



14 DAY

# PRAYER JOURNAL

*for every woman*



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# DAY 1

## GOD SEARCH MY HEART

Have you ever read Psalm 139:23-24 and felt a little intimidated? It says, "Search me, O God, and know my heart... see if there is any wicked way in me, and lead me in the way everlasting." That's a big prayer to pray, isn't it? The idea of inviting God to search our hearts can make us nervous. What will He find? What will He show us?

It's okay to feel that way—you're not alone. But here's the beautiful truth: when God reveals the things in our lives that don't honour Him, He does so with a heart full of love and a readiness to forgive. His intention isn't to shame us but to guide us toward a better path. We don't need to carry the weight of guilt or fear. God's love is bigger than any mistake we've made, and He wants us to experience freedom, not condemnation. Proverbs 3:12 reminds us, "For whom the Lord loves He corrects, just as a father the son in whom he delights." Think about that for a moment. God's correction is a sign of His deep love for us. Like a caring parent, He'd rather point out the weeds growing in our hearts than let them take root and cause more harm. That's not punishment; that's protection. Knowing this can bring such peace, even when the process feels challenging.

So, as you spend time in prayer today, ask God to search your heart. But don't stop there—also ask Him to lead you in the way everlasting. Trust that whatever He shows you, it's for your good. His love is far too grand to be diminished by our flaws, and His grace is always ready to meet us right where we are.

Take a moment to reflect: Is there anything in your life that God might want to address? How can His loving correction help you grow closer to Him? Write down your thoughts and let them guide your prayers today.





# DAY 1

GOD SEARCH MY HEART

Proverbs 3:12

*"For whom the Lord loves He corrects, just as a father the son in whom he delights."*

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# DAY 2

## GOD SET MY SIGHTS ON YOU

"Set your sights on the things above, not on earthly things." — Colossians 3:2

Perspective truly is everything, isn't it? How often do we get caught up in the challenges and frustrations right in front of us and lose sight of the bigger picture? It's so easy to focus on the immediate, the tangible, and the overwhelming—but God calls us to lift our eyes and set our focus on Him.

When we shift our perspective from earthly concerns to heavenly truths, we begin to see our circumstances in a new light. Not everything that happens feels good or even looks good, but we serve a God who is mighty and works all things for good. Even in the chaos, He is present and active, shaping us and our situations for His purposes.

This doesn't mean ignoring our struggles or pretending they don't exist. Instead, it's about trusting that God's hand is at work even in the messiest moments. When we fix our eyes on Him, we allow His promises to inform our reactions and guide our decisions. It's an act of faith—choosing to believe that His plans are higher and better than we can imagine, even when the path is unclear.

Take a moment today to pause and pray. Ask God to help you lift your eyes above the noise and distractions. Trust Him to show you how He's working in your life, even when it's hard to see. Reflect on His faithfulness in the past as a reminder that He's still at work in the present. The more we focus on Him, the more peace and clarity we find—not because the challenges disappear, but because our perspective shifts to the One who holds it all together.





# DAY 2

GOD SET MY SIGHTS ON YOU

Psalms 121:1-2

*"I will lift up my eyes to the hills.. My help comes from the LORD, who made heaven and earth."*

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# DAY 3

## GOD SEASON MY SPEECH

Have you ever paused to think about the words you speak each day? Words have incredible power—to build up or tear down, to encourage or discourage. Proverbs 18:21 tells us, "The tongue has the power of life and death, and those who love it will eat its fruit." That's a sobering thought, isn't it? What kind of fruit are your words producing?

As believers, our speech should reflect the heart of God. Colossians 4:6 encourages us, "Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person." What does it mean for our words to be seasoned with salt? Salt enhances flavour and preserves, and in the same way, our words should add value, bring truth, and preserve relationships. This doesn't mean avoiding hard conversations but rather approaching them with grace and love.

It's easy to let frustration or impatience colour our speech, especially during stressful moments. But Jesus reminds us in Matthew 12:34, "For the mouth speaks what the heart is full of." Our words are a reflection of what's happening in our hearts. If we want our speech to honour God, we must first invite Him to work in our hearts. Ask Him to fill you with His love, patience, and kindness so that these qualities naturally flow out in your words.

