

31 Days of Prayer for Estranged Loved Ones

A Journey of Surrender. Healing.
Forgiveness, & Restoration



'...Behold, I make all things new...'
-Revelations 21:5 KJV

A Prayer for This Journey of Surrender, Healing, Forgiveness, & Restoration

Heavenly Father,

*You know every person who has found this series
and every name they are carrying in their heart.*

You know every estranged child.

Every grieving parent.

Every broken friendship.

Every divided family.

Every misunderstanding.

Every word that should never have been spoken.

Every apology that has never been given.

*Every conversation someone wishes
they could have one more time.*

FATHER, meet us here.

During these next 31 days, search our hearts.

Heal our wounds.

Protect the people we love.

Expose lies and misunderstandings.

Remove bitterness and unforgiveness.

Give us wisdom.

Give us humility.

Give us patience.

*And where reconciliation is good
and according to YOUR will, FATHER, please make a way.*

Open doors we cannot open.

Soften hearts we cannot touch.

Go places we cannot go.

But above all, draw every one of us closer to YOU.

*We place these people, these relationships, and these next 31
days into YOUR hands.*

*In the name of **JESUS CHRIST** we pray,*

AMEN.

POLLYWOGSPLACE.COM

A Prayer for This Journey of Surrender, Healing, Forgiveness, & Restoration

Table of Contents:

Week 1: Surrendering What We Cannot Fix

Day 1: Placing Then in GOD's Hands

Day 2: When You Cannot See What GOD Is Doing

Day 3: Search My Heart First

Day 4: Surrendering the Need to be Right

Day 5: Giving GOD the Past

Day 6: When You Miss Them

Day 7: Rest Instead of Striving

Week 2: Forgiveness, Healing, & Spiritual Protection

Day 8: Forgiving What Still Hurts

Day 9: Asking Forgiveness

Day 10: Breaking the Hold of Bitterness

Day 11: Praying Against Spiritual Darkness

Day 12: Putting on the Armor of GOD

Day 13: Refusing Fear

Day 14: Guarding Your Words

Week 3: Praying for Their Heart

Day 15: LORD, Draw Them Close to YOU

Day 16: Heal Their Wounds

Day 17: Protect Them

Day 18: Remove Deception

Day 19: Soften Hardened Hearts

Day 20: Send Good People Into Their Life

Day 21: Bless Them

Week 4: Praying For Reconciliation

Day 22: Make a Way Where There Seems to be No Way

Day 23: Prepare the Conversation

Day 24: Give Me Courage to Reach Out When the Time is Right

Day 25: Restore Trust Slowly and Truthfully

Day 26: Restore Family Bonds

Day 27: Redeem the Lost Years

Day 28: Let Restoration Be Different This Time

The Final Three Days: Trusting GOD With The Ending

Day 29: Releasing My Timeline

Day 30: Trusting GOD Even If the Answer Looks Different

Day 31: Behold, I Make All Things New

DAY 1 – Place Them in God's Hands

BIBLE VERSE:

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

Reflection:

Our 1st step isn't to figure everything out.

It is to SURRENDER.

Today we're going to place our loved one into GOD's hands. Surrender doesn't mean that you don't care anymore. It means that you recognize that GOD can go places you cannot go and work in hearts you cannot reach.

Action:

Write your loved one's name below.

'FATHER, I place _____ into YOUR hands.'

Whenever worry returns today, repeat those words.

Optional Activities:

Listen to: He Will Restore All

Day 1 Prayer

*Heavenly Father,
Today I place _____ into YOUR hands.
YOU know everything that has happened between us.
YOU know my regrets, what I don't understand,
and what I desperately wish I could change.
Go where I cannot go.
Speak where I cannot speak.
Work where I cannot work.
And when I am tempted to pick up this burden again,
remind me that I already placed it into YOUR hands.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 2 – Trusting What You Cannot See

BIBLE VERSE:

For we walk by faith, not by sight:
2 Corinthians 5:7 KJV

Reflection:

Don't mistake silence for proof that GOD is absent.
There are things happening in other people's lives that we cannot see.
Our responsibility isn't to see the results.
It is to remain faithful.

