

LIVE WISE JOURNAL

A 21-DAY GUIDED JOURNAL TO ACTIVATE GOD'S
WISDOM IN YOUR LIFE

RACHAEL WHELAN

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INTRODUCTION

The heart behind the creation of this guided journal comes from an encounter I had with Jesus. He showed me a library in heaven that stretched out as far as I could see, and it was filled from floor to ceiling with journals that had been written in. He told me that these journals are one of His greatest treasures because they are filled with the conversations that His loved ones have with Him. They contain the stirrings of our hearts toward Him, our innermost thoughts, and the moments of receiving revelation from Him. They contain individual love stories between God and man. They tell of our journeys, our highs, and our lows and are a record of our testimonies. This library of journals contains a history of many relationships with Him over time.

Each word written on every page is precious to God, so with this in mind I designed this guided journal. It can be used as a stand-alone journal, but it is specifically designed to complement my Live Wise devotional, to lead you into the depths of God's wisdom.

INTRODUCTION

Journaling is also a beautiful way to steward with excellence all that God reveals to you. I re-read my journals to remind myself of all that God shows me and I am always in awe afresh when I do so. I am forever grateful that I take the time to write things down so that many precious moments are not lost or forgotten.

There are no rules when using this journal! You can use the scriptures, prayers, and prompts if you feel led to. But my biggest hope is that your writing will flow from the Holy Spirit and your heart onto the page and that the words will be a blessing to you in the future when you refer back to what you have written.

I wanted you to know before you begin, that whatever you write in this journal will be stored in this wonderful library in heaven and treasured by God Himself.

Enjoy filling these pages with the wisdom, revelation, creativity, and encounters you have with your beautiful Lord.

DAY 1: THE BEGINNING OF WISDOM

*The fear of the Lord is the beginning of wisdom, And
the knowledge of the Holy One is understanding.*

— PROVERBS 9:10 NKJV

Activation/Journal Prompt

Ask Father God to reveal something about Himself that He's never revealed to you before. Journal what He shows you.

Prayer

Father God, I come before You now in complete awe and reverence of who You are.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Journal Prompt

What stood out to you from today's passage of scripture?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Prayer

Where can wisdom be found? It is born in the fear of God. Everyone who follows his ways will never lack his living-understanding. And the adoration of God will abide throughout eternity!

— PSALM 111:10 TPT

[illegible]

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Prayer

Thank You, Lord, that You care enough about me to reveal to me who You are. Help me to see Your awesomeness in everything I do today.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 2: SEEK WISDOM

*For the Lord has a hidden storehouse of wisdom made
accessible to his godly ones.*

— PROVERBS 2:7 TPT

Activation

Ask God to reveal the storehouse of wisdom accessible to you. Engage with Him and allow Him to download His wisdom into your inner being.

[illegible]

Journal Prompt

Write down the wisdom that God downloads into your heart and meditate on it in the days to come.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Scripture

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.

— JAMES 1:5 NKJV

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Journal Prompt

Journal the experience you had with your Father today and ask Him what you need to write down to remember tomorrow.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Prayer

Father God, thank You that the gift of wisdom is available to us all. Thank You that You do not hide it away but open the storehouse of wisdom to those who ask it of You.

This image shows a single page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 3: IDENTITY

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

— 2 CORINTHIANS 5:17 NLT

Activation

Allow the Holy Spirit to change the way you see yourself and give God permission to remind you during the day when you forget who you are.

[illegible]

Journal Prompt

Write down all the truths the Lord revealed to you today about who you are and who He called you to be.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Scripture

For all who are led by the Spirit of God are children of God.

— ROMANS 8:14 NLT

[illegible]

Journal Prompt

Write down how the truths the Lord revealed to you make you feel and combat your negative thoughts with these truths.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Prayer

Father, I ask that You engrave my identity as Your daughter into my heart so that I will never be able to forget it again.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 4: THE WISDOM OF GOD VS. THE WISDOM OF MAN

*But the wisdom that comes from heaven is first of all
pure; then peace-loving, considerate, submissive,
full of mercy and good fruit, impartial and sincere.*

— JAMES 3:17 NIV

Activation

Ask God to highlight the areas in which you've been relying on your own wisdom and seek the wisdom of God in those areas and not your own understanding.

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Prayer

Lord, I ask that You help me live by Your wisdom today, not my own understanding.

[illegible]

Scripture

*Trust in the Lord with all your heart,
And lean not on your own understanding.*

— PROVERBS 3:5 NKJV

Journal Prompt

Write down everything the Lord shares with you, and once you start implementing it, come back and write down the outcomes of listening to the wisdom of your Heavenly Father.

[illegible]

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Prayer

Lord, thank You for showing me the difference between worldly wisdom and Godly wisdom.

