

# iBelieve

in Starting Each Day with God ...

*A Christian Woman's Guide to Starting  
Each Day with Prayer & Scripture*



# Welcome

This compilation of devotionals resonated the most with you, so we thought it would be fun to come alongside you to study these passages a little bit deeper.

Our hope and prayer at iBelieve is to help you grow in your faith and equip you to help those around you grow along with you.

This guide begins each day with prayer. The Daily Prayer Journal will help you kick-start your quiet time and conversation with the Lord. We hope it helps prepare your heart and your mind for the Scripture passage and devotional reflection each day.

After reading the daily devotional, this guide will walk you through some journaling prompts, giving you the opportunity to reflect on how the Scripture was relevant to you, meditate on the message, and talk with the Lord about it.

Please be on the lookout for more guides and studies like this. God bless, and glory up.

Meg :)

*Editor, Writer & Digital Content Creator*



“—————

*I have hidden your word in my heart ...*

– Psalm 119:11

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# Day 1





## *Daily Prayer Journal*

Daily Verse: \_\_\_\_\_  
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Prayer to thank God for who He is ...

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Prayer to thank God for the  
blessings in my life ...

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Prayer to confess my sins ...

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Prayer to ask for God's help, blessing and favor ...

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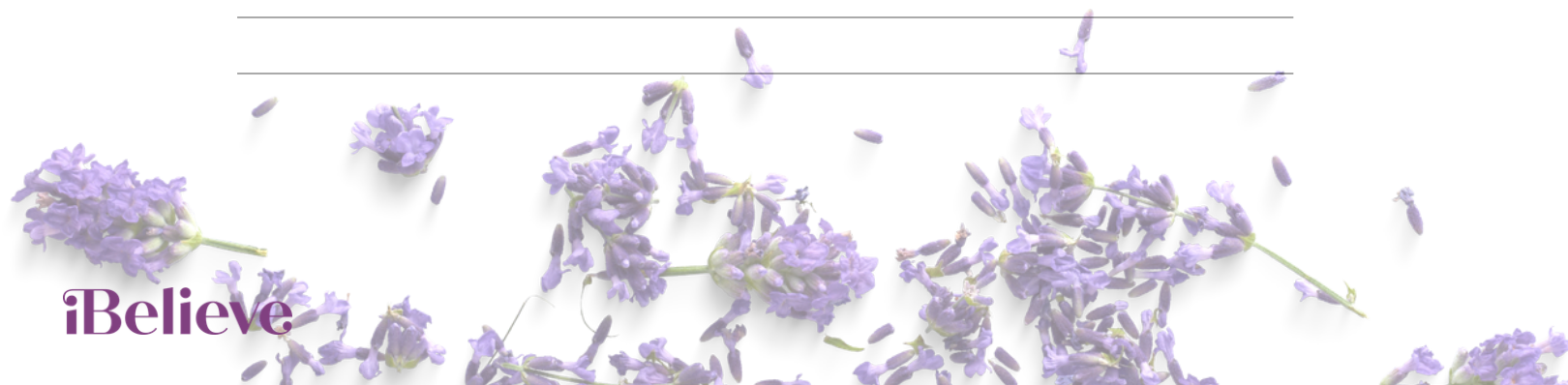
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# *A Prayer to Trust God in the Unknown*

WRITTEN BY: KENEESHA SAUNDERS-LIDDIE



## **Bible Reading:**

**Commit your way to the Lord, trust in Him, and he will do this. - Psalm 37:5**

The world is in turmoil; there are wars and rumors of wars everywhere we look. So many things are happening, and the days seem even shorter. We can make plans to get married, have children, or buy a house, but no one really knows the future. This is why God says when the Son of man returns, people will still be living life to the fullest. It will be as it was in the days of Noah.

People will get drunk, get married, and have fun. The question is, would there be faith on the earth? This is why we are to trust God in the unknown: it is faith in action. We should be living in expectation of his coming. Each day given to us could be our last. What's interesting is that Jesus lived and walked on the earth, knowing when and how his last day would be. Yet he lived a life that pleased God the Father. He didn't try to change the plans; he was obedient. As we live out our lives, let us trust God in the unknown.

Let us trust Him with tomorrow and our future, because the plans He has for us are good, giving us hope and a future. God simply wants us to commit our ways to Him by trusting and obeying. The unknown is not scary because God is there already. All things are working for our good because God has a way of turning our mess into a message and our tests into testimonies. He does this so that he can receive glory and so that we can be a blessing to others.

My mind recalls the story of Shadrach, Meshach, and Abednego, who refused to bow to the idol image of Nebuchadnezzar. They had an idea of what would happen to them if they didn't bow and were willing to suffer for the cause of Christ. Let us always remember that man can do what they want to us, but God is the one we should fear. These three Hebrew boys didn't fear the unknown; they knew God had proven himself to them in the past by making them bigger and stronger by eating vegetables and water. They knew whether death was the outcome or deliverance, they were going to be obedient to their God.



As we live day to day, let us live in the moment, as though every day God gives could be our last. Commit your plans and future to God while looking up because the signs are clear, and Jesus can come right now. I also think of Esther, who had to decide whether to appear before the King without being summoned. Like the three Hebrew boys, she committed her trust to God and made up her mind to die if need be. Esther stepped out by faith into the unknown, saying, "If I perish, I perish." She risked it all and placed everything on the line to save the Jews. I submit to you that you can be like Esther, the three Hebrew boys, and even Daniel by trusting God with your future.

# Let's Pray ...

Dear Righteous God,

Thank you for being God, my creator and redeemer. You are omnipresent, so you occupy the past, present, and future simultaneously. You are omniscient, the all-knowing one who knows exactly what my future holds. So I worship you, God, because your thoughts towards me are good and the plans you have for me are good as well. Help me have faith in the plans you have for me as I trust you with the unknown. Father, help me to commit my ways to you and trust in the process because you will bring it all to pass. Oh, Sovereign Lord, thank you for your goodness, grace, and mercy that extend to everyone here on earth. Thank you for your unfailing love that reaches across the evil being displayed in this, your world. There are so many prophecies being fulfilled right before my eyes that I'm skeptical to make plans, but I will live by faith and not let the worries and cares of this world cause me to lose focus on you. I trust you, Lord, and I commit my plans and my future to you. Help me not to lean on my own understanding but acknowledge you and seek your face. In Jesus name, Amen.



# BIBLE STUDY

DATE

## DAILY DEVOTION BREAKOUT

BIBLE VERSE

OBSERVATION

REFLECTION

APPLICATION IN LIFE

# Day 2





## *Daily Prayer Journal*

Daily Verse: \_\_\_\_\_  
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Prayer to thank God for who He is ...

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Prayer to thank God for the  
blessings in my life ...

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Prayer to confess my sins ...

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Prayer to ask for God's help, blessing and favor ...

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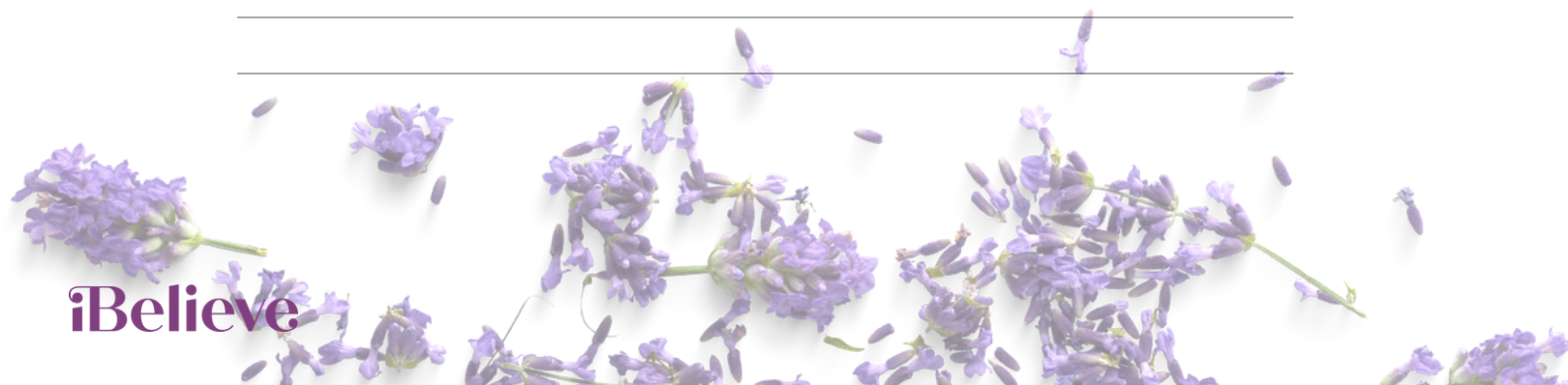
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# *A Prayer for Letting Go of What Is Weighing You Down*

WRITTEN BY: HEIDI VEGH



## **Bible Reading:**

**“Forget the former things; do not dwell on the past. See, I am doing a new thing!”**

**- Isaiah 43:18-19**

Last year, I had the privilege of hosting a grief retreat at my church. We invited a speaker from an organization called Spark of Life, and he shared about the weight we carry in our lives.

