

21 Day
*Prayer
Journal*
For Women



MT Chick Mama

Introduction

This 21-day prayer journal is designed to help women deepen their relationship with God through daily reflection, gratitude, and prayer. Each day includes a scripture focus, reflection prompts, and space for personal prayer.

DAY 1: TRUST IN GOD

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VERSE OF THE DAY

PROVERBS 3:5-6

REFLECTION

WHAT AREAS OF LIFE CAN YOU PLACE MORE
TRUST IN HIS GOOD PLANS FOR YOU?

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PRAYER

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DAY 2 : STRENGTH IN WEAKNESS

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VERSE OF THE DAY

2 CORINTHIANS 12:9

REFLECTION

WHEN HAS GOD'S GRACE BEEN MADE
PERFECT IN YOUR WEAKNESS?

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PRAYER

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DAY 3 : PEACE IN THE STORM

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VERSE OF THE DAY

Philippians 4:6-7

REFLECTION

WHAT WORRIES HAVE YOU BEEN
HOLDING ON TO THAT YOU CAN LET
GO OF TODAY?

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PRAYER

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DAY 4: PURPOSE AND CALLING

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VERSE OF THE DAY

JEREMIAH 29:11

REFLECTION

WHAT FUTURE GOALS AND DREAMS NEED TO
BE BROUGHT TO GOD TODAY?

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PRAYER

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DAY 5: GRATITUDE

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VERSE OF THE DAY

1 THESSALONIANS 5:18

REFLECTION

WHAT CIRCUMSTANCES IN YOUR LIFE CAN
YOU GIVE HIM THANKS FOR?

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PRAYER

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DAY 6: FORGIVENESS

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VERSE OF THE DAY

EPHESIANS 4:32

REFLECTION

WHO IS GOD PUTTING ON YOUR HEART TO
FORGIVE? YOU OR SOMEONE ELSE?

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PRAYER

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DAY 7: FAITH OVER FEAR

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VERSE OF THE DAY

ISAIAH 41:10

REFLECTION

WHAT FEARS CAN BE PLACE IN THE HANDS OF
JESUS?

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PRAYER

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DAY 8: JOY IN EVERY SEASON

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VERSE OF THE DAY

PSALM 16:11

REFLECTION

WHAT COMES TO MIND WHEN YOU THINK OF
JOY IN YOUR LIFE RIGHT NOW?

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PRAYER

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DAY 9: WISDOM

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VERSE OF THE DAY

JAMES 1:5

REFLECTION

WHAT DECISIONS IN YOUR LIFE RIGHT NOW
COULD USE DIVINE WISDOM?

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PRAYER

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DAY 10: LOVE

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VERSE OF THE DAY

1 CORINTHIANS 13:4-7

REFLECTION

WHAT AREAS IN THIS VERSE CALL OUT TO
YOU THAT YOU CAN BRING TO GOD?

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PRAYER

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DAY 11: PATIENCE

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VERSE OF THE DAY

ROMANS 8:25

REFLECTION

WHAT IS SOMETHING YOU ARE HOPEFULLY
WAITING FOR, BUT NEED GOD'S PATIENCE IN
THE WAITING?

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PRAYER

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DAY 12: HOPE

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VERSE OF THE DAY

ROMANS 15:13

REFLECTION

WHAT PROMISES OF GOD BRING YOU HOPE
TODAY?

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PRAYER

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DAY 13: COMPASSION

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VERSE OF THE DAY

2 CORINTHIANS 1:3-4

REFLECTION

WHO CAN YOU SHARE COMFORT AND
COMPASSION TO TODAY?

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PRAYER

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DAY 14: RENEWAL

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VERSE OF THE DAY

ISAIAH 40:31

REFLECTION

WHAT AREAS OF LIFE DO YOU FEEL WEARY
AND NEED SPIRITUAL RENEWAL?

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PRAYER

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DAY 15: OBEDIENCE

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VERSE OF THE DAY

JOHN 14:15

REFLECTION

WHAT AREAS IN YOUR LIFE ARE YOU PUTTING
BEFORE YOUR LOVE OF GOD?

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PRAYER

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DAY 16: CONTENTMENT

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VERSE OF THE DAY

HEBREWS 13:4

REFLECTION

KNOWING GOD WILL NEVER LEAVE YOU, HOW
WOULD YOU HANDLE LOSING ALL YOUR
POSSESSIONS TODAY?

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PRAYER

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DAY 17: COURAGE

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VERSE OF THE DAY

JOSHUA 1:9

REFLECTION

WHAT CHALLENGE REQUIRES COURAGE AND FAITH?

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PRAYER

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DAY 18: HEALING

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VERSE OF THE DAY

PSALM 147:3

REFLECTION

WHAT EMOTIONAL OR PHYSICAL HEALING IS
NEEDED?

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PRAYER

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DAY 19: FAITHFULNESS

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VERSE OF THE DAY

LAMENTATIONS 3:22-23

REFLECTION

WHERE HAS GOD'S GREAT FAITHFULNESS
BEEN EVIDENT IN YOUR LIFE?

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PRAYER

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DAY 20: SERVICE

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VERSE OF THE DAY

MARK 10:45

REFLECTION

WHO IN YOUR LIFE HAVE YOU SEEN SERVE
GOD BEAUTIFULLY?

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PRAYER

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DAY 21: SURRENDER

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VERSE OF THE DAY

ROMANS 12:1-2

REFLECTION

WHAT THOUGHTS OR ACTIONS NEED TO BE
SURRENDERED FOR RENEWAL OF GOD'S PLAN
FOR YOU?

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PRAYER

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Closing Reflection

Looking back at the past 21 days, where have you found more renewal and strength in God's word? What parts of your heart still feel unsteady? Write them down and continue to ask God for guidance. There is freedom in surrender.

[John 8:36](#): So if the Son sets you free, you will be free indeed.



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