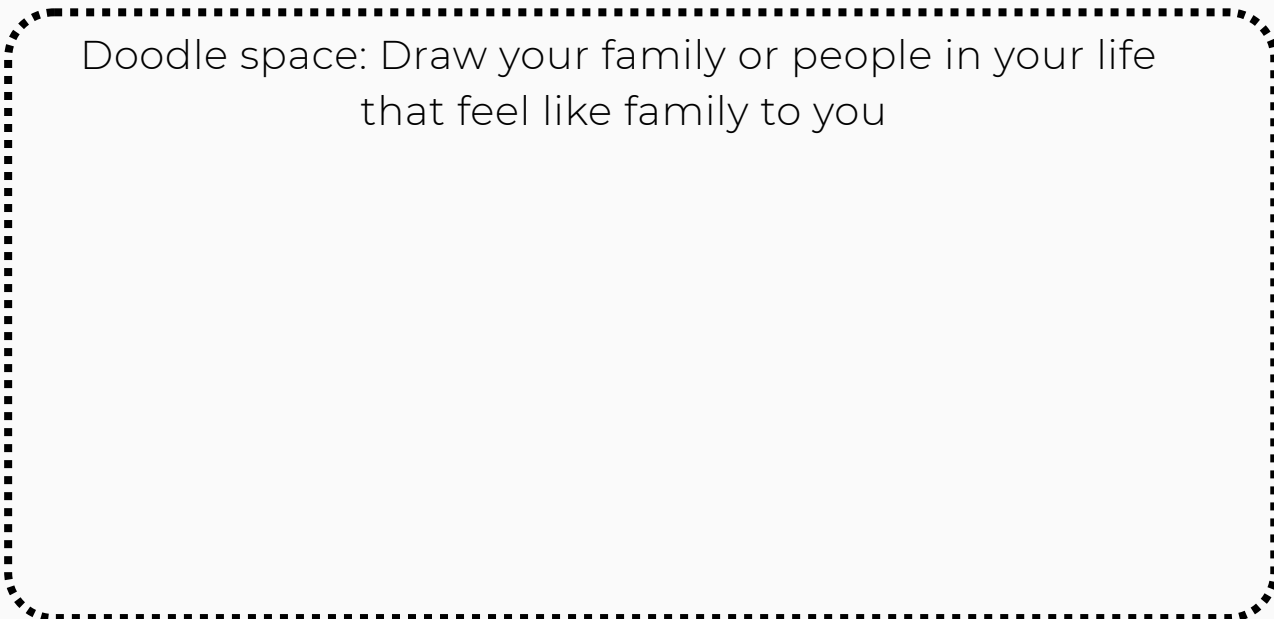
Reflection

What's one thing you could pray for each member of your family today?

Text Prompt to God

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

Doodle space: Draw your family or people in your life that feel like family to you



DAY 16: HARD DAYS AT SCHOOL

Verse of the Day
JAMES 1:5

Reflection

What's one situation at school where you really need God's wisdom right now?

Text Prompt to God

Text God about your school day — the good, the hard, and the confusing.