At one point, he asked for a volunteer from the audience. He brought them on stage, filled a backpack with rocks, and placed it on their back. As the volunteer walked around, you could see it, the weight slowing him down, changing his posture, affecting how he moved.

Then, the speaker had him take the backpack off. One by one, he opened it and removed the rocks. Each one had a label: grief, loss, regret, shame, worry, disappointment, unforgiveness... and more.

It was such a powerful picture.

Because when we choose to carry these things, they affect how we walk through life. But the beautiful truth is, we don't have to carry them.

We are actively choosing what goes into our backpacks.

Every morning, we wake up and decide what we will carry.

We choose to dwell on our past mistakes, forgetting that we are forgiven.

“There is therefore now no condemnation for those who are in Christ Jesus.” — Romans 8:1

We choose to hold onto shame, forgetting that we serve a God of restoration.

“...looking to Jesus, the founder and perfecter of our faith... who endured the cross, despising the shame...” — Hebrews 12:2

We pick up the rock labeled grief, and sometimes it feels like the heaviest one of all, and still, we choose to carry it instead of surrendering our pain to Jesus.

“The Lord is near to the brokenhearted.” — Psalm 34:18

What we carry is up to us.

We have the choice of what we keep in our backpack and what we lay at the foot of the cross.

Scripture gives us a beautiful picture of this kind of surrender in the story of Joseph in Genesis. After everything he went through, betrayal, slavery, suffering, he chose to release his pain and forgive. He said, “You intended to harm me, but God intended it for good.”

God can—and will—use everything we’ve walked through for good. But we have to give Him space to do that. We have to lay down what hurts so we can pick up His peace and His purpose.

He is a God of restoration.

He takes what hurts and brings beauty from it. He does a new thing. He uses our pain to shape us into who He’s calling us to be.

Our pain is not wasted.

“For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.”

— 2 Corinthians 4:17

When we give the Lord all of our rocks, then our backpack can be filled with peace, love, and joy. Freeing us to walk with a lighter step, a bolder stance, and a more purposeful posture.



# Let's Pray ...

Lord,

My backpack is heavy, sometimes too heavy to bear. I long to walk in freedom from my past, from challenging circumstances, and from the weight I carry every day.

Remind me to leave these rocks at the foot of the cross instead of placing them back into my backpack each morning. Give me the strength and endurance not to pick them back up, but to continually surrender them to You.

I choose to believe that You are a God of restoration and peace. I choose to believe that You can take the ugly parts of my life and the regretful parts of my past and make them into something beautiful.

I open my heart to You, Lord. I invite You into the deepest and darkest parts of my soul, the places that hold bitterness, resentment, regret, shame, disappointment, and grief, and I ask that You replace them with Your peace. A peace that surpasses all understanding.

I long to walk in freedom, and I know that it is possible because of the sacrifice of Your Son. I believe that because of what Jesus has done, I can live free from the weight I so often choose to carry.

I know this will be a process of letting go, so please give me the endurance and trust I need to fully surrender, to release it all, and to walk in the freedom that only You can give.

In your precious name I pray,

Amen.





# BIBLE STUDY

DATE

## DAILY DEVOTION BREAKOUT

BIBLE VERSE

OBSERVATION

REFLECTION

APPLICATION IN LIFE



# Day 3





## *Daily Prayer Journal*

Daily Verse: \_\_\_\_\_  
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Prayer to thank God for who He is ...

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Prayer to thank God for the  
blessings in my life ...

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Prayer to confess my sins ...

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Prayer to ask for God's help, blessing and favor ...

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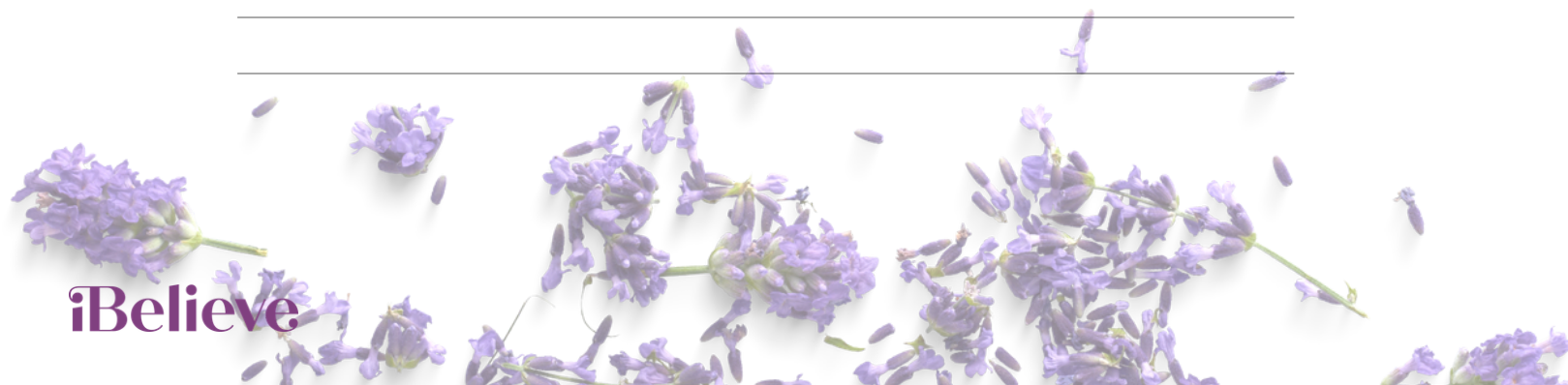
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# *A Prayer to Boldly Ask God for What Seems Impossible*

WRITTEN BY: RACHEL BRITTON



**“Call to me and I will answer you, and will tell you great and hidden things that you have not known.” - Jeremiah 33:3 ESV**

As a child, I used my imagination to tell ghost stories. I'd hide behind the sofa with my cousin, of the same age as me, and make up vivid tales about ghoulish creatures. My aunt was not too pleased. Not only did I terrify my cousin, but I also scared myself so much that I was too frightened to go to bed.

Most of us are inclined to use our imaginations to create far-from-real stories. We often mull over the worst-case scenarios, visualizing accidents and catastrophes. We play out dialogues in our heads that end badly. We often think a simple ailment is a life-threatening disease.

Jeremiah 33:3 tells us to think on “great and hidden things that you have not known.” Other translations use the words “mysterious,” “mighty,” “remarkable secrets,” or, as the VOICE describes it, “things beyond what you can imagine.”

We are to use our minds and imaginations to picture much better outcomes. We are to visualize not only good things God can do, but as Ephesians 3:20 says, “immeasurably more.”

God doesn't just expect us to believe in the amazing things He does when life is going well. He particularly wants us to think of good and beautiful blessings He can bring when we face the most difficult circumstances.

God told the people of Judah and Israel, through the prophet Jeremiah, that He would turn their lives around in real, not superficial, ways, so they could be normal again.

Amid the horrors of living under siege by the Babylonians, the people could still find hope. Their houses had been destroyed, neighbors slaughtered, and others taken into exile. A heavy silence settled over the city of Jerusalem.



The scene is not so different from war zones today. We have all seen images on television or in news reports, or perhaps even experienced such devastation ourselves, where buildings are reduced to rubble, and streets lie empty and impassable.

With these situations, it's hard to envisage neighborhoods teeming with life again. Or people returning to happy, contented lives and living in peace. Likewise, the residents of Jerusalem most likely could not imagine anything good coming out of the destruction—that their city would be rebuilt, and they would experience joy and gladness.

Yet even if they pictured life returning to normal, God said he would do more. All the people of Israel had to do was call on Him, and He would answer.

This is the message God shared with the people in Jerusalem. It is a message for us, too.

We are to think of the great wonders God can do for us. Not only that, but we are to ask him to do beyond what we can dream.

It is important for us to trust God's words. We must believe God can and will do much more than we ask. Most times, we approach God asking him to answer in accordance with what we think is possible, not what seems impossible.

