



FRUITFUL VILLAGE • THE CHAPEL



7 Days of Prayer

For the **overwhelmed mom** — a week of short prayers for
the days **you can't find your own words.**

FRUITFULVILLAGE.COM





BEFORE YOU BEGIN

You Don't Need the Right Words. You Just Need to Show Up.

Some days there isn't time or energy for a long, eloquent prayer — and that's alright. These are short enough to pray between the dishes and the drop-off line, honest enough to say what's actually true, and simple enough to come back to whenever this week gets loud.

- 01 Pray one each day, in order or out of order — whichever day fits what you're carrying.
- 02 Read it slowly, even once through in your head. Make it yours — add your own words if more come.
- 03 Use the line at the bottom of each page to name one true, small thing. That's the prayer too.



Day One

When You're Running on Empty

For the mornings you're already tired before it begins.

Lord, I'm tired in a way sleep doesn't fix. I've been pouring out all day, every day, and I don't know how much is left in me. Meet me here, in the empty parts. Remind me that I don't have to hold everything together on my own strength — that You are already holding what I can't. Give me rest, even in small moments. Help me receive help when it's offered, and ask for it when it isn't.

Amen.

ONE THING I CAN SET DOWN TODAY IS





Day Two

When Patience Runs Thin

For the days when the littlest things feel like the last straw.

Lord, I love these kids fiercely, and today I'm also so tired of asking twice, three times, ten times. Soften the sharp edge in my voice before it comes out. Help me see past the behavior to the small person underneath — still learning, still growing, just like me. Where I've already lost my patience today, forgive me and help me try again. Give me one more ounce of gentleness for the next hour.

Amen.

THE MOMENT I NEED MORE PATIENCE FOR TODAY IS





Day Three

When You Feel Like You're Failing

For the days the comparison creeps in and won't let go.

Lord, I keep measuring myself against a mom I saw online, a mom from church, the mom I thought I'd be — and I keep coming up short. Interrupt that voice. Remind me that You didn't design me to be her; You designed me to be exactly who I am, in this house, with these kids, today. Help me trade comparison for gratitude, even just for this hour, and let me see the ways I'm actually doing better than I think.

Amen.

ONE THING I DID WELL TODAY, EVEN IF IT WAS SMALL, IS





Day Four

When the Weight Feels Like Too Much to Carry Alone

For the days you feel like you're doing all of it by yourself.

Lord, some days this feels like too much weight for one person to carry, and I know I wasn't meant to carry it alone. Show me where I've been trying to do everything myself out of pride, or fear, or habit. Put people in my path who can help share this load — and give me the humility to let them. Thank You that I'm not actually alone in this, even on the days it feels that way.

Amen.

ONE PERSON I COULD ASK FOR HELP TODAY IS





Day Five

When You're Worried About Provision

For the days the bills or the bank account feel louder than everything else.

Lord, the numbers are stressing me out today, and it's hard not to spiral into worry about what we have and don't have. You've never once let us go without what we truly needed, even in seasons I couldn't see how it would work out. Quiet the fear in my chest. Help me make wise choices with what's in front of me, and trust You with the rest.

Amen.

ONE WORRY ABOUT PROVISION I WANT TO HAND OVER TODAY IS





Day Six

When You Can't Find the Joy

For the days the routine feels like it's just survival.

Lord, most of today has felt like just getting through it — and I miss feeling joy in the middle of ordinary life. Open my eyes to one small good thing today: a laugh, a quiet minute, a moment that actually felt sweet. Joy doesn't have to wait for an easier season. Help me find a sliver of it right here, in this one.

Amen.

ONE SMALL GOOD THING FROM TODAY IS





Day Seven

When You Need to Rest in Who You Are

For the day you set down the to-do list and just breathe.

Lord, I am not just what I produce today — not the laundry, the meals, the tasks I did or didn't finish. Help me rest in who I am to You, not what I got done. Thank You for delighting in me even on my most ordinary, unproductive days. Let today be a small Sabbath — a breath, a pause, a reminder that I am loved before I do anything at all.

Amen.

ONE WAY I CAN TRULY REST TODAY IS





*You didn't have to find the right words
this week. You just had to show up —
and you did.*



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