Doodle space: Draw or write about a teacher that's influenced you in your life

DAY 17: COURAGE TO BE DIFFERENT

Verse of the Day
JOSHUA 1:9

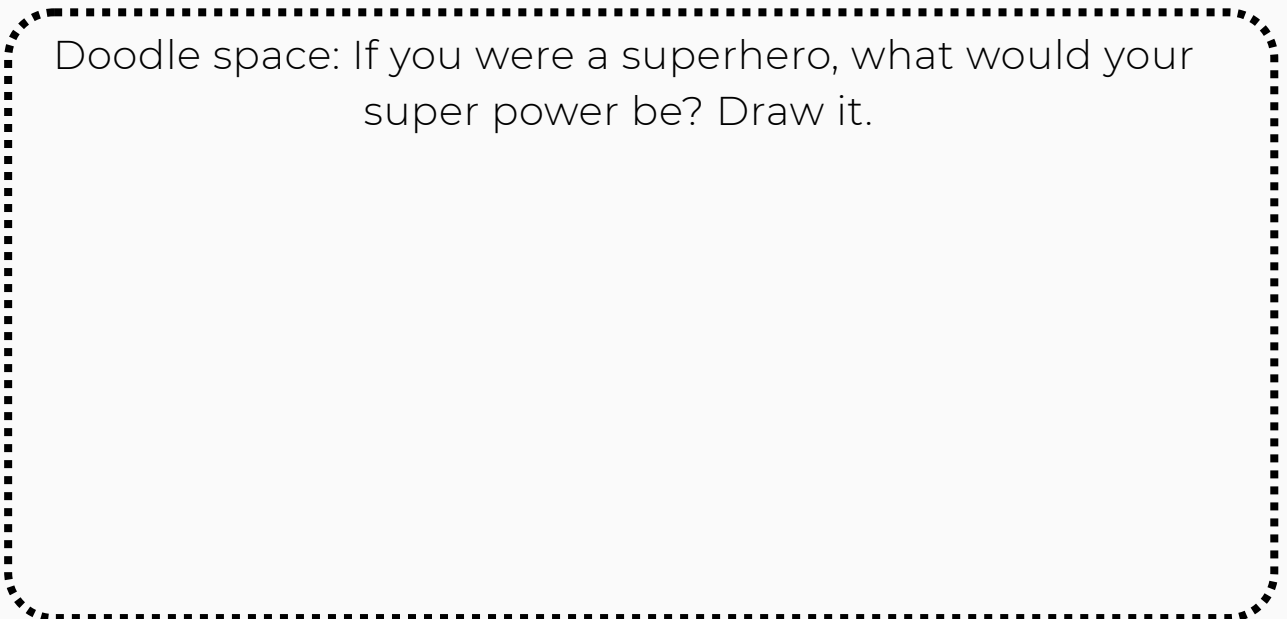
Reflection

Is there a situation where you've felt pressure to be someone you're not? What would courage look like?

Text Prompt to God

Ask God for the courage to be fully yourself today.
Tell Him what scares you about that.

Doodle space: If you were a superhero, what would your super power be? Draw it.



DAY 18: LOVING OTHERS WELL

Verse of the Day

JOHN 13:34-35

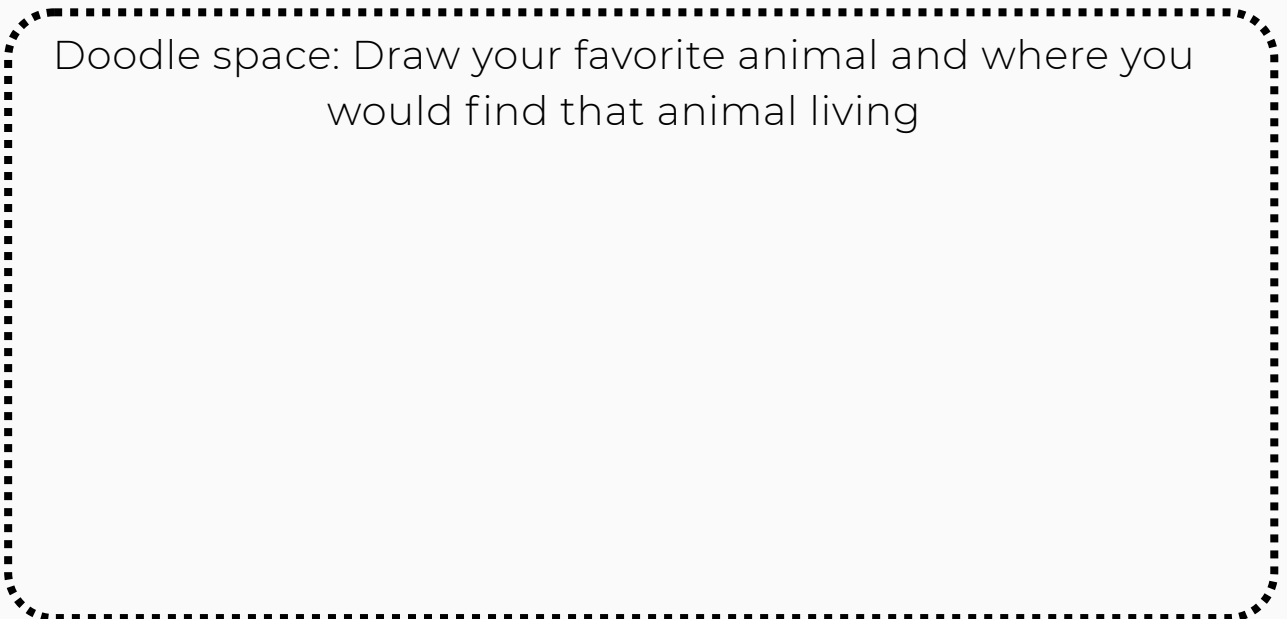
Reflection

Who in your life is hard to love right now? What would Jesus do in that situation?