Perhaps you find yourself praying small requests, because then God is more likely to answer. Jeremiah 33:3 encourages us not to limit God's power to the extent of what we understand. God's power far exceeds what we know. God's grace, love, and compassion extend far beyond what we believe. As Jeremiah 32:17 says, "nothing is too hard" for God.

Let's imagine all the wonderful and amazing possibilities God has in store for us. Then, let's practice being bold in our asking.





# Let's Pray ...

Lord God,

You are able to do immeasurably more than I can ask or imagine. Yet I confess that so often I let my mind drift toward fear, doubt, and worst-case scenarios. Forgive me for using my imagination in this way. Forgive me for limiting you to what seems possible in my own understanding.

Renew my mind to think on the good and beautiful things you can do, even in the hardest circumstances. Renew my faith, so I ask with boldness and trust in your limitless and abundant power and goodness.

Where I see rubble and ruins in my life, help me believe you can rebuild something amazing. Where I see sadness and loss, remind me that you can restore my joy. Stretch my prayers beyond what feels safe and small, and help me trust that nothing is too hard for you. I place my hopes, my needs, and my future in your hands.

In Jesus' name,

Amen.





# BIBLE STUDY

DATE

## DAILY DEVOTION BREAKOUT

BIBLE VERSE

OBSERVATION

REFLECTION

APPLICATION IN LIFE

# Day 4





## *Daily Prayer Journal*

Daily Verse: \_\_\_\_\_  
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Prayer to thank God for who He is ...

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Prayer to thank God for the  
blessings in my life ...

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Prayer to confess my sins ...

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Prayer to ask for God's help, blessing and favor ...

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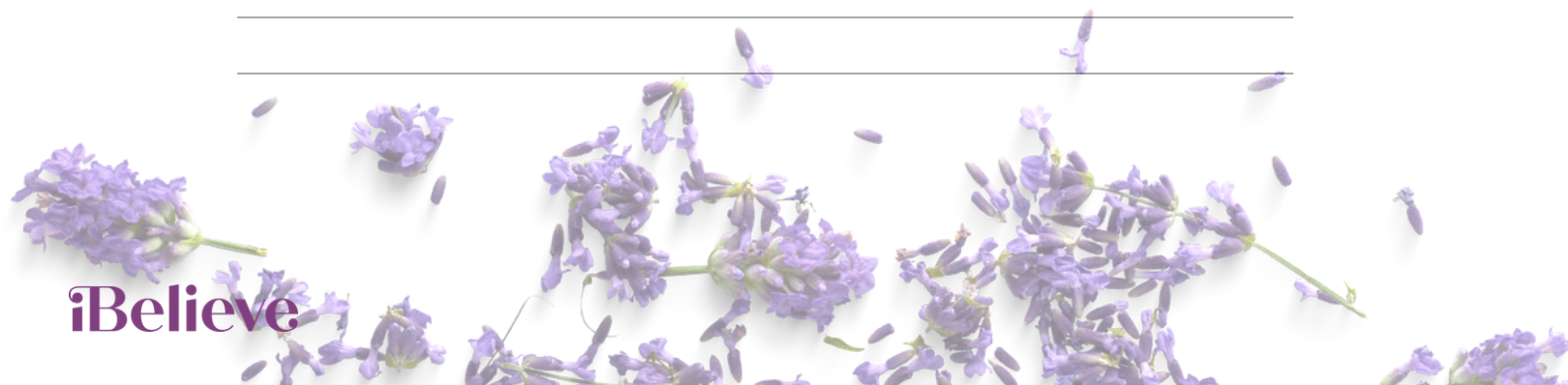
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# *A Prayer for When Storms Arise*

WRITTEN BY: TAMMY DARLING



**“That day when evening came, he said to his disciples, ‘Let us go over to the other side.’”**

**–Mark 4:35, NIV**

During a time of prayer, my husband heard the words, “Build a boat.” Asking me what I thought it meant, I jokingly replied, “I don’t know. Maybe we’re going on a cruise.”

For weeks, we pondered the meaning of those words, with no further insight from the Lord. We simply did not know what “build a boat” meant.

And then a storm arose.

My husband reluctantly went to the local convenient care center after experiencing pain on the right side of his neck, which then radiated down his chest. After being sent to another clinic for further testing, he was diagnosed with thyroid cancer.

From the initial diagnosis, my husband had perfect peace; I, not so much. I feared losing my husband of nearly thirty-five years; I had known him since I was nine years old.

Though I took my fear to God and kept my focus on relevant Scripture, I still didn’t feel the peace my husband did. Even though my husband, at twelve years old, lost his father to cancer, he had absolute peace that he was going to be okay.

“Build a boat.” Why? Because we were going to the other side. Just as the disciples did, we needed that boat to get to the other side.

After a long day, Jesus told his disciples, “Let us go over to the other side.” Long story short: Jesus took a nap. A storm arose. Jesus calmed the storm, and subsequently, his disciples.

God told my husband to “build a boat” because we were about to be tossed about in a storm we never saw coming.



My husband's thyroid was completely encased with a mass, and so the doctor said the thyroid would need to be completely removed, along with surrounding lymph nodes, "to be safe." The doctor was convinced the surgery would take care of this "easily treatable" cancer, and all would be well.

Given all these positives, I was not prepared for the surgeon's first words to me after a three-hour operation: "The surgery didn't go as planned." (Major waves rocking the boat right here.)

This surgeon, while top-notch in his field, is known for his bluntness. My heart hit the floor, and I was speechless. I held my breath as the surgeon continued: "The mass was larger than I thought... attached to the back of the throat... couldn't get all the cancer... the right side of his throat is paralyzed."

A T-Rex walking into the waiting room would not have been more shocking. When the surgeon asked if I had any questions, all I could do was shake my head no. I had all the questions; I was just in shock and unable to speak.

I recalled the boat my husband was instructed to build and the message behind it. While we would have loved to see instantaneous healing, God had other plans. God wanted to take us through. Through the trial. Through the uncertainty. Through the storm. To the other side.

My husband was going to be okay, and I mostly believed that now, but I also believed that this was something Jesus wanted us to go through, just as with His disciples. And I had no idea how long it would take to get to the other side. Because all the cancer was unable to be removed, further treatment would be required.

Eight months later, after a \$48,000 radiation pill, a full body scan revealed my husband was cancer-free. The cancer was completely eradicated, just not in the way or the timing we had hoped.

This going to "the other side" stuff was hard, I'm not going to lie. Those middle moments can try one's faith like nothing else can. Like the disciples, all I could see were the waves battering the sides of the boat and feeling the wind tossing me back and forth. Perhaps that's why Jesus asked his disciples after He calmed the storm, "Why are you afraid? Do you still have no faith?" Like the man whose son needed deliverance in Mark 9:24, I could only reply, "I do believe; help me overcome my unbelief."

Being battered and tossed about by the waves of life—life's like that sometimes, isn't it? But here's the thing: Jesus is with us in the boat. We're not alone!

And we need those middle moments, as much as we'd like to avoid them. Those middle moments are sacred. Holy. Some of the greatest growth we'll ever experience comes from going through something to get to the other side. These are the moments that grow our faith and trust in God.

# Let's Pray ...

Jesus,

We thank You that even through the roughest of storms, You are with us. In that knowledge, we can rest, nap even, as You did in the boat when the storm raged on. When You say we are going to the other side, we rest assured that we will make it through whatever trial we are facing. You are truly with us in all things.

With grateful hearts we pray,

Amen.





# BIBLE STUDY

DATE

## DAILY DEVOTION BREAKOUT

BIBLE VERSE

OBSERVATION

REFLECTION

APPLICATION IN LIFE



# Day 5





## *Daily Prayer Journal*

Daily Verse: \_\_\_\_\_  
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Prayer to thank God for who He is ...

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Prayer to thank God for the  
blessings in my life ...

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Prayer to confess my sins ...

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Prayer to ask for God's help, blessing and favor ...