Take a moment today to reflect on your conversations. Are they filled with grace and truth? When you speak to your children, your spouse, or a coworker, do your words reflect God's love? If there are moments you regret, don't be discouraged. God's mercies are new every morning (Lamentations 3:22-23). Pray and ask Him to help you season your speech with His wisdom and grace. Surrender your words to Him and trust that He will guide you to speak life into those around you.







# DAY 3

GOD SEASON MY SPEECH

Proverbs 16:24

*"Pleasant words are like a honeycomb, sweetness to the soul and health to the bones."*

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# DAY 4

## GOD BE MY STRENGTH

Do you struggle with asking for help? I know I do. It's not always easy to admit we can't handle everything on our own. Whether it's pride, fear of burdening others, or simply wanting to prove our independence, many of us try to push through life's challenges in our own strength. But how often does that really work? If I'm honest, relying solely on my own strength leaves me feeling depleted and overwhelmed.

Life has a way of teaching us that we aren't meant to carry every burden alone. Whether through marriage, motherhood, work, or other responsibilities, we quickly discover that our strength has limits. But here's the good news: God's strength is limitless. Philippians 4:13 reminds us, "I can do all things through Christ who strengthens me." It's not about how strong we are but about how willing we are to lean on Him.

Letting God be our strength means surrendering control. It means acknowledging that we can't fix every situation or solve every problem on our own. And that's okay. In fact, that's exactly where God wants us to be—fully dependent on Him. When we let go of the need to do it all ourselves, we make space for God to work in ways we never could. His power is made perfect in our weakness (2 Corinthians 12:9).

So, what's something you've been holding onto that you need to hand over to God? Maybe it's a relationship that feels broken, a dream that seems out of reach, or a problem that's been weighing heavily on your heart. Whatever it is, take a moment today to bring it to God in prayer. Ask Him to be your strength and trust Him to carry you through.





# DAY 4

GOD BE MY STRENGTH

Psalm 46:1

*"God is our refuge and strength, a very present help in trouble."*

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# DAY 5

## GOD HELP ME TO TRUST YOU

Trust. It's a small word but one with such profound implications. How often do we struggle with it? Trusting God's plans, especially when life feels uncertain or when the answers don't come as quickly as we'd like, can be one of the hardest aspects of our faith journey. Proverbs 3:5-6 tells us, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." It's a beautiful promise, but living it out requires intentional surrender.

For many of us, control feels safer than trust. We like to plan, organise, and predict what's ahead. But God's ways are often different from ours, and His timing doesn't always align with our expectations. When we insist on clinging to control, we miss out on experiencing the peace that comes from placing our lives in His hands. Trusting God doesn't mean ignoring our responsibilities or feelings; it means choosing to believe that He's working behind the scenes, even when we can't see the full picture.

Can you remember a time when trusting God felt difficult? Maybe you were facing a health crisis, financial strain, or relational tension. In those moments, did you find yourself holding tighter to control, or were you able to surrender your worries to Him? It's natural to wrestle with doubt, but God invites us to bring those doubts to Him. He understands our human frailty and meets us with grace and patience, guiding us as we learn to let go.

The more we know God's character, the easier it becomes to trust Him. He is faithful, loving, and good—always. When we reflect on the ways He has shown up in the past, it strengthens our confidence in His ability to lead us through present challenges. Take a moment today to reflect on His faithfulness and think on a time when God provided, protected, or answered a prayer in a way that deepened your faith.





# DAY 5

GOD HELP ME TO TRUST YOU

Proverbs 3:5

*"Trust in the Lord with all your heart and lean not on your own understanding."*

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# DAY 6

## GOD RENEW MY MIND

Our minds can often become cluttered with negative thoughts, self-doubt, worry, and the pressures of daily life. It's easy to get caught in the cycle of overthinking or to believe the lies that the world or our own insecurities tell us. Yet, God invites us to something much greater: He calls us to allow Him to transform our minds and replace those negative thoughts with His truth.

Romans 12:2 reminds us, "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will."

Renewing our minds is an intentional process. It doesn't happen overnight, but with each step of surrender, God begins to replace the lies we've believed with the powerful truth of His Word. When we invite God into our thoughts, we invite Him to shift our focus from the struggles around us to the peace He offers within us. This renewal brings freedom—freedom from negative thought patterns, from fear, from shame, and from the heaviness that often weighs us down.

