

BETWEEN THE GARDENS MINISTRIES

WELCOME!

HERE IS YOUR 7-DAY PRAYER CHALLENGE

Prayer and Journal Prompts to Strengthen Your Faith In God



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WELCOME!



I'm so excited that you've decided to join this journey of prayer and reflection. Over the next seven days, you'll have the opportunity to deepen your relationship with God by focusing on specific themes that help strengthen your faith. Each day, you'll find a scripture to meditate on, a prayer prompt to guide your conversations with God, and space to journal your thoughts, prayers, and insights.

Prayer is powerful, and my hope is that this challenge will encourage you to experience God's presence in new ways. Whether you're seeking guidance, healing, or simply a deeper connection with Him, these seven days are designed to help you grow in your walk with Christ.

Take each day one step at a time, and remember, God hears every prayer. Let's get started on this journey together, trusting that God will do great things through our time with Him!

Blessings,

Susie



DATE: _____

Prayer Challenge

DAY 1: GRATITUDE

VERSE OF THE DAY

1 Thessalonians 5:18

"Give thanks in all circumstances, for this is the will of God in Christ Jesus for you."

PRAYER

Heavenly Father,

Thank you for your endless love and grace that sustains me each day. Today, I pause to reflect on all the ways you have blessed my life. From the breath in my lungs to the beauty of creation around me, I am filled with awe and gratitude for your goodness. Even in moments of difficulty, I know you are working all things for my good.

Help me to keep my heart centered on thankfulness, not just for the big blessings, but for the small ones that I sometimes overlook. May my soul overflow with joy as I remember all you have done for me. Let my gratitude be a reflection of your great love, shining brightly to those around me.

Thank you, Lord, for your faithfulness and for never leaving my side. I trust in your plan, and I give you all the praise and glory, now and forever.

In Jesus' name, Amen.

DATE: _____

Prayer Challenge

DAY 1: GRATITUDE

JOURNAL PROMPT

Take a moment to reflect on the blessings in your life, both big and small. What are you most thankful for today? Think about specific people, experiences, or moments where you have felt God's presence. How has His goodness been evident, even in difficult times?

Write down three things you are grateful for today, and consider how these blessings reflect God's love and faithfulness in your life.

DATE: _____

Prayer Challenge

DAY 2: CONFESSION

VERSE OF THE DAY

1 John 1:9

"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

PRAYER

Merciful Father,

I come before you with a humble heart, acknowledging the times I have fallen short of your will. You know my struggles, my sins, and the areas of my life where I need your forgiveness. I confess them to you now, trusting in your unfailing mercy and grace.

Lord, cleanse my heart of anything that keeps me distant from you. I desire to walk in your light and truth, leaving behind anything that hinders my relationship with you. Forgive me for the times I've let fear, pride, or doubt guide my steps instead of trusting in your perfect wisdom.

Thank you for the promise of forgiveness through your Son, Jesus. Help me to release the burden of guilt and shame, knowing that you have already set me free. Renew my spirit, and lead me in the way everlasting.

In Jesus' name, Amen.

DATE: _____

Prayer Challenge

DAY 2: CONFESSION

JOURNAL PROMPT

Take some time to think about any areas of your life where you need to seek God's forgiveness. Are there thoughts, actions, or attitudes that have weighed on your heart? What is keeping you from fully experiencing God's peace and presence?

Write down a prayer of confession, asking God for forgiveness and strength to turn away from these things. Reflect on how His grace can restore and renew you and how you can walk forward in freedom, knowing that you are forgiven.

DATE: _____

Prayer Challenge

DAY 3: GUIDANCE

VERSE OF THE DAY

Proverbs 3:5-6

“Trust in the Lord with all your heart , and do not lean on your own understanding. In all ways acknowledge him, and he will make straight your paths.”

PRAYER

Heavenly Father,

I come before you today, seeking your wisdom and direction. Life often feels uncertain, and I sometimes struggle to know the right path to take. But I trust that you are the God who guides, who leads, and who lights my way.