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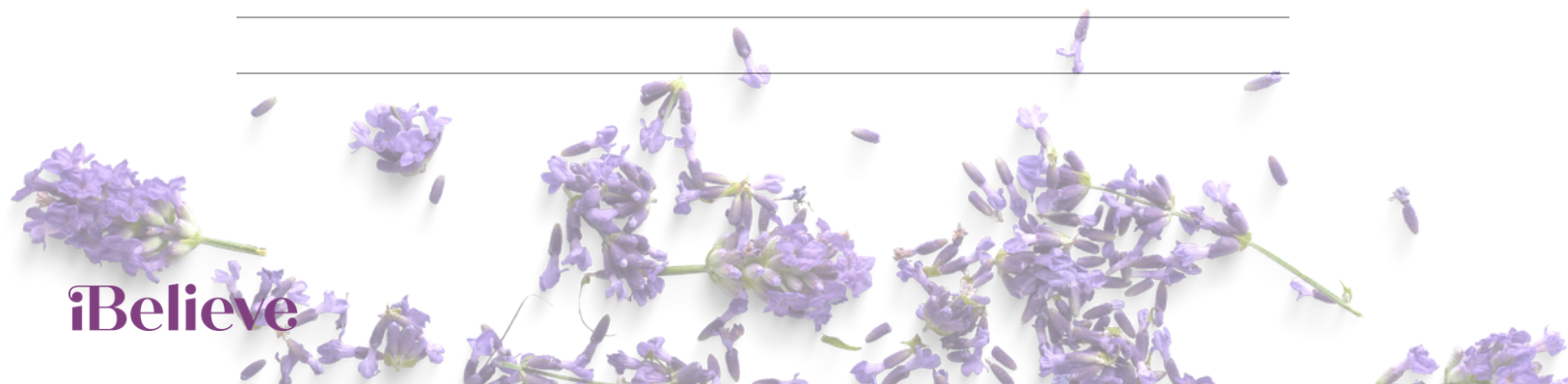
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# *A Prayer for Carrying More Than You Were Made to Carry*

WRITTEN BY: RACHEL WOJO



**"What you are doing is not good. You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone." - Exodus 18:17-18**

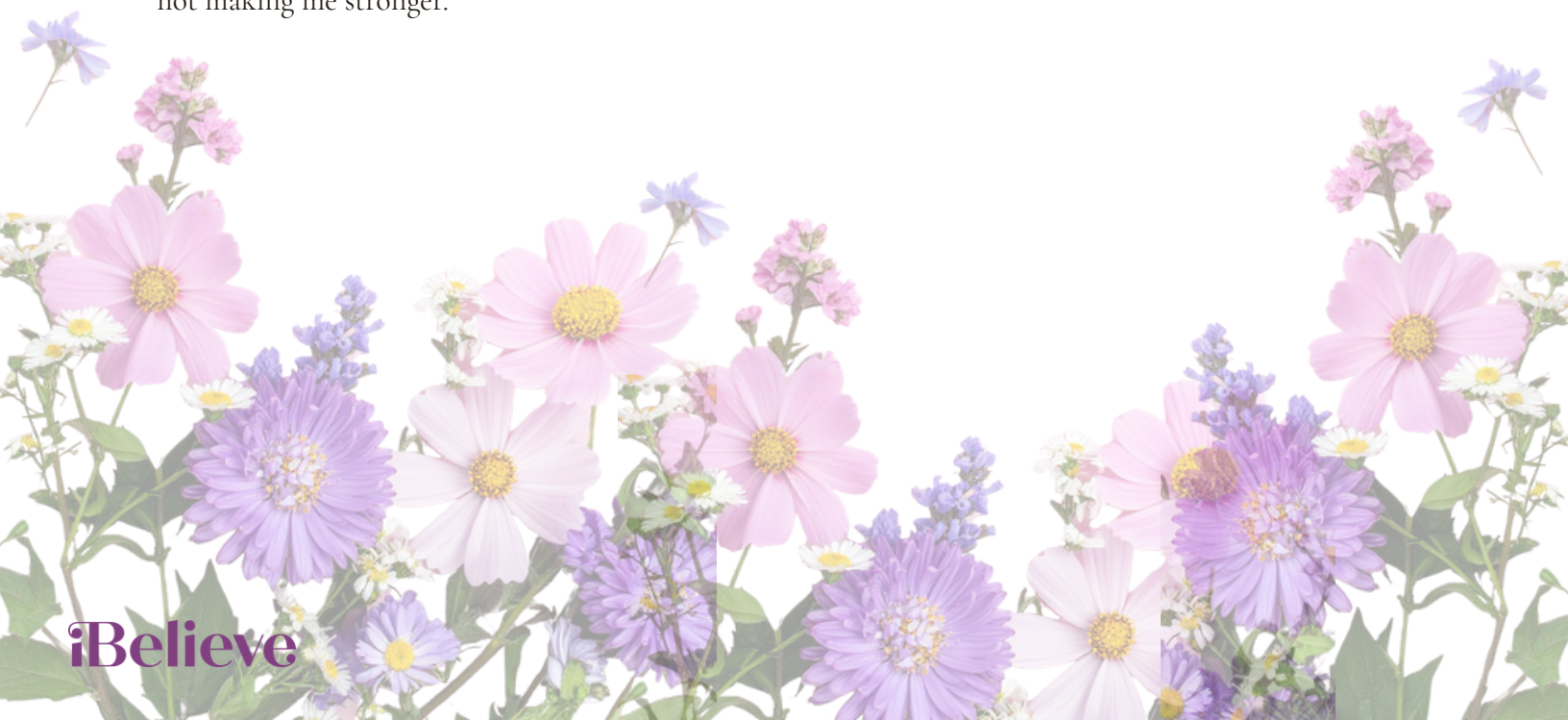
I can still see the brick fireplace in our old living room. My special-needs daughter, Taylor, thought running across the raised hearth was the best game in the house. At the time, all those years ago, she was strong, she was fast, and she had no concept of danger. That was the hardest part of caring for her: I could explain why the bricks were dangerous until I was "blue in the face," as my mom used to say. Explanations did not change her habits.

One day, she slipped.

She didn't fall hard, and thankfully, she didn't hit her head. But I saw her feet go out from under her, and for a half-second I braced myself, then something inside of me broke. I had a three-year-old behind me. A nineteen-month-old in the playpen. A newborn in the bouncy seat. And I realized, standing there with my heart in my throat, that I had been trying to be four people at once, and one day soon it was going to cost one of them something I couldn't give back.

I don't remember what I did next, but I do remember one particular thought. Her safety is more important than my pride.

For months, I had been telling myself I should be able to do this. Other moms managed four kids. Other moms didn't need help. If I were the right kind of mother, the right kind of Christian woman, I'd figure it out. Asking for help meant I wasn't enough. Asking for help meant I was failing. So I kept trying to carry it all by myself when my husband was at work. All the usual parenting tasks plus the constant hovering watch over Taylor. Oh, and the laundry and meals. Honestly, I kept silently resenting God for not making me stronger.



But friend, it wasn't that God hadn't made me strong enough.  
I was carrying things He'd never handed me in the first place.  
In Exodus 18, Moses is doing the same thing I was doing. He's sitting as a judge for Israel from morning until evening, settling every dispute and answering every question.  
His father-in-law, Jethro, watches him for one day and speaks up: "What you are doing is not good."  
Not "you're doing great, just pace yourself."  
Or if he'd sounded like he was from my Appalachian roots, "bless your heart, you're so devoted."  
He says this is bad for Moses and bad for the people Moses loves.  
"The work is too heavy for you; you cannot handle it alone."  
He then tells him to keep only the things you can do and release the rest.  
That's the part I missed for years. I thought the choice was between carrying everything and giving up. I didn't realize there was a third option, and it's the one God actually offered: carry what's yours, and let Him, through His people, carry the rest.  
The day after Taylor almost hit her head on the bricks, I picked up the phone and asked about respite care. When the respite worker started coming, my first reaction wasn't relief; it was grief. I cried because I felt like I had failed. I cried because I thought asking for help meant I loved Taylor less than a mother who didn't need help.  
It took me a long time to understand that letting someone else carry part of the weight was the most loving thing I could do for Taylor, for my other babies, for my amazing husband, Matt, and yes, for me. Moses didn't love Israel less when he let the seventy elders help. He loved them even better.  
If you're reading this today and your shoulders ache from something that was never yours to carry, whether it's another person's choices, another person's emotions, a caregiving load designed for a team instead of one person, a burden you took on because no one else would, then hear what Jethro said to Moses, and what God is saying to you through this passage. What you are doing is not good. The work is too heavy for you. God's not accusing us; He's inviting us into a different solution.  
You were made to carry something. You were not made to carry everything.  
And you were never made to carry anything alone.  
Pray with me?



# Let's Pray ...

Heavenly Father,

I'm coming to You today tired in a way sleep doesn't fix. You see the load I've been carrying. I have things that are mine, and then the things I picked up somewhere along the way without anyone asking me to. I've been telling myself that a stronger person could handle this, and a better Christian wouldn't need help. Those are lies.