Take a moment today to identify any negative thoughts or patterns that have taken root in your mind. Are there lies you've been believing about yourself or your situation? Ask God to reveal those to you and help you replace them with the truth of His Word. Let go of self-condemnation and choose to embrace the identity He has given you.

As we surrender our thoughts to God, He gently helps us think in alignment with His will. Through this process we begin to reflect more of Christ in our lives, and in turn, begin to make decisions that align with His purpose for us.







# DAY 6

GOD RENEW MY MIND

Psalms 51:10

*"Create in me a clean heart, O God, and renew a steadfast spirit within me."*

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# DAY 7

## GOD GUIDE MY DECISIONS

Every day we face decisions, big and small. From the choices we make in relationships to our careers, health, and faith, we are constantly at a crossroads. It's easy to feel overwhelmed or uncertain about which path to take, but as believers, we are not left to navigate these decisions alone.

God promises to guide us. James 1:5 says, "If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him." Our Heavenly Father is not distant or uninvolved in the details of our lives—He is actively guiding us every step of the way.

When we seek God's guidance, we are submitting our will to His. It's an act of trust, acknowledging that His wisdom far surpasses our own. But seeking His guidance doesn't always mean hearing an audible voice or receiving a clear sign instantly. Sometimes it comes through His Word, through godly counsel, or through the still small voice of the Holy Spirit within us.

Ask yourself today, What decisions am I facing? Whether they are major life choices or everyday decisions, invite God into those moments. Ask for His wisdom and trust that He will lead you in the direction that is best for you, even if it's not the path you expected. Take time to listen—He's always with you, ready to guide you.





# DAY 7

GOD GUIDE MY DECISIONS

Proverbs 16:9

*"A man's heart plans his way, but the LORD directs his steps."*

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# DAY 8

## GOD STRENGTHEN MY FAITH

Faith is often tested in the hardest seasons of life. When circumstances are difficult, when the promises seem far off, or when our strength feels depleted, our faith can falter. Yet, it is precisely in these moments of challenge that our faith has the opportunity to grow deeper and stronger.

Hebrews 11:1 defines faith as, “Now faith is confidence in what we hope for and assurance about what we do not see.” Faith is not about having all the answers or seeing the end result; it’s about trusting in God’s promises, even when the outcome is unclear. It’s about choosing to stand firm on what we know to be true about His character—His goodness, faithfulness, and love—even when everything around us seems uncertain.

When we face trials, it’s natural to question, to wonder if God has abandoned us, or if our faith is strong enough to endure. But God promises that He is with us, even in the wilderness. He doesn't expect us to have perfect faith, but He does desire us to turn to Him in those moments of doubt and difficulty. It's through perseverance, through the act of continuing to trust and follow, that our faith is strengthened.

Today, if you are facing a difficult season, I encourage you to take a moment to pray and ask God to strengthen your faith. Pray for perseverance when the journey feels long or the obstacles seem too great. Ask Him to draw you closer in this season, to deepen your relationship with Him, and to help you see His hand at work, even when it's not immediately visible.





# DAY 8

GOD STRENGTHEN MY FAITH

Psalm 31:24

*"Be of good courage, and He shall strengthen your heart,  
all you who hope in the LORD."*

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# DAY 9

## GOD GIVE ME PEACE

In a world that constantly pulls us in different directions, it's easy to become overwhelmed. Anxiety, fear, and the pressures of life can create a sense of restlessness that steals our peace. Whether it's the weight of everyday responsibilities, concerns about the future, or personal struggles, it's easy to feel like peace is just out of reach.

Yet, God offers a peace that transcends our circumstances. Philippians 4:6-7 tells us, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

This peace is not dependent on our circumstances. It doesn't come from having everything figured out or from solving every problem. It's a peace that comes from trusting in God's sovereignty and knowing that He is with us, no matter what we face. His peace is an inner calm, a quiet assurance that, even when the world around us is chaotic, we can rest in His presence.

God also invites us to do our part in experiencing this peace. He tells us not to be anxious but to bring our worries and concerns to Him in prayer. When we choose to release our anxiety to God, we make space for His peace to fill our hearts and minds.

If anxiety is weighing heavily on you today, take a moment to surrender it to God. Let go of the things that are out of your control, and trust that He is working all things together for your good. Ask Him to replace your anxiety with His peace, and rest in the assurance that He is in control.