Action:

Resist the urge to check for evidence that something has changed today.
Instead say:
'GOD, I trust YOU with what I cannot see.'

Optional Activities:

Listen to: [He Will Restore All](#)

Day 2 Prayer

*Heavenly Father,
I confess that I want visible evidence.
I want reassurance that something is happening.
Teach me to walk by FAITH rather than sight.
Work beneath the surface-
in their heart and in mine.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 3 – Search My Heart

BIBLE VERSE:

Search me, O God, and know my heart:
try me, and know my thoughts:
Psalm 139:23 KJV

Reflection:

It is much easier to pray for GOD to change others than to pray for HIM to change us.

But today that is what we are going to do.

Perhaps we spoke too harshly or we didn't listen.

Perhaps fear made us controlling.

Or perhaps we genuinely didn't know what we did wrong.

We can invite GOD to examine us.

Action:

Ask yourself:

'If GOD want to change something in me through this experience, am I willing?'

Write down anything that might come to mind.

Optional Activities:

Listen to: He Will Restore All

Day 3 Prayer

*Heavenly Father,
Please search me.*

*Reveal any pride, bitterness, fear,
resentment, control, or anything else
that needs YOUR correction.*

*Show me where repentance is needed.
Don't merely prepare them for reconciliation.*

*Prepare me.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 4 – Release the Need to Be Right

BIBLE VERSE:

A soft answer turneth away wrath:
but grievous words stir up anger.
Proverbs 15:1 KJV

Reflection:

But sometimes maintaining PEACE requires releasing our need to win an old argument.

Truth still matters.

But being right and being reconciled are not always the same thing.

Action:

Think of one disagreement you repeatedly rehearse.

Tell GOD:

'I surrender my need to win this argument.'

Optional Activities:

Listen to: [He Will Restore All](#)

Day 4 Prayer

*Heavenly Father,
Free me from the need to prove myself.
Give me humility to listen.
If reconciliation comes,
help me seek understanding rather than victory.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 5 – Give GOD the Past

BIBLE VERSE:

Remember ye not the former things,
neither consider the things of old.
Isaiah 43:18 KJV

Reflection:

You cannot change yesterday.

You cannot unsay words.

You cannot redo the conversation.

But the past doesn't have to become the permanent author of your future.

We can learn from yesterday without living there.

Action:

Write down on memory that you keep replaying in your mind.

Then write:

'GOD, I cannot change this. I give it to YOU.'

Optional Activities:

Listen to: [He Will Restore All](#)

Day 5 Prayer

*Heavenly Father,
I surrender the moments I wish I could redo.
Heal what still hurts.
Teach me what I need to learn
without allowing yesterday to imprison tomorrow.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 6 – When You Miss Them

BIBLE VERSE:

The Lord is nigh unto them that are of a broken heart;
and saveth such as be of a contrite spirit.

Psalm 34:18 KJV

Reflection:

Estrangement carries a strange kind of grief.

The person is alive, but absent from your life.

Sometimes the smallest thing brings the grief rushing back—
a photograph, a holiday, a favorite meal.

You don't have to pretend it doesn't hurt.

GOD meets us in brokenhearted places.

Action:

Instead of pushing the sadness away today, tell GOD exactly
what you miss.

Optional Activities:

Listen to: [He Will Restore All](#)

Day 6 Prayer

*Heavenly Father,
I miss _____.*

Thank YOU for the good memories we shared.

Hold me when the absence hurts.

Protect me from allowing grief to become bitterness.

In Jesus' name we pray,

AMEN.

NOTES:

DAY 7 - Stop Striving

BIBLE VERSE:

Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

Psalm 46:10 KJV

Reflection:

Not every closed door needs another knock today.