Lord, would You show me the difference? Show me what's mine to carry and what was never mine in the first place. Give me the humility to set down the weight that isn't from You, and the courage to ask for hands to help with the weight that is. Forgive me for confusing exhaustion with faithfulness. Forgive me for thinking I had to prove something to You that You've already told me I don't.

Thank You that You gave Moses a Jethro. Thank You that You put people in my life who can see what I can't admit. Help me remember that letting someone help me isn't a weakness. It's the way You designed this whole thing from the beginning.

In Jesus' name,

Amen.





# BIBLE STUDY

DATE

## DAILY DEVOTION BREAKOUT

BIBLE VERSE

OBSERVATION

REFLECTION

APPLICATION IN LIFE

# Day 6





## *Daily Prayer Journal*

Daily Verse: \_\_\_\_\_  
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Prayer to thank God for who He is ...

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Prayer to thank God for the  
blessings in my life ...

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Prayer to confess my sins ...

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Prayer to ask for God's help, blessing and favor ...

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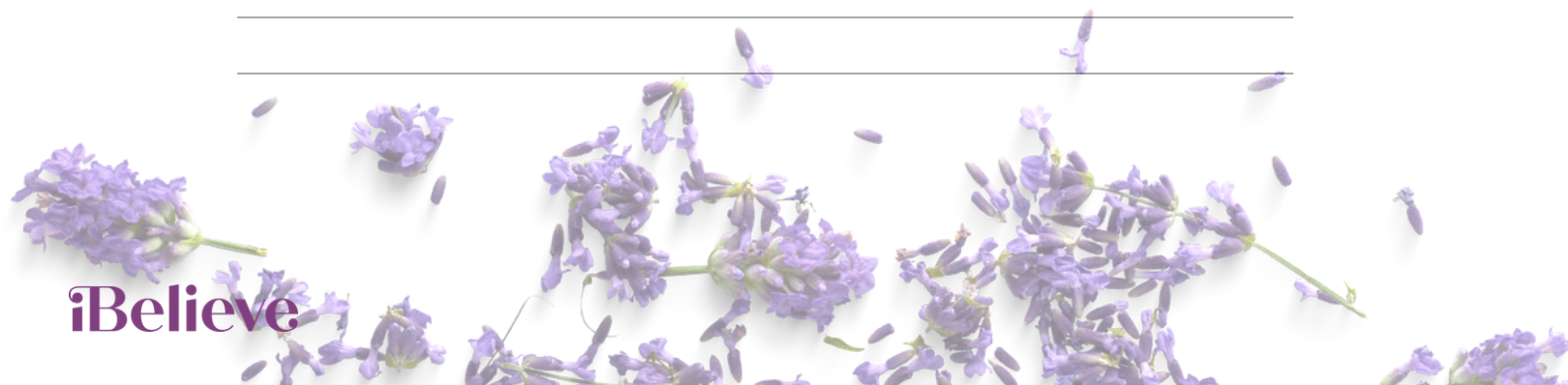
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# *A Prayer for Those Who Have Wronged Us*

WRITTEN BY: EMILY ROSE MASSEY



**“Above all, keep loving one another earnestly, since love covers a multitude of sins.”**

**- 1 Peter 4:8, ESV**

My husband and I run an online ministry that helps people on their Christian journey out of the prosperity gospel movement- a movement that proclaims that the blood of Jesus has purchased for all believers a promised life of health, wealth, and abundance in earthly pleasures. This is a dangerously false message that undermines the beauty of the finished work of Christ, which brings justification and forgiveness. The teachings in this movement can truly shipwreck someone's faith- we ourselves were ensnared by this false teaching, so it is something he and I are very passionate to defend against and proclaim truth whenever possible.

On this ministry journey, we have met others who share our passion for helping protect others from wolves in sheep's clothing. Taking strong stances against popular teachers in the public eye means some will not be thrilled with your ministry. Having others to link arms with to stand against false teaching online makes pushback easier to handle and emboldens you to continue warning of error and proclaiming truth. You can imagine how one might feel when one of those people who stood strong with you, warning of these false teachers, suddenly turns back and begins embracing those wolves as brothers in Christ. I can tell you from personal experience, it is gut-wrenching to witness and experience. The temptation that I have faced in this experience- especially after they would not heed warning or correction- is to want to back this person into a corner and expose them and their seemingly manipulative tactics as well.



Any situation that stirs up strong emotional responses- especially that of hurt, offense, and disappointment- needs the direction and wisdom of scripture to bring clarity to those intense and very valid emotions. We must not allow our flesh to rule in the situation. When we are led by the Spirit, we are putting to death the ways of the flesh, because the sins and desires of the flesh are opposed to the Spirit.

This is not a passive or mysterious “leading” or “subjective feeling” but rather an active, ever-present fight in the life of the believer to learn what it means to walk in love, be gracious and merciful, and exhibit the fruit of the Spirit. Thankfully, we, as disciples of Christ, are not left to human subjectivity and confusion in this leading; we have God’s word as a lamp to our feet in a world of darkness and sin (Psalm 119:105).

As far as putting to death the desire to slander, malign, or be harsh to those who have seemingly wronged us, disappointed us, or intentionally (or unintentionally hurt us), the scripture that comes to mind that both brings conviction and direction can be found in 1 Peter 4:

“Above all, keep loving one another earnestly, since love covers a multitude of sins” (1 Peter 4:8, ESV).

When I am tempted to expose someone’s wrongdoing or sin towards me or others, the Bible urges me to love them by covering them with grace and mercy instead. For me, one way I applied this to my situation I discussed earlier was by deleting screenshots I had saved on my phone of the hurtful, error-filled things that had been said online. I was attempting to build a case against this person- to truly “put them in their place.” But ultimately, I needed to pray for this individual and watch my words about them to others. Instead of “stalking” their ministry page online, I chose to unfollow and mute their posts (even if for a season) because it was causing bitterness and a cynical attitude to rise in my heart about them. In those moments when I am hurt, upset, or offended, I must extend grace, which doesn’t mean that we don’t lovingly rebuke, correct, or warn when necessary, because that is also extending love towards others. But after that difficult confrontation has taken place, we must release that situation to the Lord, and He will be the One to vindicate if we truly have been wronged or sinned against. We must look to the Lord for help, especially when our flesh wants to rule.

# Let's Pray ...

Father,

Please help me to rest in Your sovereignty and trust that You will work in the heart of the one who has deeply hurt me. I know You will use those difficult situations to work in my own heart as well, teaching me how to truly love others as You do.

Above all, help me remember that every person is made in the image of God and deserves love and respect, no matter their actions or words towards me. May the love and mercy that has been given to us from You flow to the most difficult of people in our lives.

In Jesus' name,

Amen.





# BIBLE STUDY

DATE

## DAILY DEVOTION BREAKOUT

BIBLE VERSE

OBSERVATION

REFLECTION

APPLICATION IN LIFE



# Day 7





## *Daily Prayer Journal*

Daily Verse: \_\_\_\_\_  
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Prayer to thank God for who He is ...

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Prayer to thank God for the  
blessings in my life ...

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Prayer to confess my sins ...

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Prayer to ask for God's help, blessing and favor ...

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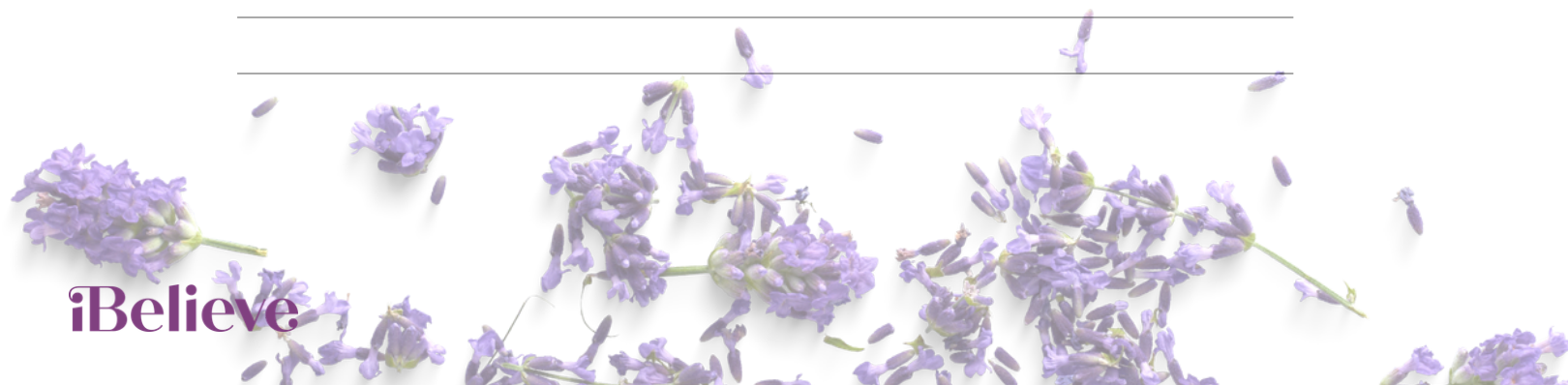
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# *A Prayer for Repentance Without Shame*

WRITTEN BY: HEIDI VEGH



## **Therefore, there is now no condemnation for those who are in Christ Jesus - Romans 8:1**

Shame can take up a large space in our hearts. When we feel regret or embarrassment over our actions, it can feel almost impossible to shake. We convince ourselves that we do not deserve forgiveness, so we struggle to fully embrace the freedom Christ offers.

