

Week 1: Strength for the Journey

Day 1 | Proverbs 31:25 – “She is clothed with strength and dignity; she can laugh at the days to come.”

- Takeaway: You are clothed in strength and dignity.
- Prompt: Where do you need God's strength today?

Day 2 | Isaiah 40:11 – “He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.”

- Takeaway: He gently leads those with young.
- Prompt: How has God shown gentleness to you lately?

Day 3 | Philippians 4:13 – “I can do all this through him who gives me strength.”

- Takeaway: You can do all things through Christ.
- Prompt: What feels impossible right now? Invite God into it.

Day 4 | Psalm 46:1 – “God is our refuge and strength, an ever-present help in trouble.”

- Takeaway: God is your refuge and strength.
- Prompt: What does refuge look like in your life?

Day 5 | Matthew 11:28 – “Come to me, all you who are weary and burdened, and I will give you rest.”

- Takeaway: Come to Me, all who are weary.
- Prompt: What burdens are you carrying today?

Day 6 | 2 Corinthians 12:9 – “But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.”

- Takeaway: His grace is sufficient.
- Prompt: Where do you need grace — from God, yourself, or others?

Day 7 | Psalm 121:1-2 – “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.”

- Takeaway: Your help comes from the Lord.
- Prompt: What do you need help with this week?



Week 2: Peace in the Chaos

Day 8 | John 14:27 – “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

- Takeaway: Peace I leave with you.
- Prompt: What steals your peace most often?

Day 9 | Colossians 3:15 – “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.”

- Takeaway: Let the peace of Christ rule in your heart.
- Prompt: What helps you feel grounded in God's peace?

Day 10 | Psalm 23:2 – “He makes me lie down in green pastures, he leads me beside quiet waters...”

- Takeaway: He leads me beside quiet waters.
- Prompt: Where can you find quiet today?

Day 11 | Isaiah 26:3 – “You will keep in perfect peace those whose minds are steadfast, because they trust in you.”

- Takeaway: Perfect peace for those who trust.
- Prompt: What does trusting God look like for you?

Day 12 | Philippians 4:6-7 – “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.”

- Takeaway: Don't be anxious; pray.
- Prompt: What's one thing you can pray about instead of worry?

Day 13 | Romans 15:13 – “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

- Takeaway: May the God of hope fill you with peace.
- Prompt: What are you hoping for this season?

Day 14 | Psalm 4:8 – “In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.”

- Takeaway: I will lie down and sleep in peace.
- Prompt: What helps you rest well — physically and spiritually?



Week 3: Joy in the Everyday

Day 15 | Nehemiah 8:10 – Nehemiah said, “Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength.”

- Takeaway: The joy of the Lord is your strength.
- Prompt: What brings you joy in motherhood?

Day 16 | Psalm 118:24 – “The Lord has done it this very day; let us rejoice today and be glad.”

- Takeaway: This is the day the Lord has made.
- Prompt: What can you celebrate today?

Day 17 | Galatians 5:22 – “But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness...”

- Takeaway: The fruit of the Spirit is joy.
- Prompt: Where do you see joy growing in your life?

Day 18 | Romans 12:12 – “Be joyful in hope, patient in affliction, faithful in prayer.”

- Takeaway: Be joyful in hope.
- Prompt: What are you joyfully waiting for?

Day 19 | Psalm 16:11 – “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.”

- Takeaway: In His presence is fullness of joy.
- Prompt: How can you spend time in God's presence today?

Day 20 | 1 Thessalonians 5:16-18 – “Rejoice always, pray continually, 18 give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

- Takeaway: Rejoice always, give thanks.
- Prompt: What are three things you're grateful for today?

Day 21 | Proverbs 17:22 – “A cheerful heart is good medicine, but a crushed spirit dries up the bones.”

- Takeaway: A cheerful heart is good medicine.
- Prompt: What makes you laugh out loud?



Week 4: Faith for the Future

Day 22 | Jeremiah 29:11 – "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

- Takeaway: Plans to give you hope and a future.
- Prompt: What dreams has God placed in your heart?

Day 23 | Hebrews 11:1 – "Now faith is confidence in what we hope for and assurance about what we do not see."

- Takeaway: Faith is confidence in what we hope for.
- Prompt: What are you believing God for?

Day 24 | Psalm 37:5 – "Commit your way to the Lord; trust in him and he will do this..."

- Takeaway: Commit your way to the Lord.
- Prompt: What plans do you need to surrender?

Day 25 | Proverbs 3:5-6 – "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."

- Takeaway: Trust in the Lord with all your heart.
- Prompt: What area of life feels uncertain?

Day 26 | Isaiah 43:19 – "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."

- Takeaway: I am doing a new thing.
- Prompt: What new thing might God be inviting you into?

Day 27 | James 1:5 – "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

- Takeaway: Ask for wisdom, and it will be given.
- Prompt: Where do you need wisdom right now?

Day 28 | Psalm 56:3 – "When I am afraid, I put my trust in you."

- Takeaway: When I am afraid, I put my trust in You.
- Prompt: What fears are you facing today?



Week 5: Love that Sustains

Day 29 | Romans 8:38-39 – "For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

- Takeaway: Nothing can separate us from God's love.
- Prompt: What helps you feel secure in God's love?

Day 30 | 1 John 4:19 – "We love because he first loved us."

- Takeaway: We love because He first loved us.
- Prompt: How can you show love to someone today?