Sometimes FAITH means reaching out.

Sometimes FAITH means waiting.

Today we're going to stop trying to manufacture an outcome.

Action:

Do NOTHING to change the relationship today.

Simply pray and rest unless there is a genuine responsibility that requires your attention.

Optional Activities:

Listen to: He Will Restore All

Day 7 Prayer

*Heavenly Father,
Quiet my anxious heart.
Keep me from forscing doors YOU haven't opened.
Teach me the difference between
FAITHFUL action and fearful striving.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 8 – Choose Forgiveness

BIBLE VERSE:

Forbearing one another, and forgiving one another,
if any man have a quarrel against any:
even as Christ forgave you, so also do ye.

Colossians 3:13 KJV

Reflection:

Forgiveness doesn't mean saying something harmful was acceptable.

It means refusing to let the debt control your heart forever.
Sometimes forgiveness isn't one dramatic moment.
Sometimes it's a decision we make again tomorrow.

Action:

Say your loved one's name and pray:

'GOD, help me forgive _____.'

Don't force an emotion. Begin with willingness.

Optional Activities:

Listen to: GOD, I'm Sorry

Day 8 Prayer

*Heavenly Father,
I choose forgiveness.
Where I cannot yet feel it,
help my heart follow my obedience.
Release me from resentment and vengeance.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 9 – When You Need Forgiveness Too

BIBLE VERSE:

Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

James 5:16 KJV

Reflection:

Sometimes healing begins with two difficult words:

'I'm sorry.'

A sincere apology doesn't require us to accept blame for everything.

It simply means honestly owning what belongs to us.

Action:

Write down anything for which you genuinely owe an apology.

Don't send anything impulsively.

Today is simply about honesty before GOD.

Optional Activities:

Listen to: GOD, I'm Sorry

Day 9 Prayer

*Heavenly Father,
Show me where I have caused hurt.
Take away defensiveness.
If YOU give me an opportunity to apologize,
help me do it without excuses.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 10 – Uproot Bitterness

BIBLE VERSE:

Looking diligently lest any man fail of the grace of God;
lest any root of bitterness springing up trouble you,
and thereby many be defiled;

Hebrews 12:15 KJV

Reflection:

Bitterness behaves much like an invasive weed.
Ignore it long enough and its roots spread.
Today we're pulling weeds from our own garden.

Action:

When a bitter thought appears, replace it with:
'GOD, I give this hurt to YOU.'

Optional Activities:

Listen to: GOD, I'm Sorry

Day 10 Prayer

*Heavenly Father,
Uproot bitterness from my heart.
I refuse to allow another person's decisions
to determine who I become.
Plant PEACE where resentment has been growing.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 11 – The Person is Not the Enemy

BIBLE VERSE:

For we wrestle not against flesh and blood,
but against principalities, against powers,
against the rulers of the darkness of this world,
against spiritual wickedness in high places.

Ephesians 6:12 KJV

Reflection:

There are spiritual battles surrounding our families.
Deception, hatred, temptation, pride, bitterness,
unforgiveness, and division can destroy relationships.
But Scripture reminds us:

The person we're praying for is not our enemy.

Action:

Whenever you're tempted to think of them as your opponent,
say:

'They are someone I love and someone GOD loves.'

Optional Activities:

Listen to: GOD, I'm Sorry

Day 11 Prayer

*Heavenly Father,
Protect us from spiritual darkness.
Expose deception.
Break patterns of hatred, bitterness, pride, and division.
Guard _____.
Guard me too.
Draw us toward truth and toward YOU.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 12 – Put on the Armor of GOD

BIBLE VERSE:

Put on the whole armour of God,
that ye may be able to stand
against the wiles of the devil.

Ephesians 6:11 KJV

Reflection:

Spiritual battles shouldn't be fought with manipulation, retaliation, angry messages, or gossip.