Instead, we tend to shove our shame and regret deep down where no one can see it. But over time, we realize that no amount of hiding, ignoring, or covering it up can truly make it go away.

God calls us to repentance. He invites us to bring our shame out of hiding and lay it at the foot of the cross. All of it. Not just the manageable parts or the not-so-bad parts, but the ugly, stingy, painful parts that make us cringe.

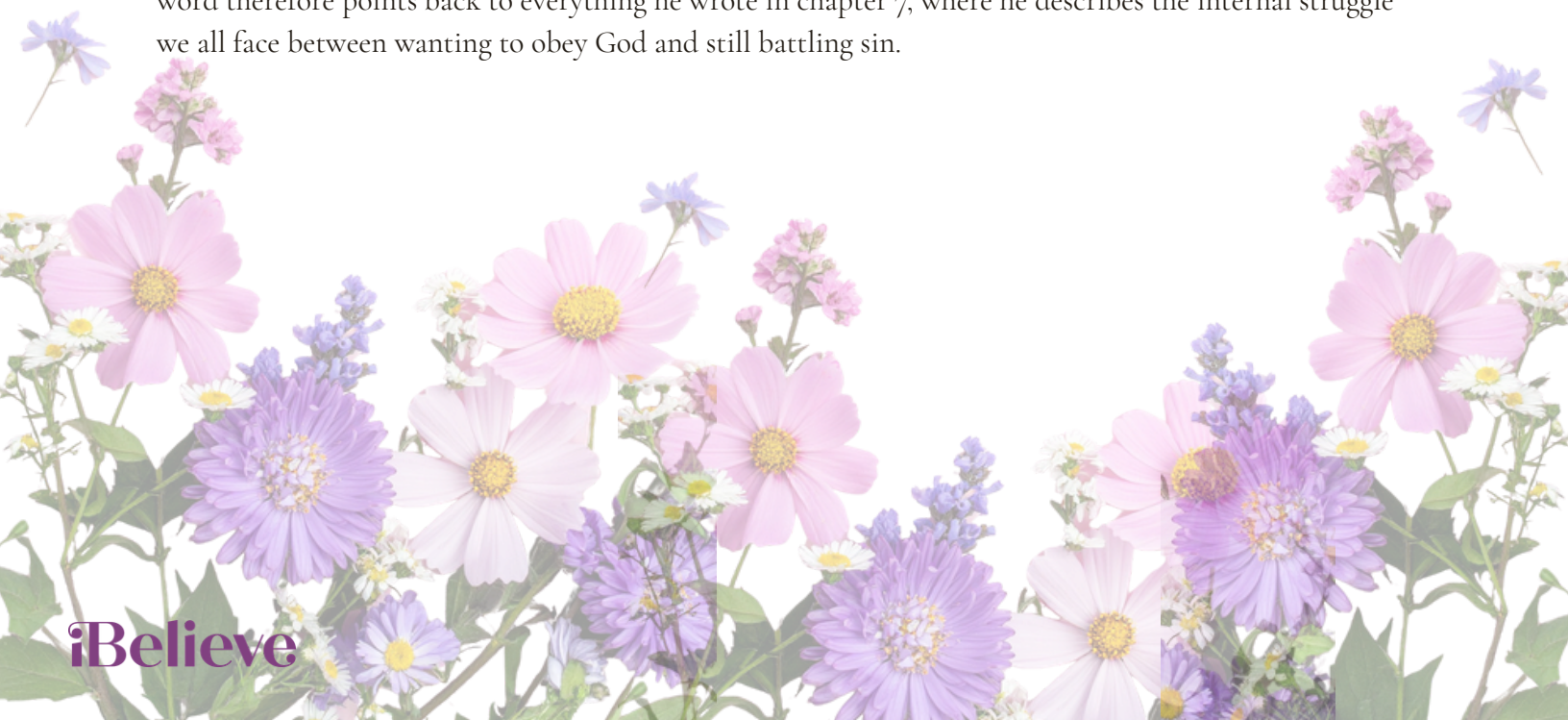
Jesus already knows those parts exist. He always has. And He loves us anyway.

Do you believe that?

Do you believe that Jesus not only loves us despite our mistakes, but also forgives us for them? Not only that, but He willingly died on the cross on our behalf, taking the guilt and punishment for the sins we committed. That kind of grace is difficult to fully grasp, and many of us wrestle to believe it is truly meant for us.

The enemy would love nothing more than for us to carry around shame and guilt, preventing us from living in the abundant freedom Jesus offers. He wants us to hide, covering up our failures, and believing we are too far gone. But Jesus invites us to bring our mistakes into the light and allow Him to carry them for us.

In the Bible, Romans 8:1, Paul the Apostle wants readers to understand the depth of God's grace. The word therefore points back to everything he wrote in chapter 7, where he describes the internal struggle we all face between wanting to obey God and still battling sin.



“I do not do the good I want to do, but instead I keep doing the very thing I do not want to do.” Romans 7:19

There is a tension between wanting to live a life that reflects Christ while still wrestling with sinful desires and imperfect actions. It is part of the human condition that we all experience.

But the beauty of Romans 8:1 is this: sin does not have the final word.

Shame does not win. Darkness does not define you. When we feel conviction, we can allow it to lead us toward repentance, healing, and restoration. But condemnation no longer has power over those who are in Christ.

God invites us to walk beside Him despite our failures. He offers freedom instead of guilt, hope instead of hiding, and restoration instead of shame. He is a God who restores, and He longs for you to live in the freedom only He can give.

Are you carrying around a shame that you can't shake? Is regret affecting your everyday life, threatening to take you down?

If so, this prayer is for you.





# Let's Pray ...

Lord,

I struggle to fully believe in Your all-powerful ability to forgive and restore the things I have done in my life. I wrestle with the idea that You would willingly lay down Your life to pay for sins I knowingly committed. I am not sure I will ever fully grasp the depth of the grace and forgiveness You offer, but please do not let my lack of understanding keep me from walking in the freedom You have for me.

I rebuke the spirit of condemnation rooted in my heart. Lord, please forgive me for all the ways I have fallen short, for the sin hidden in my heart, and for the ways I have disobeyed You. I want to come humbly before Your throne of grace, ready and willing to lay down everything that burdens my soul.

I rebuke the lies that tell me I am not good enough, that I am too far gone, or that my sin is too big for You to redeem. Your Word speaks the opposite. You love me no matter what, and You long for me to walk with You out of my pain, shame, sin, and the weight of guilt.

Show me Your ways, Lord. Lead me away from sin. Show me the better path, and give me the strength and courage to make choices that reflect my love for You instead of my love for the world.

Allow my life to be a light for You as I choose light instead of darkness. Give me the courage to share this truth with the people You place in my life. Lord, I know You desire for everyone to walk in the freedom You offer. Please help me to be effective in Your kingdom as I share the good news of Your grace and redemption.

Thank You for forgiving me. Thank You for reaching into the depths of my soul and restoring what sin tried to take from me. Replace my shame with truth, light, peace, and the abundant life found only in You. Amen.

In your precious name we pray,  
Amen.



# BIBLE STUDY

DATE

## DAILY DEVOTION BREAKOUT

BIBLE VERSE

OBSERVATION

REFLECTION

APPLICATION IN LIFE

# Day 8





## *Daily Prayer Journal*

Daily Verse: \_\_\_\_\_  
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Prayer to thank God for who He is ...