Lord, I ask for your guidance in the decisions I face today. Open my eyes to see your will and give me the courage to follow where you lead, even when the way seems unclear. Help me to lean not on my own understanding, but to trust fully in your perfect plan for my life.

Teach me to listen for your voice above the noise of the world, and grant me a heart that is sensitive to your Spirit's prompting. May I find peace and clarity in knowing that you are with me, directing my steps and holding me in your care. Thank you for being my guide and my refuge. I trust in your unfailing wisdom, and I place my future in your hands.

In Jesus' name, Amen.

DATE: _____

Prayer Challenge

DAY 3: GUIDANCE

JOURNAL PROMPT

Think about an area of your life where you are seeking direction or clarity. What decisions or uncertainties are weighing on your heart right now? Write down your thoughts and prayers, asking God for His wisdom and guidance.

Reflect on times in your past when God has guided you, even when the path wasn't clear at first. How can those experiences help you trust in His plan for your future?

DATE: _____

Prayer Challenge

DAY 4: FAITH

VERSE OF THE DAY

Hebrews 11:1

"Now faith is the assurance of things hoped for, the conviction of things not seen."

PRAYER

Gracious Father,

I thank you for the gift of faith, which anchors me in your love and truth. Today, I come to you, asking that you strengthen my faith and deepen my trust in you. In moments of doubt, help me remember your promises and the countless ways you have been faithful in my life.

Lord, sometimes I struggle with uncertainty and fear. Help me to let go of the need to control everything and to fully trust in your plans. Remind me that faith is not just believing in what I can see, but in what you have already promised.

Grow my faith in the midst of challenges, and teach me to rely on you more deeply each day. Fill my heart with courage and confidence, knowing that you are always working for my good, even when I can't see the whole picture. I believe that you are with me, guiding my steps and holding me in your care.

Thank you for being my strength, my rock, and my refuge. I place my faith in you, and I trust that you will continue to lead me in your perfect will.

In Jesus' name, Amen.

DATE: _____

Prayer Challenge

DAY 4: FAITH

JOURNAL PROMPT

Think about a situation in your life where you're struggling to trust God fully. What fears or doubts are holding you back from placing your complete faith in Him? Write about how you can surrender those uncertainties and place your trust in God's promises.

Reflect on a time in your life when your faith was tested, but God showed Himself faithful. How can remembering that moment encourage you to trust Him with your current circumstances?

DATE: _____

Prayer Challenge

DAY 5: RELATIONSHIPS

VERSE OF THE DAY

Ephesians 4:2-3

“With all humility and gentleness, with patience, bearing with one another in love, eager to maintain unity of the Spirit in the bond of peace.”

PRAYER

Loving Father,

I thank you for the gift of relationships, for the people you have placed in my life who support, challenge, and love me. Today, I lift up those relationships to you, asking for your blessing and guidance. Help me to love others as you love me—with patience, kindness, and humility.

Where there is hurt or brokenness in my relationships, I ask for healing and reconciliation. Show me how to extend grace and forgiveness, just as you have forgiven me. Give me the wisdom to communicate with understanding and the strength to seek peace.

Help me to be a reflection of your love to those around me, building relationships that honor you. Teach me to serve others selflessly, to speak truth with love, and to be a source of encouragement and support.

Thank you for the people you have blessed me with. Strengthen our bonds and guide us as we grow in love and understanding of one another. May my relationships bring glory to you.

In Jesus' name, Amen.

DATE: _____

Prayer Challenge

DAY 5: RELATIONSHIPS

JOURNAL PROMPT

Think about the important relationships in your life. Is there anyone with whom you need to reconcile or strengthen your bond? Write down your thoughts and prayers for healing and restoration in any relationships that may be strained.

How can you show love and grace to those closest to you today? Reflect on practical ways you can nurture your relationships, making sure Christ is at the center.

DATE: _____

Prayer Challenge

DAY 6: FORGIVENESS

VERSE OF THE DAY

Matthew 6:14

“For if you forgive others their trespasses, your heavenly Father will also forgive you.”