GOD gives us truth, righteousness, peace, faith, salvation, HIS WORD, and prayer.

Action:

Read Ephesians 6:10-18 slowly today.

Optional Activities:

Listen to: GOD, I'm Sorry

Day 12 Prayer

*Heavenly Father,
Clothe me with YOUR armor.
Guard my thoughts, words, and reactions.
Teach me to fight spiritual battles spiritually.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 13 – Release the ‘What Ifs’

BIBLE VERSE:

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

Reflection:

What if they never call?

What if we never reconcile?

FEAR writes endings to stories that aren't finished yet.
Today we're giving the 'What Ifs' to GOD.

Action:

Write down your biggest fear about this relationship:

Repeat:

'Even if I don't know tomorrow, GOD will already be there.'

Optional Activities:

Listen to: GOD, I'm Sorry

Day 13 Prayer

*Heavenly Father,
Take my fear of the future.
Give me power, love, and a sound mind.
Help me live faithfully today.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 14 - Guard Your Words

BIBLE VERSE:

Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

Ephesians 4:29 KJV

Reflection:

Speak about your loved one today in a way you wouldn't regret if reconciliation happened tomorrow.

Pain can be expressed without destroying someone's character.

Action:

Make a resolution to not gossip about the estrangment anymore.

Optional Activities:

Listen to: GOD, I'm Sorry

Day 14 Prayer

*Heavenly Father,
Put a guard over my mouth.
Help me speak truth without cruelty and express pain
without dishonoring another person.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 15 – Pray For Their Relationship With GOD

BIBLE VERSE:

Draw nigh to God, and he will draw nigh to you.

Cleanse your hands, ye sinners;
and purify your hearts, ye double minded.

James 4:8 KJV

Reflection:

What is today we stopped praying first for them to come back to us and instead we pray for them to draw closer to GOD?

That relationship matters even more.

Action:

Pray only for their relationship with GOD today – not for what you want them to do for you.

Optional Activities:

Listen to: Bring Me Close

Day 15 Prayer

*Heavenly Father,
Draw _____ close to YOU.
Let them know YOUR truth, mercy, love,
correction, and protection.
More than I want them restored to me,
I want YOUR good purposes accomplished in their life.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 16 – Pray For Their Wounds

BIBLE VERSE:

He healeth the broken in heart,
and bindeth up their wounds.
Psalm 147:3 KJV

Reflection:

There may be wounds in their heart you don't know about.
Some might involve you.
Some may have nothing to do with you.
We don't need to understand every wound to pray for healing.

Action:

Pray without assuming you know exactly what they need.

Optional Activities:

Listen to: Bring Me Close

Day 16 Prayer

*Heavenly Father,
YOU know every wound _____ carries.
Heal the places nobody sees.
Where I contributed to their pain, forgive me.
Bind up their broken places.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 17 - Pray For Their Protection

BIBLE VERSE:

But the Lord is faithful,
who shall stablish you, and keep you from evil.
2 Thessalonians 3:3 KJV

Reflection:

Even when someone doesn't want contact with us, we can still quietly ask GOD to protect them.
Love doesn't require access.

Action:

Pray specifically for their physical, emotional, relational, and spiritual protection.

Optional Activities:

Listen to: Bring Me Close

Day 17 Prayer

*Heavenly Father,
Watch over _____ today.
Protect their body, mind, heart, decisions,
relationships, and path.
Keep them from evil
and surround them with what is good.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 18 - Pray For Truth

BIBLE VERSE:

And ye shall know the truth,
and the truth shall make you free.
John 8:32 KJV

Reflection:

Estrangement often contains different memories,
assumptions, interpretations, and misunderstandings.
Instead of praying, 'GOD, show them that I'm right,' pray:
'GOD, show both of us what is true.'

Action:

Ask GOD to correct any false assumptions you may be
carrying too.