[illegible]

DAY 5: WISDOM REIGNING IN YOUR LIFE

*He raised us up with Christ the exalted One, and we
ascended with him into the glorious perfection and
authority of the heavenly realm, for we are now co-
seated as one with Christ!*

— EPHESIANS 2:6 TPT

Activation

Allow God to start prompting new dreams in your heart, going beyond what you've ever thought possible.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Journal Prompt

Journal the dreams that are awakening within your spirit. It might be brand-new dreams, or it might be old dreams that were re-ignited inside of you.

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Prayer

Father God, thank You for reminding me of who I am and who You have called me to be.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Scripture

*But you belong to God, my dear children. You have
already won a victory over those people because the
Spirit who lives in you is greater than the spirit
who lives in the world.*

— 1 JOHN 4:4 NLT

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Prayer

I declare I am the head and not the tail. I am the above and not the beneath. I am Your daughter, Your chosen beloved.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

DAY 6: A LEGACY OF WISDOM

Wise people are builders—they build families, businesses, communities. And through intelligence and insight their enterprises are established and endure.

— PROVERBS 24:3 TPT

Activation

Ask Father to highlight to you who in your sphere of influence you can deposit wisdom that will be carried to the future generations.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Journal Prompt

Write down who the person is that God revealed to you and journal your journey together as a testimony of His faithfulness.

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Prayer

Lord, thank You for Your wisdom and the opportunity to leave behind a legacy of wisdom.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Scripture

Understand, therefore, that the Lord your God is indeed God. He is the faithful God who keeps his covenant for a thousand generations and lavishes his unfailing love on those who love him and obey his commands.

— DEUTERONOMY 7:9 NLT

Prayer

I ask You, Father, to bless my future generations with abundant wisdom, overwhelming love, and kindness.

DAY 7: WISDOM AND REVELATION: THE PERFECT MATCH

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.

— EPHESIANS 1:17 NIV

Activation

Ask the Holy Spirit for a fresh revelation, a solution, a new perspective, a strategy, or the next step to a tricky situation you are facing.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Journal Prompt

Write down how you can apply wisdom to pursue this new revelation fully.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Prayer

Father, I value my relationship with You, and I ask that You provide me with both revelation and wisdom so that I can continue to grow.

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Scripture

When wisdom wins your heart and revelation breaks in, true pleasure enters your soul.

— PROVERBS 2:10 TPT

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Prayer

Father, thank You for fresh revelation and the wisdom to continue my pursuit of a closer relationship with You.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 8: INTIMACY WITH THE TRINITY

*Become intimate with him in whatever you do, and he
will lead you wherever you go.*

— PROVERBS 3:6 TPT

Scripture

*So you must remain in life-union with me, for I remain
in life-union with you. For as a branch severed
from the vine will not bear fruit, so your life will be
fruitless unless you live your life intimately joined
to mine.*

— JOHN 15:4 TPT

Activation

Read and ponder on these scriptures today. Allow God to move closer to you and open your heart to experience the heavenly realms.

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Prayer

Holy Trinity, I open my heart fully to You as Father, Son, and Holy Spirit. My heart desires to walk in close intimacy and union with You. I thank You that I am one with You.

[illegible]

Journal Prompt

Journal your experience today as you draw closer in intimacy with the Trinity.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Prayer

Lord, thank You for drawing me closer and for creating me with intimacy in mind.

DAY 9: SURRENDER

For all who belong to me now belong to you. And all who belong to you now belong to me as well, and my glory is revealed through their surrendered lives.

— JOHN 17:10 TPT

Prayer

Lord Jesus, I surrender my agenda, my plans, and my timings right now. I lay them down at Your feet, and I come to You with a humbled heart.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Scripture

So we are convinced that every detail of our lives is continually woven together for good, for we are his lovers who have been called to fulfill his designed purpose.

— ROMANS 8:28 TPT

Prayer

Father, thank You that it is safe to surrender my heart to You.
Thank You that Your timing is perfect.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Journal Prompt

Align your heart with the Lord's heart and write down how you can begin partnering with what He shows you.

[illegible]

DAY 10: TUNING IN

*My sheep hear My voice, and I know them, and they
follow Me.*

— JOHN 10:27 NKJV

Activation/Journal Prompt

Write down your doubts when it comes to hearing God's voice and find a verse of encouragement like the one above to write down next to each doubt you have.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Prayer

Father God, thank You that You are always communicating with me. Thank You for speaking to me right now.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Scripture

So Jesus explained, 'I tell you the truth, the Son can do nothing by himself. He does only what he sees the Father doing. Whatever the Father does, the Son also does.'

— JOHN 5:19 NLT

Prayer

Father, I ask that You help me become more aware of the special and unique ways You talk with me.

[illegible]

Journal Prompt

As God reveals new ways that He is speaking to you, write them down and hold fast to them.

DAY 11: RECEIVE MODE

Freely you have received; freely give.

