WISDOM FOR WOMEN

Healing.
Wholeness.
Purpose.

A reflection and prayer journal

One gentle step at a time, with God.

This journal belongs to:

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wisdom4women.org

10 pages · Free download

Your space to grow

Take a few minutes to listen, write and pray.

Read

Read the verse slowly. If you wish, open your Bible and explore the passage in its context.

Reflect

Write honestly. A few words are enough. Your responses can remain private.

Pray

Speak to God in your own words. Use the suggested prayers or make them your own.

Move forward

Choose one small, realistic step. Use these pages at your own pace and reprint the prayer pages as needed.

What I hope to find through this journal:

> Prayer can accompany support from trusted people and professionals. It is okay to ask for help.

Scripture: King James Version (KJV). Other text: original W4W content.

Making room for my heart

I can name what I feel without judging myself.

He healeth the broken in heart, and bindeth up their wounds.

Psalm 147:3 · KJV

A word of encouragement

Your pain does not make you less worthy of love. Bring it honestly to God, and allow trusted people to walk beside you. Healing can unfold one gentle step at a time.

What feels heavy on my heart today?

What do I need: rest, understanding, support or something else?

Who is one trusted person I could reach out to?

An honest prayer

I do not need to find perfect words.

> Casting all your care upon him; for he careth for you.
>
> **1 Peter 5:7 · KJV**

A word of encouragement

You do not have to carry every concern alone. Name what troubles you and entrust it to God. Receiving care and asking for help can be courageous acts of faith.

Lord, you know my story. Help me acknowledge my feelings and receive support. Give me courage to ask for help and patience to move at my own pace. Amen.

My own prayer:

One kind thing I will do for myself today:

Caring for my whole self

My body, thoughts and spiritual life deserve care.

> Come unto me, all ye that labour and are heavy laden, and I will give you rest.
>
> **Matthew 11:28 · KJV**

A word of encouragement

Jesus invites you to come as you are, even when you feel tired. Rest is not a reward for doing everything perfectly. Make room for a pause and receive his invitation with kindness toward yourself.

My body: what does it need right now?

My thoughts: what thought would I like to look at differently?

My spiritual life: what helps me draw closer to God?

Making space for rest

One small change can help me find more balance.

> Keep thy heart with all diligence; for out of it are the issues of life.
>
> **Proverbs 4:23 · KJV**

A word of encouragement

Caring for your heart includes noticing what nourishes you and what drains you. A respectful boundary can protect time for rest, prayer and healthy relationships. Choose one small change today.

What restores me? What leaves me drained?

One respectful boundary I would like to set:

One moment of rest I will plan this week:

Lord, help me receive rest and care for what you have entrusted to me. Amen.

Recognising my gifts

I can move forward without comparing myself with others.

> For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.
>
> **Ephesians 2:10 · KJV**

A word of encouragement

Your worth begins with belonging to God, not with proving yourself. Notice the gifts already growing in your life. A simple act of kindness or service can be a meaningful expression of purpose.

Three qualities or skills I recognise in myself:

When have I used one of my gifts to help someone?

What activity or need keeps drawing my attention?

One small, courageous step

I choose a realistic action, not a race toward perfection.

> For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.
>
> **2 Timothy 1:7 · KJV**

A word of encouragement

Courage does not require the absence of fear. With love and sound judgment, you can take a small step and seek support when needed. Let progress matter more than perfection.

This week, I would like to:

My first small step and when I will take it:

The support or resources I need:

If an obstacle appears, I can:

My prayer page

Date: _____

> Continue in prayer, and watch in the same with thanksgiving;
>
> **Colossians 4:2 · KJV**

A word of encouragement

Prayer is an ongoing conversation with God. You can bring gratitude, questions and unfinished concerns. A few sincere words are enough to begin; return to this page whenever you need space to pray.

Thank you, Lord, for…

I bring before you…

I am praying for…

A verse or truth to carry with me:

Noticing small progress

I can celebrate a step, even while the journey continues.

> In every thing give thanks: for this is the will of God in Christ Jesus concerning you.
>
> **1 Thessalonians 5:18 · KJV**

A word of encouragement

Gratitude does not ask you to deny hardship. Notice a kindness, a lesson or a small moment of peace alongside what is difficult. Giving thanks can help you recognise support already present in your life.

Three things I am grateful for:

One sign of progress and one lesson I am taking with me:

My next small step:

> Gratitude does not erase pain. I can acknowledge both and continue to ask for support.