



Soul Notes 
QUIET TOOLS FOR LOUD EMOTIONS

5-DAY GUIDED PRAYER JOURNAL
Quiet Space To Connect With God



“Be still and know that I am God”

Psalm 46:10



HOW TO USE THIS GUIDED PRAYER JOURNAL

Begin your journey here. This 5-Day Guided Prayer Journal offers gentle structure for your conversations with a Divine energy. Let these prompts quiet the noise and open your heart to receive peace, clarity, and divine connection in just a few minutes a day.

- Simply begin with Day 1
- Find a quiet moment each day
- Take a few deep breaths
- Read the prompt and bible verse aloud
- Gently ponder the reflection questions, and write from the heart.
- There are no rules - only an invitation to show up as you are



You Are Exactly Where You Need To Be. Welcome

Day 1

Date: _____



I am Cradled In A Peace That Surpasses Circumstance

What specific situation or worry am I holding onto most tightly today? What would it feel like to release it?

When have I experienced a moment of unexpected peace in the midst of chaos?

What is one small thing I am genuinely thankful for right now? How does focusing on gratitude shift my energy?

Today's Thoughts:



And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus -
Philippians 4:7

Day 2

Date: _____



My Strength Is Continually Renewed From A Divine Source

In what area of my life do I feel most weary or faint today - emotionally, physically or spiritually?

The verse talks about soaring, running and walking. What does “walking and not fainting” look like for me in this season? (Think: steady, faithful, small steps).

Where can I place my hope today, not in a specific outcome, but in the promise that I will be renewed?

Today's Thoughts:



But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint - Isaiah 40:31

Day 3

Date: _____



I am Intimately Known and Perfectly Loved

If I truly believed I was “wonderfully made”, what critical inner narrative about myself would I need to release?

To be “fully known” can feel vulnerable. What is one part of myself I often hide from others that I can acknowledge and offer compassion to today?

How can I see the “wonderful works” of the Divine in my own story, including the scars and the healing?

Today's Thoughts:



Oh, Lord, you have searched me and you know me...I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well - Psalm 139:1,14

Day 4

Date: _____



I am Making Space For New Beginnings

What “former thing” from my past is taking up mental space that I no longer want to dwell on?

Where in my life do I currently feel a sense of “wilderness” or “wasteland”?

If I look closely, where can I perceive even a tiny “stream” of something new, hopeful, or refreshing beginning to spring up?

Today's Thoughts:



Forget the former things; do not dwell on the past. See, I am doing a new thing. Now it springs up; do not perceive it? I am making a way in the wilderness and streams in the wasteland - Isaiah 43:18-19

Day 5

Date: _____



I am Walking A Guided Path

How does it feel to internalize the promise that I am never alone on this path, even when it feels isolating?

What does it mean to me that love “goes before me”? How can this change my anxiety about the future?

Focusing on just the next step instead of the whole journey, what is one small loving action I can take for myself today?

Today's Thoughts:



The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged - Deuteronomy 31:8

Weekly Reflection

Looking back over these 5 days, where have you noticed God's presence most clearly?

What prayers have been answered - big or small?

What patterns do you see in your conversations with God this week?

How has your heart grown closer to His during this journey?

What word, theme, or invitation from God do you want to carry forward into next week?

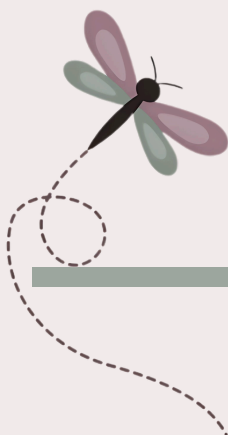


"Well done, faithful daughter."

**You have created sacred space for connection with your Creator.
May the seeds planted in your heart this month continue to bloom
in beautiful and unexpected ways.**



Hi, I'm Lisa - the heart behind Soul Notes. I created this journal because for most of my life, I've struggled to rest, say no, or give myself permission to pause. As someone who's spent years feeling unseen and unheard, I became a master at holding it all together - but I also became exhausted. It's taken time (and God's quiet reminders) to learn that rest isn't weakness - it's how we stay whole. My hope is that this journal creates space for you to exhale, slow down, and remember you are seen, you are worthy, and God is a safe place to land.



**Life isn't as serious as the mind
makes it out to be.**

