



A BIBLE STORY & PRAYER JOURNAL

Walking by Faith

*Ten timeless stories. Ten prayers.
Room for your own.*

SHEYS UNIVERSE

Welcome

This journal is a quiet place to meet God in the middle of an ordinary week. Inside you'll find ten of Scripture's most beloved stories, retold simply, each paired with a key verse, a written prayer to pray, and lined space to write your own thoughts back to God.

There is no wrong way to use it. Read one story a day, one a week, or open to whichever one your heart needs. Let the verse settle in. Pray the prayer slowly, and then make it your own with the lines that follow. Faith grows the same way a path is worn — one honest step at a time.

“Thy word is a lamp unto my feet, and a light unto my path.” — Psalm 119:105

Contents

1. Creation
2. Noah and the Ark
3. David and Goliath
4. Daniel in the Lion's Den
5. Jonah and the Whale
6. Jesus Calms the Storm
7. The Loaves and Fishes
8. The Good Samaritan
9. The Prodigal Son
10. The Empty Tomb

STORY 03

David and Goliath

“The battle is the LORD’s, and he will give you into our hands.”

1 Samuel 17:47

A giant stood on the hillside and dared all of Israel to fight him, and grown soldiers trembled. But a shepherd boy named David looked at the same giant and saw something smaller than the God he served. He refused the king’s heavy armor, chose five smooth stones, and ran toward the fight. One stone, one sling, one act of faith — and the giant fell. Your courage is not measured by the size of your enemy but by the size of your God.

A PRAYER

Mighty God, the things I fear feel like giants, but next to You they are small. Remind me of every river You’ve already brought me through. Steady my hand, quiet my heart, and let me run toward my battles knowing they are Yours. Amen.

REFLECT & WRITE

Name the “giant” in front of you. What would facing it with faith look like?

STORY 04

Daniel in the Lion’s Den

“My God hath sent his angel, and hath shut the lions’ mouths.”

Daniel 6:22

Daniel served a king in a foreign land, yet he prayed to his own God three times a day, even when a new law made it a crime. Jealous men trapped him, and Daniel was thrown to the lions. But the same God he refused to stop praying to met him in the dark and shut the lions’ mouths. In the morning the king found him unharmed. Faithfulness in private is what God rewards in public.

A PRAYER

God of Daniel, make me faithful when no one is watching and unafraid when everyone is. When I am thrown into hard places, send Your peace to sit with me in the dark. Let my steady faith become a testimony others cannot explain. Amen.

REFLECT & WRITE

Where do you need to keep praying even when it costs you something?

STORY 05

Jonah and the Whale

“Salvation is of the LORD.”

Jonah 2:9

God told Jonah to go and warn a city, but Jonah ran the other way and boarded a ship headed anywhere else. A storm rose, the sea swallowed him, and a great fish carried him down into the deep. There, in the belly of the dark, Jonah finally prayed. God heard him, gave him a second chance, and the city was saved. You can run from your calling, but grace has a way of finding you and pointing you home.

A PRAYER

Lord, forgive me for the times I have run from what You asked. Thank You that even my detours are not too deep for You to reach. Turn my heart back toward obedience, and use me — second chances and all — for Your good purpose. Amen.

REFLECT & WRITE

Is there something you’ve been running from? What would turning back require?

STORY 06

Jesus Calms the Storm

“Peace, be still.”

Mark 4:39

The disciples were crossing the sea when a violent storm rose and waves crashed over the boat. Jesus was asleep. Terrified, they woke Him: “Master, do you not care that we perish?” He stood, spoke three words to the wind — and the sea went flat as glass. The same voice that made the waters now commanded them. Whatever storm is shaking your boat tonight, the One who can still it is already on board.

A PRAYER

Jesus, when the waves rise higher than my faith, remind me that You are in the boat with me. Speak Your peace over the storms I cannot calm myself. Help me to rest, trusting that You care and that You are never asleep to my cry. Amen.

REFLECT & WRITE

What storm are you in? Write the words you need God to speak over it.

STORY 08

The Good Samaritan

“Go, and do thou likewise.”

Luke 10:37

A man was beaten by robbers and left for dead on the road. Two religious men saw him and crossed to the other side. But a stranger — a Samaritan, despised by many — stopped, bandaged his wounds, and paid for his care. Jesus told this story to a man who wanted to know who counted as his neighbor. The answer was simple and hard: your neighbor is anyone who needs you, and mercy is something you do, not just feel.

A PRAYER

Lord, open my eyes to the people I am tempted to pass by. Give me a heart that stops, hands that help, and courage to love beyond my comfort. Let Your mercy flow through me to someone today. Amen.

REFLECT & WRITE

Who has God placed on your road lately? How can you show them mercy?

STORY 09

The Prodigal Son

“This my son was dead, and is alive again.”

Luke 15:24

A young man demanded his inheritance early, left home, and wasted everything on reckless living. Broke and starving, he decided to return as a servant. But while he was still far off, his father saw him, ran to him, and threw his arms around him. No lecture — only a robe, a ring, and a feast. This is the heart of God toward every wanderer: not arms crossed, but arms open, watching the road for you to come home.

A PRAYER

Father, thank You that I can never wander beyond Your love. Where I have wasted what You gave me, meet me with mercy instead of shame. I am coming home — run to me, and let me feel the embrace of grace again. Amen.

REFLECT & WRITE

Is there a place you need to “come home” to God? Write your way back.

Keep Walking

You've reached the last page, but faith is never finished. The same God who met you in these stories is writing a story with your life right now. Keep praying. Keep listening. Keep walking — one step, one day, one prayer at a time.

“Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.” — Joshua 1:9

*With love and faith,
SheysUniverse*