# DAY 9

GOD GIVE ME PEACE

Proverbs 16:7

*“When a man’s ways please the LORD, He makes even his enemies to be at peace with him.”*

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# DAY 10

## GOD TEACH ME TO FORGIVE

Forgiveness can be one of the most challenging acts we are called to as believers. When someone hurts us, whether through betrayal, unkindness, or deep wounds, our natural response is often to hold onto anger, bitterness, or resentment. Yet, God calls us to something higher. He calls us to forgive as He has forgiven us.

In Matthew 6:14-15, Jesus says, “For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.” These words can be difficult to hear because they challenge us to confront the pain and injustice we’ve experienced. But the heart of forgiveness is not about condoning wrong behavior—it’s about releasing the hold that anger and bitterness have over us so that we can walk in the freedom that God offers.

Forgiveness doesn’t happen overnight. It’s a process, and it often involves working through deep pain and emotional wounds. It’s not always easy, but God promises that when we forgive, we are set free. Forgiveness is not about letting the offender off the hook; it’s about letting ourselves off the hook from the weight of anger and hurt that can rob us of peace.

Today, I encourage you to bring any areas of unforgiveness before God. Are there people, situations, or offenses you’re holding onto? Ask God to help you release those burdens into His hands and to heal the pain that may still linger. Remember, forgiveness is a choice, and sometimes it’s a choice we have to make daily as we surrender our hearts to God.





# DAY 10

GOD TEACH ME TO FORGIVE

Psalm 32:1

*“Blessed is he whose transgression is forgiven, whose sin is covered.”*

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# DAY 11

## GOD PROTECT MY FAMILY

As we navigate the challenges of life, one of our greatest concerns is the well-being of those we love. We want to see them flourish physically, emotionally, and spiritually, and we long for God's protection over every area of their lives. Whether it's shielding them from harm, guiding them through difficult times, or nurturing their hearts in faith, we desire nothing more than to see our families thrive in God's care.

Psalm 91:11 assures us, "For he will command his angels concerning you to guard you in all your ways." This powerful promise reminds us that God is actively protecting us and our loved ones. He is not distant or uninvolved but is attentive to every detail of our lives. Whether the dangers are visible or unseen, God's protection is constant, and He surrounds us with His love and care.

Today, take a moment to pray over your family. Lift up each member to God, asking for His protection over their health, safety, and emotional well-being. Pray for His guidance in their lives, that they would walk closely with Him and be rooted in His truth. Ask God to shield them from harm, whether physical or spiritual, and to surround them with His peace and love.

In times of uncertainty, remember that God's protection isn't just about physical safety—it's about His presence in every aspect of their lives. Trust that He is at work, even in the unseen moments, and that His angels are watching over them.

As you pray for your family today, thank God for the gift of their presence in your life and for the ways He has already protected and provided for them. Trust that His protection is not just for today, but for every day to come.





# DAY 11

GOD PROTECT MY FAMILY

Proverbs 14:26

*“In the fear of the LORD there is strong confidence, and  
His children will have a place of refuge.”*

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# DAY 12

## GOD HELP ME BE PATIENT

Patience is one of the most challenging virtues to cultivate in our fast-paced, instant-gratification world. Whether it's in our relationships, parenting, or during seasons of waiting, patience often feels elusive. We want things to move quickly—whether it's a solution to a problem, an answer to prayer, or the healing of a strained relationship. Yet, God calls us to a different way of living—one that reflects His perfect timing and His patient love for us.

Galatians 5:22-23 tells us, "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." Patience, or forbearance, is a fruit of the Holy Spirit. It is not something we can manufacture on our own; it is cultivated as we grow closer to God and allow His Spirit to work in us.

In relationships, patience is often tested. It's easy to become frustrated when others don't meet our expectations or when we feel misunderstood. In parenting, patience can feel especially stretched when our children's behaviour challenges our endurance. And in life's waiting seasons, patience can seem like an endless struggle when we long for change or answers. But God's Word encourages us to remain steadfast, knowing that His timing is perfect and that He is at work even when we can't see the results immediately.

Today, reflect on the areas of your life where patience is needed. Are there relationships you're struggling to be patient in? Perhaps there's a situation in your life where you feel you've been waiting for a long time. Ask God to help you cultivate patience and to give you His perspective on the circumstances you're facing. Trust that He is using these moments to shape you and grow your character.