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Prayer to thank God for the  
blessings in my life ...

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Prayer to confess my sins ...

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Prayer to ask for God's help, blessing and favor ...

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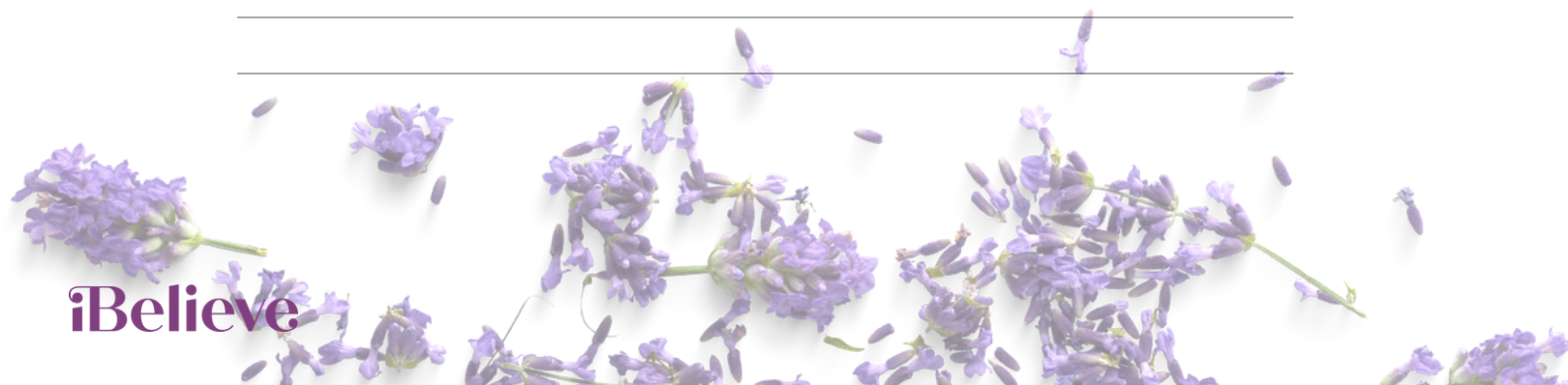
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# *A Prayer to Let the Holy Spirit Lead Your Life*

WRITTEN BY: EMILY ROSE MASSEY



**“Your word is a lamp to my feet and a light to my path.” - Psalm 119:105, NKJV**

What does it look like for the Holy Spirit to lead in a Christian's life?

From the onset, it is helpful to define biblically, as it relates to human experience, the work of the Holy Spirit. In John 16:7-8, we see that the work of the Holy Spirit is to convict the world of sin, righteousness, and judgment. With this being established, in the life of the Christian, we are continually being conformed by God's grace to the likeness of His Son. We seek to obey the commands of Scripture and live our lives in obedience to Christ. Being led by the Spirit is the antithesis of being led by the flesh (Galatians 5:17-18). When we are led by the Spirit, we are putting to death the ways of the flesh, because the sins and desires of the flesh are opposed to the Spirit.

Being led by the Spirit is not a passive or mysterious leading or “subjective feeling,” but rather an active, ever-present fight in the life of the Christian. Some believe they are led by the Spirit through dreams, as if God is trying to tell them something, or that they saw a butterfly flying in a certain direction, and that's “how they knew God was leading them,” vs. the Bible. Unfortunately, this subjective, experience-based reliance leads to many misunderstandings of what it looks like to be led by the Spirit. Therefore, Bible study and prayer time are critical.

Thankfully, we as disciples of Christ are not left to human subjectivity and confusion; we have God's Word as a lamp to our feet in a world of darkness and sin. The Spirit will always use the Word to guide us.

“Your word is a lamp to my feet

And a light to my path” (Psalm 119:105, NKJV).

If we need direction in our lives, the best way is to fill our hearts and minds with God's Word. This will increase our trust in God, and we will no longer live in fear of the “what ifs” of life but rely solely on His divine providence to overshadow every step we take. As we study the scriptures and ask the Holy Spirit to illuminate truth to us, we learn to rest in God's sovereignty, trusting He is in control and will care for every detail, give us wisdom, and help us resist the temptation of the flesh.

# Let's Pray ...

Father God,

I need direction in my life. I often want some type of external, tangible evidence or sign that will give me the answer or show me the way. I know You have called me to walk in the Spirit and not the flesh. I trust that the Holy Spirit guides me by the Truth that is found in Your Holy written Word. I repent for looking to signs, omens, and dreams, which are subjective, and build my life upon Your Word, which is a strong foundation that cannot be shaken or changed.

Give me a hunger to study the scriptures so that I may know You and Your will and walk in wisdom to make righteous decisions that please only You. Please strengthen my faith and trust in Your sovereignty so that I can rest in the knowledge that Your providential hand leads me every day, even when I cannot always see or understand it. Thank You for Your Word, which is a light to my path and a lamp to my feet, so I can see the narrow way clearly that You are calling me to walk on. In Jesus' name, Amen.





# BIBLE STUDY

DATE

## DAILY DEVOTION BREAKOUT

BIBLE VERSE

OBSERVATION

REFLECTION

APPLICATION IN LIFE

# Day 9







## *Daily Prayer Journal*

Daily Verse: \_\_\_\_\_  
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Prayer to thank God for who He is ...

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Prayer to thank God for the  
blessings in my life ...

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Prayer to confess my sins ...

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Prayer to ask for God's help, blessing and favor ...

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# *A Prayer for Help in the Face of Life's Mountains*

WRITTEN BY: KERI EICHBERGER



**“I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth.” - Psalm 121:1-2**

Nagging pain paralyzes my body, anxious thoughts immobilize my mind, and an overload of demands debilitate my pursuit of the dreams and desires in my heart. I need help. Every day, every hour, and sometimes every moment. Yet, resources seem to be lacking, and so does my strength. If only I could summon a surge of power. A dose of direction, determination, and much-needed aid and assistance to fight forward and through what sits and stirs around me. All that I need to do, and all that I have longed to do.

You've been there. Maybe the road right in front of you is filled with challenges and obstacles. Maybe you need to muster motivation or remove the resistance and barriers blocking you, too. But you can't. You're depleted, deflated, and down on options. Your soul aches for strength. And yearns for something or someone to step in. But what you truly need is your sole source of our sovereign Lord to sweep in and save you. To pick you up, help you out, and carry you through. He is indeed who you need.

Psalm 121:1 says, “I lift up my eyes to the mountains— where does my help come from?” Imagine you're the psalmist, staring at the steep mountain, or in your case, the obstacle or challenge before you. You hunger for help. And then the very next verse declares, My help comes from the LORD, revealing the key to that which you are searching for. Because the truth is, when we lift our eyes to the Lord as we look at our mountain, and when we seek and see him for who he is—the maker of heaven and earth with all the power we need to move and scale the heights of each mountain of life that meets us—we open the door to his divine hand of help.



Our heavenly Father's help is found in his peaceful presence. His help shows up through the people he places around us. And the Lord's help is flowing here and now from the ever-present power we received in his Holy Spirit when we accepted Jesus as King of our hearts.

Today, may we ask our great God for his help. May we humbly request the help of his people. May we petition the Holy Spirit to fill us with a clear and fortified mind and will. And then open our hearts to receive. In this very moment, let's allow his presence to renew and restore us. And then let us hold onto hope. Because he will answer. God always sufficiently supplies, perfectly providing what you and I need to carry out his good plans and purposes. We can be confident in that. We can praise him for that.

# Let's Pray ...

Mighty God,

You are my ever-present help. And you know just how much help I need and when I need it. Sometimes I struggle to gather the strength to take on even the simplest of tasks. I need you. You alone are the help that I need, and you always supply sufficiently and perfectly.

Lord, today, may I remember that your power is always there to strengthen me, your trustworthy word is there to serve me, and you are constantly placing people along my path to support me. Your help is limitless and relentless. An unfailing flow of fortitude to my soul and spirit. And I thank you, Jesus.

In your strong name,

Amen.



# BIBLE STUDY

DATE

## DAILY DEVOTION BREAKOUT

BIBLE VERSE

OBSERVATION

REFLECTION

APPLICATION IN LIFE



# Day 10





## *Daily Prayer Journal*

Daily Verse: \_\_\_\_\_  
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Prayer to thank God for who He is ...

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Prayer to thank God for the  
blessings in my life ...

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Prayer to confess my sins ...

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Prayer to ask for God's help, blessing and favor ...