Optional Activities:

Listen to: [Bring Me Close](#)

Day 18 Prayer

*Heavenly Father,
GOD of truth,
expose every lie and misunderstanding.
Where they are mistaken, bring clarity.
Where I am mistaken, correct me.
Let truth bring freedom.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 19 – Soften Our Hearts

BIBLE VERSE:

A new heart also will I give you,
and a new spirit will I put within you:
and I will take away the stony heart out of your flesh,
and I will give you an heart of flesh.
Ezekiel 36:26 KJV

Reflection:

Hurt can slowly harden a heart.
Today, don't only pray for their heart to soften.
Pray for yours too.

Action:

Ask:

'Have I become hardened anywhere?'

Optional Activities:

Listen to: Bring Me Close

Day 19 Prayer

*Heavenly Father,
Soften every hardened place in both of us.
Remove pride.
Heal disappointments.
Give us hearts capable of mercy.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 20 – Send Wise People

BIBLE VERSE:

Iron sharpeneth iron;
so a man sharpeneth the countenance of his friend.
Proverbs 27:17 KJV

Reflection:

Sometimes we desperately want to be the person GOD uses to reach someone.

But perhaps right now they won't hear it from us.
GOD can send someone else that they will listen too.

Action:

Release the need to be their messenger.

Optional Activities:

Listen to: Bring Me Close

Day 20 Prayer

*Heavenly Father,
Surround _____ with wise people.
Send voices of truth, compassion, and GODLY counsel.
And give me humility
to accept that YOU don't need to use me
to accomplish YOUR work.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 21 – Bless Them

BIBLE VERSE:

Bless them that curse you.
and pray for them which despitefully use you.
Luke 6:28 KJV

Reflection:

This may be difficult.

Today we're going to ask GOD to bless the person we're missing – even before anything changes between us.

Action:

Write down five blessing you genuinely hope GOD gives them:

- 1.
- 2.
- 3.
- 4.
- 5.

Optional Activities:

Listen to: Bring Me Close

Day 21 Prayer

*Heavenly Father,
Bless _____,
Give them PEACE.
Give them WISDOM.
Provide for them.
Protect them.
Bring good people into their life.
Help them become who YOU created them to be.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 22 – Make A Way

BIBLE VERSE:

Behold, I will do a new thing;
now it shall spring forth; shall ye not know it?
I will even make a way in the wilderness,
and rivers in the desert.
Isaiah 43:19 KJV

Reflection:

Maybe you cannot imagine how reconciliation could possibly happen.

That's okay.

You don't need to design the path, GOD will.

Action:

Stop trying to figure out exactly how restoration will happen.

Optional Activities:

Listen to: Bring Me Close

Day 22 Prayer

*Heavenly Father,
Where reconciliation is good and according to YOUR will,
make a way where I cannot see one.
Open the right doors.
Close the wrong ones.
Lead us according to YOUR wisdom.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 23 – Prepare the Conversation

BIBLE VERSE:

A word fitly spoken is like apples of gold
in pictures of silver.
Proverbs 25:11 KJV

Reflection:

Maybe someday the conversation you've imagined will happen.
Today we're going to prepare for it before it happens.
Not by rehearsing our defense.
By preparing to listen.

Action:

Write down three things you want to remember if
communication happens:

LISTEN

STAY GENTLE

Don't try to fix everything at once!

Optional Activities:

Listen to: A Word Fitly Spoken

Day 23 Prayer

*Heavenly Father,
If YOU open the door for conversation, prepare me.
Give me gentle words.
Help me listen without immediately defending myself.
Let truth and grace guide us.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 24 – Know When to Reach Out

BIBLE VERSE:

If it be possible, as much as lieth in you,
live peaceably with all men.
Romans 12:18 KJV

Reflection:

Sometimes love reaches out.

Sometimes love waits.

Wisdom is knowing which season you're in.

Action:

Before sending any message, ask:

'Am I doing this from peace – or because anxiety demands reassurance?'