Text Prompt to God

Pray for someone you find difficult to love. Ask God to give you His eyes for that person.

Doodle space: Draw your favorite animal and where you would find that animal living



DAY 19: YOUR PURPOSE

Verse of the Day

EPHESIANS 2:10

Reflection

What do you think God made you uniquely good at? How could He use that for His kingdom?

Text Prompt to God

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

Doodle space: Draw where you see yourself in 5 years

DAY 20: LISTENING TO GOD

Verse of the Day
JOHN 10:27

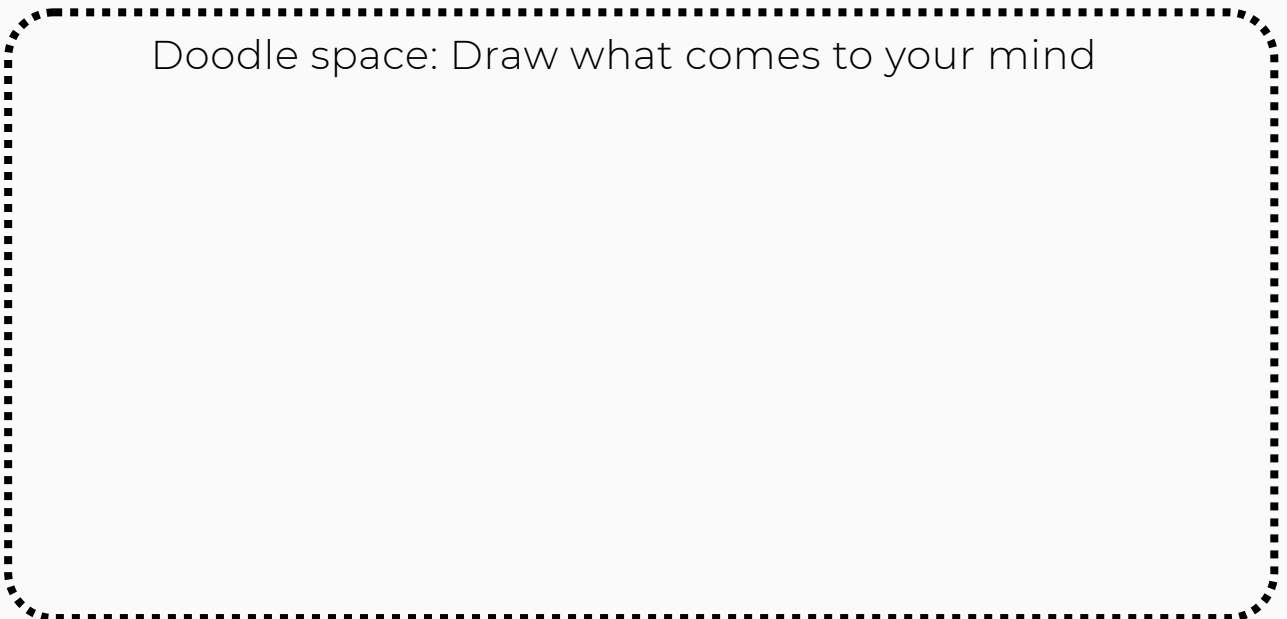
Reflection

When was the last time you felt like God was speaking to you?
What do you think He was saying?

Text Prompt to God

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

Doodle space: Draw what comes to your mind



DAY 21: KEEP GOING

Verse of the Day

PHILIPPIANS 1:6

Reflection

Looking back at these 21 days — what has shifted in how you talk to God?

Text Prompt to God

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

Complete this sentence with at least 3 doodle words:

In Christ, I am_____.

Closing Page

Girl, I am so proud of you.

You showed up for 21 days. You talked to God, you were honest, you were brave. That matters more than you know. Prayer isn't perfect-- it's something that you practice over your whole life.

Don't stop now. He loves hearing from you. Keep working on daily Bible reading and prayer time. Come back and redo this journal when life gets overwhelming, you'll see that each prayer hits different in different seasons in your life.



Amber - MT Chick Mama

One last Doodle Space: Doodle out your favorite scripture from the past 21 days or one that you can keep on your heart on tough days.



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