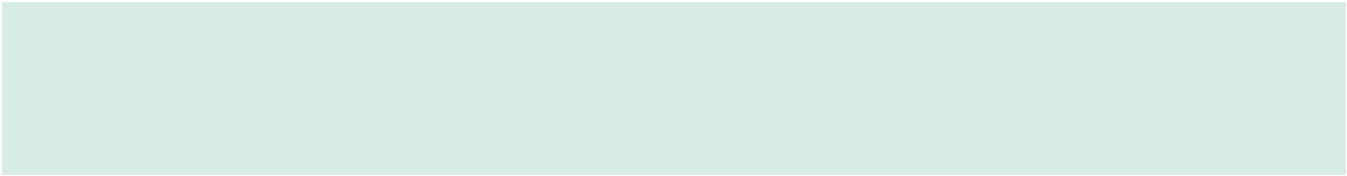




WALK BY FAITH

Guided Daily Faith Reflections & Prayers

SheysUniverse



Welcome

This journal is a companion for the walk itself — not the destination. Each page offers a short reflection grounded in scripture and a few guided prompts to help you notice where faith is showing up in your everyday life, one step at a time.

How to use this journal: Set aside a few quiet minutes. Read the thought for the day, sit with it, then use the guided lines to write freely — there's no wrong way to fill this in. Move at your own pace; return to any page whenever you need it again.

1

What Walking By Faith Means

“We walk by faith, not by sight.” – 2 Corinthians 5:7

Walking by faith doesn't mean you have no questions – it means you keep moving forward even while you still have them.

What does 'walking by faith' mean to me right now?

Where in my life am I being asked to trust without seeing the full picture?

2 Trusting the Next Step, Not the Whole Staircase

“Your word is a lamp for my feet, a light on my path.” — Psalm 119:105

You don't need to see the whole staircase — just enough light for the next step. That's usually all faith actually asks of us.

What's my next step, even if I can't see beyond it?

What would help me trust that step today?

3

When Fear Shows Up

“For God has not given us a spirit of fear, but of power, love, and a sound mind.” – 2 Timothy 1:7

Fear and faith can exist in the same moment. Faith isn't the absence of fear — it's choosing to move anyway.

What am I afraid of right now?

What would moving forward in faith, despite the fear, look like?

4 Gratitude Along the Path

It's easy to only look ahead at what hasn't happened yet. Take a moment today to notice what's already been provided along the way.

What has already been provided for me on this journey?

A moment of grace I almost overlooked:

5 Faith in the Waiting

“But those who hope in the Lord will renew their strength.” — Isaiah 40:31

Waiting seasons are still part of the walk — not a pause from it. Faith in the waiting looks like staying steady, not staying still.

What am I waiting on right now?

How can I stay faithful in the meantime?

6

Letting Go of the Need to Control It All

“Trust in the Lord with all your heart and lean not on your own understanding.” – Proverbs 3:5

Faith often asks us to loosen our grip on outcomes we were never meant to control in the first place.

What am I trying to control that I need to release?

What would it feel like to trust instead?

7

Community Along the Walk

No one walks by faith completely alone. Think of the people who've walked alongside you, even briefly.

Who has walked this path with me?

How can I be that support for someone else?

8

Faith Through Disappointment

Not every prayer is answered the way we hoped. Faith holds space for disappointment without letting go of hope entirely.

A disappointment I'm still carrying:

How can I hold onto faith alongside it?

9

Choosing Faith As a Daily Decision

“This is the day the Lord has made; let us rejoice and be glad in it.” — Psalm 118:24

Faith isn't a one-time decision — it's a daily one. Today is another opportunity to choose it again.

What does choosing faith look like for me today, specifically?

One small act of faith I can take today:

10 Continuing the Walk

This journal ends, but the walk continues. Carry what you've written here into whatever comes next.

What do I want to carry forward from this journal?

A word or verse I want to hold onto:

You Made It Through

Keep this journal close and return to it any time you need a reminder of how far you've come.

With love, SheysUniverse