

# GRACE FOR THE CHAOS:

## A 31-Day Guided Prayer Calendar for Moms

Motherhood is messy and beautiful, and some days we just need a little extra grace. This calendar gives you a simple prayer and verse for each day of August to help you pause, breathe and remember you're not in it alone — God is with you in every moment.

### *Days 1-10: God's Presence in the Everyday*

#### **WHEN I FEEL OVERWHELMED**

"Lord, meet me in my overwhelm and replace it with Your peace."

Isaiah 26:3 ESV—*"You keep him in perfect peace whose mind is stayed on you, because he trusts in you."*

#### **WHEN I DON'T FEEL ENOUGH**

"Jesus, remind me that Your grace fills every gap I cannot."

2 Corinthians 12:9 ESV—*"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 of my weaknesses, so that the power of Christ may rest upon me."*

#### **IN THE MIDDLE OF THE MESS**

"God, be near in the laundry piles, dishes, and noise—You are here."

Psalms 46:1 ESV—*"God is our refuge and strength, a very present help in trouble."*

#### **FOR A HEART THAT TRUSTS**

"Help me trust You with what I can't control today."

Proverbs 3:5-6 ESV—*"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."*

#### **WHEN I FEEL INVISIBLE**

"Thank You for seeing me, even when no one else seems to."

Genesis 16:13 ESV—*"So she called the name of the Lord who spoke to her, 'You are a God of seeing,' for she said, 'Truly here I have seen him who looks after me.'"*

#### **FOR PATIENCE WITH MY KIDS**

"Father, grow my patience and help me love my kids like You do."

1 Corinthians 13:4-5 ESV—*"Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful."*

#### **FOR PEACE IN OUR HOME**

"Lord, let our home be filled with Your peace, not just productivity."

Colossians 3:15 ESV—*"And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful."*

#### **WHEN I'M RUNNING ON EMPTY**

"Fill my cup, Jesus—I need Your strength and rest today."

Matthew 11:28 ESV—*"Come to me, all who labor and are heavy laden, and I will give you rest."*

#### **FOR JOY IN THE ORDINARY**

"Open my eyes to the joy tucked into the ordinary moments."

Nehemiah 8:10 ESV—*"And do not be grieved, for the joy of the Lord is your strength."*

#### **FOR A SOFT HEART**

"Soften my heart, Lord, and keep me teachable and tender."

Ezekiel 36:26 ESV—*"And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh."*

### *Days 11-20: Prayers for Our Children*

#### **FOR MY CHILD'S HEART**

"God, shape my child's heart to know and love You."

Proverbs 22:6 ESV—*"Train up a child in the way he should go; even when he is old he will not depart from it."*

#### **WHEN MY CHILD STRUGGLES**

"Be near to my child in their weakness, and give me wisdom."

James 1:5 ESV—*"If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him."*

#### **FOR THEIR FRIENDSHIPS**

"Lord, guide my child into godly friendships that speak life."

Proverbs 13:20 ESV—*"Whoever walks with the wise becomes wise, but the companion of fools will suffer harm."*

#### **FOR MY CHILD'S IDENTITY**

"Root their identity deeply in who You say they are."

Ephesians 2:10 ESV—*"For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."*

#### WHEN THEY FEEL AFRAID

"Let Your perfect love drive out fear in my child's heart."

1 John 4:18 ESV—"There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love."

#### FOR THEIR FUTURE

"You know the plans for my child—help me trust You with them."

Jeremiah 29:11 NIV—"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."

#### WHEN I NEED TO LET GO

"Father, give me courage to let go and let You lead."

Psalms 37:5 ESV—"Commit your way to the Lord; trust in him, and he will act."

#### FOR THEIR FAITH TO GROW

"Draw my child near to You and plant Your Word deep in them."

Colossians 2:6-7 ESV—"Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving."

#### FOR PROTECTION

"Surround my child with Your protection, wherever they go."

Psalms 91:11 ESV—"For he will command his angels concerning you to guard you in all your ways."

#### FOR A LISTENING HEART

"Help me listen to my child the way You listen to me."

James 1:19 ESV—"Let every person be quick to hear, slow to speak, slow to anger."

### Days 21-31: Rest, Grace & Perspective

#### WHEN I FEEL BEHIND

"Lord, free me from the pressure to perform and remind me I'm already loved."

Galatians 5:1 ESV—"For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery."

#### WHEN COMPARISON CREEPS IN

"Help me stay in my lane, grateful for the story You're writing."

Galatians 6:4 ESV—"But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor."

#### FOR A GRATEFUL HEART

"Lord, tune my heart to gratitude in every moment."

1 Thessalonians 5:18 ESV—"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

#### FOR GODLY WISDOM

"Father, I need Your wisdom more than ever—guide my choices today."

Proverbs 4:7 ESV—"The beginning of wisdom is this: Get wisdom, and whatever you get, get insight."

#### WHEN I FAIL

"Thank You that Your grace is bigger than my biggest parenting fail."

Lamentations 3:22-23 ESV—"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."

#### FOR MARRIAGE OR MY SUPPORT SYSTEM

"Strengthen the relationships that support me, and make us a team."

Ecclesiastes 4:9-10 ESV—"Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow."

#### WHEN I FEEL ALONE

"Remind me I'm never alone—You are always with me."

Deuteronomy 31:8 ESV—"It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed."

#### WHEN I NEED ENCOURAGEMENT

"Pour courage into my heart through Your promises today."

Joshua 1:9 ESV—"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."

#### FOR PURPOSE IN THIS SEASON

"Even here, God, show me that this season matters to You."

Romans 8:28 ESV—"And we know that for those who love God all things work together for good, for those who are called according to his purpose."

#### FOR SABBATH REST

"Help me embrace rest as a gift, not a luxury."

Exodus 20:8-10 ESV—"Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God."

#### FOR FRESH GRACE TOMORROW

"Thank You for grace that meets me anew every single morning."

Isaiah 40:31 ESV—"But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."