# DAY 12

GOD HELP ME BE PATIENT

Psalm 27:14

*“Wait on the LORD; Be of good courage, and He shall strengthen your heart.”*

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# DAY 13

## GOD TEACH ME TO LOVE OTHERS

Love is at the heart of our Christian faith. Jesus demonstrated the ultimate act of love by laying down His life for us, and He calls us to follow His example by loving others—no matter their background, actions, or flaws. Yet, living out Christ-like love can be challenging. We often encounter people who are difficult to love, situations that test our patience, and moments when loving others requires sacrifice. But God's love for us is unconditional, and He calls us to reflect that same love in our interactions with others.

In 1 Corinthians 13:4-7, we are given a beautiful description of what love looks like: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."

This passage is not just a description of what love should be—it is a blueprint for how we can live out love in our daily lives. Christ-like love is about choosing to act in ways that reflect God's character. It's about being patient when we want to be frustrated, being kind when it's not deserved, and choosing to forgive even when it's hard. Love is a choice, and it's a choice that honours God and others.

Today, reflect on how you can live out this kind of love in your relationships and interactions. Are there people in your life who are hard to love? Ask God to give you His heart for them, and pray for the strength to act in love, even when it's difficult. Ask Him to help you be patient, kind, and forgiving, and to fill your heart with the kind of love that seeks the good of others.





# DAY 13

GOD TEACH ME TO LOVE OTHERS

Proverbs 10:12

*“Hatred stirs up strife, but love covers all sins.”*

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# DAY 14

## GOD RESTORE MY JOY

Life is full of ups and downs, and sometimes the weight of challenges, disappointments, or daily responsibilities can rob us of joy. But God desires for us to live with joy that is rooted in Him—a joy that transcends circumstances and is not dependent on what’s happening around us. This kind of joy is found in His presence and in the assurance of His promises.

Psalm 16:11 declares, “You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.” True joy comes from being in communion with God and trusting in His unfailing love. Unlike happiness, which can be fleeting and circumstantial, joy is a deep, abiding gladness that springs from knowing we are loved, seen, and cared for by our Heavenly Father.

Restoring joy doesn’t mean ignoring life’s difficulties or pretending everything is fine. Instead, it’s about shifting our focus from the temporary challenges we face to the eternal hope we have in Christ. Joy is found when we remember God’s faithfulness, reflect on His goodness, and dwell in His presence. Even in hard times, His joy can sustain us and give us strength to move forward.

Today, take a moment to ask God to restore your joy. If you’ve been feeling weary, overwhelmed, or discouraged, bring those emotions to Him. Let Him carry your burdens and replace them with His peace and gladness. Reflect on the ways He has been faithful to you, and spend time in worship and gratitude. Joy often grows when we intentionally dwell on God’s blessings and promises.

No matter what lies ahead, His joy can be your strength (Nehemiah 8:10), and His promises can be your foundation.





# DAY 14

GOD RESTORE MY JOY

Psalm 51:12

*“Restore to me the joy of Your salvation, and uphold me  
by your generous Spirit.”*

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## Embark on a Transformative Journey of Prayer and Faith

Life can be overwhelming, but prayer has the power to restore, uplift, and guide us through every season. This 14-Day Prayer Journal for Women is designed to help you deepen your relationship with God, find strength in His promises, and embrace His peace and joy.

Each day focuses on a specific prayer theme—from trusting God's plans to restoring joy in your life—and includes powerful scripture, thoughtful reflections, and practical guidance to help you grow in faith. Whether you're navigating challenges, seeking clarity, or simply longing for a closer walk with the Lord, this journal offers a refreshing invitation to encounter His presence and transform your prayer life.

Take this 14-day journey and experience the peace, strength, and hope that come from a life rooted in prayer.

## ABOUT ANGELIQUE

Angelique is the mother of 5 children, two adults and three teens. With a deep love for Jesus and a heart for encouraging women, she combines her professional expertise in natural health with her faith to empower mothers in every season of life. Through her devotionals, books, and resources, she inspires women to embrace Christ-centered living, nurturing their families with grace and intention. When she's not writing, Angelique enjoys spending time with her family, eating or dancing and feels most alive capturing and soaking in the natural beauty of God's creation, whether in her own backyard or abroad.