PRAYER

Gracious God,

I come before you today, seeking the strength to forgive as you have forgiven me. I know that holding onto bitterness and resentment only weighs down my heart, so I ask for your help in releasing those burdens. Teach me to forgive those who have hurt me, just as you have extended mercy and grace to me, even when I did not deserve it.

Lord, I confess that forgiveness is not always easy. Sometimes the pain feels too deep or the hurt too fresh, but I know that through your power, I can find the strength to let go and move forward. Heal my heart, Father, and replace the bitterness with your love and peace.

Help me to see others through your eyes, with compassion and understanding. May your Spirit soften my heart and guide me to extend forgiveness, not as an obligation, but as a reflection of your love. Thank you for the freedom and healing that forgiveness brings.

In Jesus' name, Amen.

DATE: _____

Prayer Challenge

DAY 6: FORGIVENESS

JOURNAL PROMPT

Think about someone in your life whom you need to forgive. What has been holding you back from extending forgiveness to them? Write down your feelings, acknowledging any hurt or pain you've been carrying.

How can you take a step toward releasing that hurt and offering forgiveness? Reflect on the freedom that comes from letting go and how God's grace has empowered you to forgive.

DATE: _____

Prayer Challenge

DAY 7: SURRENDER

VERSE OF THE DAY

Luke 22:42

"Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done."

PRAYER

Heavenly Father,

Today, I come before you with a heart ready to surrender. I release to you my fears, my desires, and the need to control every part of my life. I trust that your plan is perfect and that you know what is best for me, even when I cannot see the full picture.

Lord, I ask for the strength to let go of the things that I hold too tightly. Help me to trust in your timing, your wisdom, and your love for me. Teach me to live with open hands, always ready to follow where you lead.

When I feel anxious or uncertain, remind me that you are in control. Help me to find peace in surrendering my will to yours, knowing that you are my good and faithful shepherd.

Thank you for your constant presence and for guiding me through every season of life. I place my trust and my future in your hands, and I choose to walk in obedience to your will.

In Jesus' name, Amen.

DATE: _____

Prayer Challenge

DAY 7: SURRENDER

JOURNAL PROMPT

Think about an area of your life where you are struggling to let go and give God control. What fears or concerns are holding you back from fully surrendering this part of your life to Him?

Write down those thoughts and feelings, and ask God to give you the strength to release them. How can surrendering your plans to God bring you peace? Reflect on how trusting in God's timing and purpose can help you move forward with faith and confidence.

“Pray without ceasing.” 1 Thessalonians 5:17

Stay deeply rooted...

YOUR DAILY CHECKLIST FOR A MORE EFFECTIVE PRAYER LIFE

Set a Dedicated Time For Prayer	Find a Quiet Distraction-Free Space	Start With Thanksgiving and Praise
Use Scripture as a Foundation for Prayer	Be Honest and Vulnerable with God	Include Times of Silence to Listen for Him
Pray for Others Regularly	Keep a Prayer Journal	Trust in God’s Timing and His Plan

CONCLUSION

7-Day Prayer Challenge

Congratulations!

You've completed the 7-Day Prayer Challenge, and I hope this time of reflection and connection with God has deepened your faith and renewed your spirit. As you continue your prayer journey, remember that prayer is a powerful tool for drawing closer to God, seeking His guidance, and aligning your heart with His will.

May the lessons you've learned over these seven days continue to inspire and strengthen you as you walk in faith. Keep trusting in God's promises, knowing that He hears every prayer and is faithful to answer in His perfect time.

But this is just the beginning! If you'd like to continue growing in your faith, I invite you to join me on social media for more daily encouragement, scripture reflections, and faith-building content. Follow me on Instagram, Pinterest, and Facebook, and let's continue this journey of faith together.



Thank you

**FOLLOW ME ON SOCIAL MEDIA FOR MORE INSPIRATION
AND FAITH RESOURCES:**