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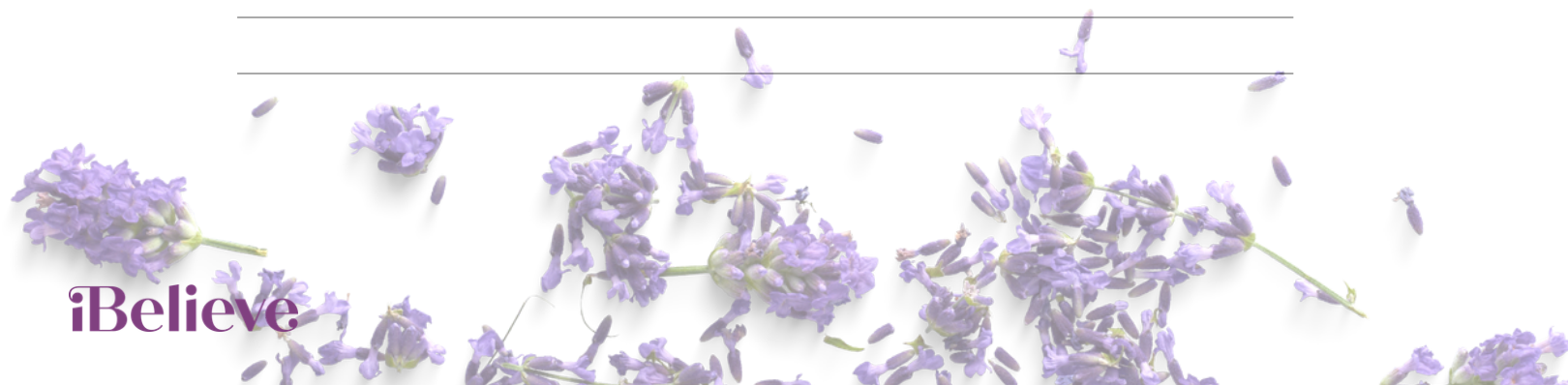
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# *A Prayer to Get Through a Hard Season*

WRITTEN BY: TAMMY DARLING



**“My beloved spoke and said to me, ‘Arise, my darling, my beautiful one, come with me. See! The winter is past; the rains are over and gone. Flowers appear on the earth; the season of singing has come, the cooing of doves is heard in our land.’” Song of Songs 2:10-12, NIV**

A born and raised Pennsylvanian, I’m used to the winters here. Wild. Unpredictable. Sometimes mild and tolerable. You never know one year from the next what you’re going to face. This past year’s winter, however, was the harshest I had experienced in quite a few years. I grew very weary of winter. When I finally started seeing the lawn, albeit brown, it was for two glorious days; and then the snow came again. It seemed like no sooner did the dirty, crusty snow melt, that a new storm was upon us.

And really, isn’t life just like that sometimes? We no sooner get through one crisis or trial and another one pops up. It’s like the Whac-A-Mole game of life; those random critters (trials) keep popping up unexpectedly and unwanted. It’s exhausting when we’re always waiting for the next bomb to drop, and then we’re left to deal, to keep pressing on, to figure out what’s next.

Or are we?

Is putting out the fires all around us our responsibility? Is it really our job to smash every trial that comes our way? James 1:2-4, NIV, has this to say: “Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.”

I used to ask God, “Why?” But then someone advised me, “If you’re not getting an answer, ask a better question.” So, I did. Now I ask God, “What do You want to teach me through this?” It’s a question He always answers. Sometimes I’ll ask, “What do You want me to do next?” or “How can I glorify You in this situation?” Again, these are questions God loves to answer.

I can ask, “Why does it have to snow so much?” or “Why have the temperatures been so cold for so long?” and get nowhere. Or I can ask, “What can I do to bless God and others during this extreme winter season?” Now we’re talking. Now I can persevere in this physical winter season, with joy.

The same goes for the spiritual winter seasons we face. Spiritual seasons don’t often coincide with the physical season we’re in, but sometimes they do. No matter when our spiritual winter season comes or how long it lasts, we can be assured that it’s not, as Mr. Tumnus said in *The Chronicles of Narnia*, “Always winter, never spring.”

“See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland” (Isaiah 43:19). Even when we don’t know precisely what God is doing, we can rest assured He’s on the move. Even when I can’t see the grass beneath the snow, I know it’s there. All is not hopeless; spring will come again. Physically and spiritually.

Hebrews 6:19 reassures us, “We have this hope as an anchor for the soul, firm and secure” (NIV). One day, I’ll see the tiny crocuses sprouting through the winter-weary ground. Next will come the vibrant yellow daffodils. I’ll plant my mammoth sunflowers, faithfully water them, and watch in anticipation for the sprouts to spring forth.

Here’s the thing: every season is essential for life and growth. That’s true of the physical and the spiritual. We need winter every bit as much as summer. Winter will come, but so will seasons of planting, growth, abundance, and harvest.

# Let's Pray ...

Dear Heavenly Father,

We thank You for Your wisdom in creating the seasons, for You truly do all things well. In every season, may we seek Your direction, Your guidance, and Your will. “There is a time for everything, and a season for every activity under the heavens” (Ecclesiastes 3:1).

May our hearts hold on to hope in You as we traverse the harsh, winter seasons of the soul, knowing that they won’t last forever. May our thoughts ring loud with truth, and our lips praise Your holy name.

With gratitude, we pray in Jesus’ name,  
Amen.





# BIBLE STUDY

DATE

## DAILY DEVOTION BREAKOUT

BIBLE VERSE

OBSERVATION

REFLECTION

APPLICATION IN LIFE

## Devotional Writers:

Keneesha Saunders-Liddie is a wife and mom. She is an avid reader of wholesome romance novels and a writer. She has a Master's in Biblical Counseling as she believes in the sufficiency of Scripture. As a pastor's kid, she fell in love with the way Jesus loved her at an early age and wants to encourage others to live for Him through her words. You can find more musings from her at [keneeshaliddie.com](http://keneeshaliddie.com)

Heidi Vegh is a writer, speaker, and ministry leader based in Western Washington. A remarried mother of four, she is navigating blended family life after losing her first husband to cancer in 2013. Through her writing and speaking, Heidi encourages those who have experienced loss, offering hope and practical guidance for the journey toward healing and renewed life. You can find her on Instagram @mrsheidivegh and SubStack: <https://substack.com/@heidivegh>

Rachel Britton is a British-born award-winning author and speaker. Her passion is to help others find comfort and confidence in their daily conversation with God. Her latest book, *Pray Naturally: Finding Your Spiritual Confidence as a Woman Loved by God* released with Our Daily Bread Publishing. She is the creator of the Amazon Alexa skill: "Alexa, say a prayer," which offers a simple way for thousands to connect with God each day. Rachel is married with three adult children spread over too many time zones. Connect with Rachel on her blog [rachelbritton.com](http://rachelbritton.com) and on Facebook and Instagram.

Tammy Darling is the author of 1,600 published articles and three books. She writes from her home in rural Pennsylvania.

Rachel Wojo is an inspirational author, public speaker, and podcaster known for her popular blog, [rachelwojo.com](http://rachelwojo.com). Through her biblical approach and personal life experiences, Rachel empowers women to discover strength and hope in everyday situations. Despite enduring the loss of her mother, adult special needs daughter, and father, Rachel remains resilient. She has authored the uplifting book, *Desperate Prayers: Embracing the Power of Prayer in Life's Darkest Moments* and a new beautiful, spiral-bound prayer journal, *Praying the Promises of God*. Rachel is crazy in love with her husband, Matt, and cherishes her motherhood with six children on earth and two in heaven.

Emily Massey began writing short stories and poetry as a little girl, entered the blogging world in her early 20s, and published her first book in 2015. She enjoys being a homeschooling momma of four boys, while still being able to pursue her passion as a writer. Believing she has been forgiven much, she loves much, and desires to point others to Christ and His redemptive and transforming power, especially by sharing truth found in God's written word. If you would like to connect with Emily, you can visit [www.emilyrosemassey.com](http://www.emilyrosemassey.com).

Keri Eichberger is a Jesus-loving Kentucky girl. She is married to her best friend, Mike, and has a full house of five kids. After years of writing for an online audience, Keri became ordained through Southeast Christian Church, giving her life to full-time ministry. She is the author of *Win Over Worry: Conquer What Shakes You* and *Soar With the One Who Overcomes*, and has a passion for sharing faith-filled encouragement through devotional writing. Connect with Keri at [kerieichberger.com](http://kerieichberger.com) or Instagram.

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