Optional Activities:

Listen to: A Word Fitly Spoken

Day 24 Prayer

*Heavenly Father,
Show me when to speak and when to wait.
Don't let fear keep me silent when I should reach out.
Don't let impatience make me speak when I should be still.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 25 - Rebuild Trust Slowly

BIBLE VERSE:

But speaking the truth in love,
may grow up into him in all things,
which is the head, even Christ:
Ephesians 4:15 KJV

Reflection:

If reconciliation begins, don't expect one conversation to repair everything.

Think about a damaged garden.

We don't expect fruit the day after we repair the soil.

Trust grows through consistency.

Action:

Write:

'Restoration does not have to be rushed.'

Optional Activities:

Listen to: A Word Fitly Spoken

Day 25 Prayer

*Heavenly Father,
If this relationship begins again,
give us patience.
Help us rebuild honestly and slowly.
Let trust grow through truth, humility,
consistencu, and time.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 26 - Turn Hearts Toward One Another

BIBLE VERSE:

And he shall turn the heart of the fathers to the children, and the heart of the children to their fathers, lest I come and smite the earth with a curse.

Malachi 4:6 KJV

Reflection:

Today we will pray specifically for families.

For parents and children.

For brothers and sisters.

Grandparents and grandchildren.

And for friendships that once felt like family.

Action:

Pray for another estranged family besides your own.

Optional Activities:

Listen to: A Word Fitly Spoken

Day 26 Prayer

*Heavenly Father,
Turn hearts toward one another.
Heal divided families.
Restore communication where it is good and safe to do so.
Bring repentance where it is needed.
Bring forgiveness where it is possible.
And make our homes places where truth and grace
can live together.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 27 - Redeem the Lost Years

BIBLE VERSE:

And I will restore to you the years
that the locust hath eaten, the cankerworm,
and the caterpillar, and the palmerworm,
my great army which I sent among you.
Joel 2:25 KJV

Reflection:

One of the hardest parts is grieving time.

Birthdays.

Christmases.

Ordinary afternoons.

Milestones you thought you'r shre.

We cannot recover yesterday.

But GOD can redeem tomorrow.

Action:

Instead of listing what you've lost, write three things you would treasure if GOD gives you another season together:

1.

2.

3.

Optional Activities:

Listen to: A Word Fitly Spoken

Day 27 Prayer

*Heavenly Father,
I give YOU the years and moments I cannot recover.
If YOU grant us another season together,
teach me to treasure it rather than spending it
mourning what came before.
REDEEM our story for YOUR purposes.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 28 – Don't Go Back; Grow Forward

BIBLE VERSE:

Therefore if any man be in Christ,
he is a new creature: old things are passed away;
behold, all things are become new.

Joel 2:25 KJV

Reflection:

Restoration doesn't necessarily mean going back.

Maybe GOD want to build something new.

Healthier.

Wiser.

More honest.

More compassionate.

Sometimes pruning changes the shape of a plant- but allows healthier growth.

Action:

Write down three qualities you would want in a restored relationship:

- 1.
- 2.
- 3.

Optional Activities:

Listen to: A Word Fitly Spoken

Day 28 Prayer

*Heavenly Father,
If restoration comes,
don't merely return us to what we were.
Make something new.
Make us wiser, humbler, gentler, and more truthful.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 29 – Release Your Timeline

BIBLE VERSE:

To every thing there is a season,
and a time to every purpose under the heaven:
Ecclesiastes 3:1 KJV

Reflection:

Maybe when we started this journey you secretly hoped something would happen before day 31.

Maybe it has.

Maybe it hasn't.

Today we're releasing the deadline.

Seeds don't grow faster because we stare at the soil.

Action:

Cross out any imaginary deadline you've placed on reconciliation.

Write:

'GOD's timing belongs to GOD.'