— MATTHEW 10:8 NIV

Prayer

Father, I position myself today to be in receive mode. I declare that as freely as I receive from You today, Lord, so freely I will give to others.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Journal Prompt

Take some time to write down and think about what you've received from the Lord, not just today but throughout your entire life.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's part of a bound notebook.

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Scripture

*And don't allow yourselves to be weary in planting
good seeds, for the season of reaping the wonderful
harvest you've planted is coming!*

— GALATIANS 6:9 TPT

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Activation

Begin to sow what you have received from God into other people's lives today through love, grace, an encouraging word, a hug, a smile, a friendship, a listening ear, or an act of kindness.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Prayer

Father, thank You that I am able to receive Your wisdom daily.

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 12: SOUL HEALING

He restores my soul; He leads me in the paths of righteousness for His name's sake.

— PSALM 23:3 NKJV

Prayer

Father, I choose today to surrender to Your healing process. I let go of any offense and unforgiveness in my heart so that my soul may be restored, and I may walk in paths of righteousness for Your name's sake.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Activation

Today, give the Holy Spirit permission to show you any areas of your soul that are wounded and that need to be healed. Apply the blood of Jesus to cleanse and then *Dunamis* power to heal the wounds.

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Scripture

May He grant you out of the rich treasury of His glory to be strengthened and reinforced with mighty power in the inner man by the [Holy] Spirit [Himself indwelling your innermost being and personality].

— EPHESIANS 3:16 AMPC

[illegible]

Journal Prompt

Allow Jesus to love you and allow the power of His love to flood your soul and bring wholeness. Journal your experience.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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Prayer

Father, thank You for Your goodness and Your healing. Thank You for the cross and the empty tomb.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

DAY 13: PURITY

*Your life has become clean and pure, like a lamb
washed and newly shorn. You now show grace and
balance with truth on display.*

— SONG OF SONGS 4:2 TPT

Activation

Ask the Holy Spirit to highlight any garbage you may be feeding your soul and make a conscious decision not to engage with these things. Instead, fill your soul with clean and pure options.

Journal Prompt

Journal what the Holy Spirit reveals to you and record what happens in your day as you replace the garbage with clean and pure options.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Scripture

*So wake up, you living gateways! Lift up your heads,
you doorways of eternity! Welcome the King of
Glory, for he is about to come through you.*

— PSALM 24:7 TPT

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Activation

Devote some time to doing a soul detox, apply the blood of Jesus to your gates, and release the *Dunamis* resurrection power that is within you.

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Prayer

Thank You, Jesus, that Your blood and resurrection power has purified me and healed my soul.

[illegible]

DAY 14: RELATIONSHIPS

Let love and kindness be the motivation behind all that you do.

— 1 CORINTHIANS 16:14 TPT

Prayer

Lord, I ask for wisdom in my relationships with others. Just as You love me unconditionally, I ask that You help me to love others.

[illegible]

Journal Prompt

Ask the Lord to highlight the relationships in your life that you need to work on and journal what He reveals to you.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Scripture

*So above all, guard the affections of your heart, for they
affect all that you are. Pay attention to the welfare
of your innermost being, for from there flows the
wellspring of life.*

— PROVERBS 4:23 TPT

Journal Prompt

Journal how you interacted differently with people today and the responses that you got.

This image shows a single page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

RACHAEL WHELAN

Prayer

Father, thank You for creating me for relationships. Continue to reveal Your heart for others to me.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

DAY 15: REMAINING TEACHABLE

*Teach a wise man what is right and he'll grow even
wiser. Instruct the lovers of God and they'll learn
even more.*

— PROVERBS 9:9 TPT

RACHAEL WHELAN

Prayer

Father, I pray that You will help me to always have a teachable spirit.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Journal Prompt

Ask God to show you who He would like you to mentor and who you can be mentored by. Write down the names of the people or groups that He wants you to connect with.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Activation

Ask God for the perfect opportunity to connect with the ones He has shown you.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Scripture

*So train your heart to listen when I speak and open
your spirit wide to expand your discernment—then
pass it on to your sons and daughters.*

— PROVERBS 2:2 TPT

RACHAEL WHELAN

Prayer

Holy Spirit, I invite You to be my number one mentor.

[illegible]

DAY 16: SPEAK LIFE, NOT DEATH

Death and life are in the power of the tongue.

— PROVERBS 18:21 NKJV

Declaration

I declare that the words I speak will be words of life, not death.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Activation

As you go about your day today, become aware of the things that you are speaking and replace negative words with life giving words.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

RACHAEL WHELAN

Scripture

Guard your words and you'll guard your life, but if you don't control your tongue, it will ruin everything.

— PROVERBS 13:3 TPT

[illegible]

Journal Prompt

Journal how your day went as you chose to speak life giving words and not death.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

RACHAEL WHELAN

Prayer

Father, thank You for speaking life over me and not death. I ask that You would help me to do the same.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 17: YOUR BODY IS INCLUDED

*The ways of wisdom are sweet, always drawing you
into the place of wholeness.*

— PROVERBS 3:17 TPT

RACHAEL WHELAN

Prayer

Father, I pray that I will fully embrace this body that You have given me and live my life full of energy and vibrancy.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Declaration

Find a mirror, look at yourself and declare these truths, “I am made in God’s image. I am beautiful. I am fearfully and wonderfully made. I am loved unconditionally. I am worthy. I am enough!”

[illegible]

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Scripture

Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?

— 1 CORINTHIANS 6:19 NKJV

[illegible]

Journal Prompt

Ask God to share His view of you, write down how this makes you feel, and be sure to come back to these truths whenever you need to.

[illegible]

Prayer

Jesus, thank You that my body was included in the price that You paid. Thank You that I can walk in freedom, knowing that You set me free from sin and death.

DAY 18: BECOMING LOVE

A new commandment I give to you, that you love one another; as I have loved you, that you also love one another.

— JOHN 13:34 NKJV

RACHAEL WHELAN

Prayer

Father God, I open my hands, heart, mind, and soul and I receive Your covenant love for me.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Activation

Journal how you encountered people differently today. Did you feel a difference within yourself? Did you sense a difference in those you encountered?

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RACHAEL WHELAN

Journal Prompt

What stood out to you from today's passage of scripture?

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the page is completely blank except for the lines themselves.

Scripture

For the Lord does not see as man sees; for man looks at the outward appearance, but the Lord looks at the heart.

— 1 SAMUEL 16:7 NKJV

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Prayer

Father, thank You that You love me in abundance, and thank You that I can now do the same.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 19: CLARITY AND CONFIDENCE

As you listen to me, my beloved child, you will grow in wisdom and your heart will be drawn into understanding, which will empower you to make the right decisions.

— PROVERBS 23:19 TPT

Prayer

Thank You, Jesus, that You provide the wisdom that I need to confidently make the right decisions according to Your will.

[illegible]

Activation

Focus your attention on Jesus and allow Him to saturate your mind and your whole being with His glorious presence.

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RACHAEL WHELAN

Journal Prompt

Journal everything Jesus reveals to you during this time.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Scripture

Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God's will as you live a beautiful life, satisfying and perfect in His eyes.

— ROMANS 12:2 TPT

Prayer

Thank You, Lord, for taking care of my needs and renewing my mind so that I can seek You first.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 20: REST

But the one who always listens to me will live undisturbed in a heavenly peace. Free from fear, confident and courageous, that one will rest unafraid and sheltered from the storms of life.

— PROVERBS 1:33 TPT

Declaration

I declare today that as I listen to You, Lord, and follow Your will and ways, I will live undisturbed in heavenly peace.

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Declaration

I declare that I will find rest in the storm, free from fear and confident that I am sheltered by You.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

RACHAEL WHELAN

Scripture

As we enter into God's faith-rest life we cease from our own works, just as God celebrates his finished works and rests in them.

— HEBREWS 4:10 TPT

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Journal Prompt

Ask the Lord to guide you in managing your time so that you can find rest within the busyness and not do things in your own strength. Journal your conversation with the Lord, and be obedient to what He says.

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the page is completely blank except for the lines themselves.

RACHAEL WHELAN

Prayer

Father, thank You that I can live from a place of “being” and not “doing.”

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 21: MATURITY

*For all creation is waiting eagerly for that future day
when God will reveal who his children really are.*

— ROMANS 8:19 NLT

RACHAEL WHELAN

Prayer

Lord, thank You for loving me so deeply and helping me mature in Your Word and in Your ways.

[illegible]

Activation

Today, open your heart to the Father and allow Him to reveal some of His greatest mysteries to you.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Journal Prompt

Journal the encounter you have with God and ask Him to give you guidance on how you can continue this journey further.

Scripture

And as Christ himself is seen for who he really is, who you really are will also be revealed, for you are now one with him in his glory!

— COLOSSIANS 3:4 TPT

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

RACHAEL WHELAN

Prayer

Father, I want to grow more mature in You. I now open my heart to the deeper ancient pathways You want to lead me on.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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ABOUT THE AUTHOR



Rachael Whelan has a huge desire to see others step into their true identity as sons and daughters of God. She has years of experience in various ministry leadership roles with a particular passion to see people encounter God and experience the supernatural for themselves. Her heart is to pass on the wisdom she has learned through her own personal journey, to encourage others towards a deeper relationship with God. She shares through books, a blog, speaking, and other social media platforms. Rachael currently lives in New Zealand with her husband and two children.

Visit Rachael's website to learn more and sign-up for her newsletter to stay connected.

Website: www.rachaelwhelan.com

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