Optional Activities:

Listen to: A Word Fitly Spoken

Day 29 Prayer

*Heavenly Father,
I release my timeline.
Keep waiting from hardening my heart.
Help me remain faithful whether restoration comes quickly,
slowly, or differently than I imagined.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 30 – Trust GOD With the Answer

BIBLE VERSE:

Trust in the Lord with all thine heart;
and lean not unto thine own understanding.
Proverbs 3:5 KJV

Reflection:

This may be our hardest prayer.

We have spent a month asking GOD for healing and restoration.

But FAITH cannot mean telling GOD exactly how HE must answer.

Today we pray:

'THY will be done.'

We can hope deeply while surrendering completely.

Action:

Open your hands physically while you pray today.

Let that posture represent releasing the outcome.

Optional Activities:

Listen to: [A Word Fitly Spoken](#)

Day 30 Prayer

*Heavenly Father,
YOU know how much I desire restoration.
I ask for it bodily.
But I surrender the outcome to YOU.
Protect me from confusing FAITH with control.
YOUR will be done.
In Jesus' name we pray,
AMEN.*

NOTES:

DAY 31 – GOD is Still Writing the Story

BIBLE VERSE:

And he that sat upon the throne said,
Behold, I make all things new. And he said unto me,
Write: for these words are true and faithful.
Revelations 21:5 KJV

Reflection:

Here we are.

Thirty-one days.

Maybe something remarkable happened during this past month.

Maybe you received a message you never expected.

Maybe a tiny door opened.

Or maybe circumstances look exactly as they did on Day 1.
Look back at the seed we planted at the beginning of this journey.

We couldn't make it grow.

We could provide good conditions.

We could water it.

We could tend it.

But growth happened quietly.

continued...

DAY 31 – GOD is Still Writing the Story

BIBLE VERSE:

And he that sat upon the throne said,
Behold, I make all things new. And he said unto me,
Write: for these words are true and faithful.
Revelations 21:5 KJV

Reflection:

...continued

And perhaps that is what GOD has been teaching us.
You cannot force another person's heart to change.
But you can tend your own.
Maybe your first evidence of restoration isn't a changed relationship.
Maybe it's a changed heart.
Perhaps our less bitter.
Perhaps you've forgiven.
Perhaps you've recognized something you need to change.
Perhaps you're finally able to say their name without immediately replaying the past hurt.
And perhaps you've learned the prayer that began this entire journey:
'FATHER, I place them into YOUR hands.'

DAY 31 – GOD is Still Writing the Story

BIBLE VERSE:

And he that sat upon the throne said,
Behold, I make all things new. And he said unto me,
Write: for these words are true and faithful.
Revelations 21:5 KJV

Action:

Turn back to Day One in your journal.
Read what you wrote.

Then Answer:

What has GOD changed in me during these 31 days?

Finally fill in this again:

'LORD, I still place _____ into YOUR hands.'

Optional Activities:

Listen to: All Things New

Day 31 Prayer

*Heavenly Father,
For 31 days I have brought this person before YOU.
YOU know how much I love them.
YOU know the history.
The wounds, the misunderstandings, the memories,
the silence, and the hope I still carry.
Today I surrender all of it again.
Protect _____.
Draw them close to YOU.
Heal what has been wounded.
Expose what is false.
Remove bitterness, pride, unforgiveness, deception,
and division wherever they exist - in them or in me.
And where reconciliation is good and according to YOUR will,
make a way.
Open doors I cannot open.
Prepare conversations I cannot arrange.
Soften hearts I cannot touch.
But while I wait, continue YOUR work in me.
Teach me to love without controlling.
Forgive without denying TRUTH.
Hope without demanding.
Wait without bitterness.
And pray without fear.
Father, I place _____ into YOUR hands.
I place our past into YOUR hands.
I place our future into YOUR hands.
I place the timing into YOUR hands.
And I place the outcome into YOUR hands.
YOU are still writing the story.
And I trust YOU with the next chapter.
In Jesus' name we pray,
AMEN.*

Notes: