



THE WOMAN & HER
FAITH JOURNEY

IN-BETWEEN SIPS | PROMPTS | MUSINGS

DAILY JOURNAL PROMPTS

Thaemie

pineapplediaries.com

COPYRIGHT © 2026
BY JHAECIE

ALL RIGHTS RESERVED. NO PART OF
THIS PUBLICATION MAY BE REPRODUCED,
DISTRIBUTED, OR TRANSMITTED IN ANY
FORM OR BY ANY MEANS, INCLUDING
PHOTOCOPYING, RECORDING, OR OTHER
ELECTRONIC OR MECHANICAL METHODS,
WITHOUT THE PRIOR WRITTEN
PERMISSION OF THE PUBLISHER, EXCEPT
IN THE CASE OF BRIEF QUOTATIONS
EMBODIED IN CRITICAL REVIEWS AND
CERTAIN OTHER NONCOMMERCIAL USES
PERMITTED BY COPYRIGHT LAW.

DEDICATION

*To my late
Grandmother
Natividad and my
late Mother
Candida who have
experienced the
Hand of God over
the course of their
lives on earth.*

*Thank you for your
faith.*



PROMPTS

- 1
WHEN DID I FIRST REALIZE THAT MY FAITH WAS BECOMING PERSONAL—NOT JUST INHERITED?
- 2
WHAT DID I BELIEVE ABOUT GOD DURING MY DARKEST SEASON, AND HOW DID THAT BELIEF CHANGE?
- 3
WHAT SILENT BATTLES HAVE SHAPED MY SPIRITUAL STRENGTH THE MOST?
- 4
WHERE DID I MISTAKE GOD'S SILENCE FOR HIS ABSENCE?
- 5
WHAT LIES ABOUT MY IDENTITY DID I HAVE TO UNLEARN TO EMBRACE WHO I AM IN CHRIST?
- 6
WHAT DID SURRENDER ACTUALLY COST ME—AND WHAT DID IT GIVE BACK?
- 7
WHEN DID OBEDIENCE FEEL UNFAIR, AND HOW DID I RESPOND?
- 8
WHAT PRAYER DID GOD NOT ANSWER THE WAY I WANTED—AND WHY AM I GRATEFUL NOW?
- 9
IN WHAT WAYS HAS GOD HEALED ME THAT NO ONE ELSE NOTICED?
- 10
WHAT GENERATIONAL PATTERNS DID GOD BREAK IN MY LIFE?
- 11
WHEN WAS I MOST TEMPTED TO WALK AWAY—AND WHAT MADE ME STAY?
- 12
HOW HAS MY DEFINITION OF "STRENGTH" CHANGED AS A WOMAN OF FAITH?
- 13
WHAT DOES TRUSTING GOD LOOK LIKE WHEN MY PLANS COLLAPSE?
- 14
WHAT INSECURITY STILL WHISPERS TO ME—AND HOW DO I SILENCE IT WITH TRUTH?
- 15
HOW DO I LOVE OTHERS WHEN I FEEL SPIRITUALLY EMPTY?
- 16
WHEN DID COMPARISON ALMOST STEAL MY CALLING?
- 17
WHAT PART OF MY STORY DID I ONCE HIDE BUT NOW USE FOR GOD'S GLORY?
- 18
HOW HAS WAITING SHAPED MY CHARACTER MORE THAN ACHIEVEMENT EVER DID?
- 19
WHERE AM I STILL STRUGGLING TO FULLY TRUST GOD?
- 20
WHAT DOES SUBMISSION TO GOD MEAN IN A CULTURE THAT CELEBRATES INDEPENDENCE?
- 21
WHEN DID I CONFUSE BEING BUSY FOR BEING SPIRITUALLY FRUITFUL?
- 22
WHAT FEAR KEEPS RESURFACING—AND HOW IS GOD TEACHING ME TO CONFRONT IT?
- 23
HOW HAS GOD REDEFINED BEAUTY, SUCCESS, AND WORTH IN MY LIFE?
- 24
WHAT RELATIONSHIP DID GOD REMOVE TO PROTECT MY PURPOSE?
- 25
WHEN DID I FEEL MOST UNSEEN—AND HOW DID GOD REMIND ME I WAS CHOSEN?
- 26
HOW HAS PAIN DEEPENED MY COMPASSION AS A WOMAN OF GOD?
- 27
WHAT DOES HOLINESS LOOK LIKE IN MY EVERYDAY, ORDINARY LIFE?
- 28
WHEN DID I HAVE TO CHOOSE FAITH OVER FEELINGS?
- 29
WHAT DOES IT MEAN FOR ME TO BE A PROVERBS 31 WOMAN IN TODAY'S WORLD?
- 30
IF MY YOUNGER SELF COULD SEE MY FAITH NOW, WHAT WOULD SURPRISE HER MOST?
- 31
WHAT WOULD IT LOOK LIKE IF I FULLY BELIEVED THAT I AM DEEPLY LOVED BY GOD—RIGHT NOW, AS I AM?



Beloved Sister

The heart of a woman carries feelings and emotions that are like treasures waiting to be found. These are expressions of the soul that contain deep introspections, good thoughts or positive insights that have spiritual value. When these feelings and emotions are submitted to God, you can be sure that your heart is always safe with Him as you allow Him to help you in your journey of faith.

*This ebook has 31 prompts best designed for the woman of God to unearth those feelings and emotions. Thirty one questions for thirty one days or one month. One prompt daily to help you understand your walk with the Lord, know His ways, and remember His faithfulness in your life. Writing is remembering. Writing is keeping a personal account of your unique faith journey. Get that good old pen or bring out digital notes. Spend time answering the prompt and strengthen your heart.**

DAY 1

WHEN DID I FIRST REALIZE
THAT MY FAITH WAS BECOMING
PERSONAL—NOT JUST
INHERITED?



DAY 2

WHAT DID I BELIEVE ABOUT
GOD DURING MY DARKEST
SEASON, AND HOW DID THAT
BELIEF CHANGE?



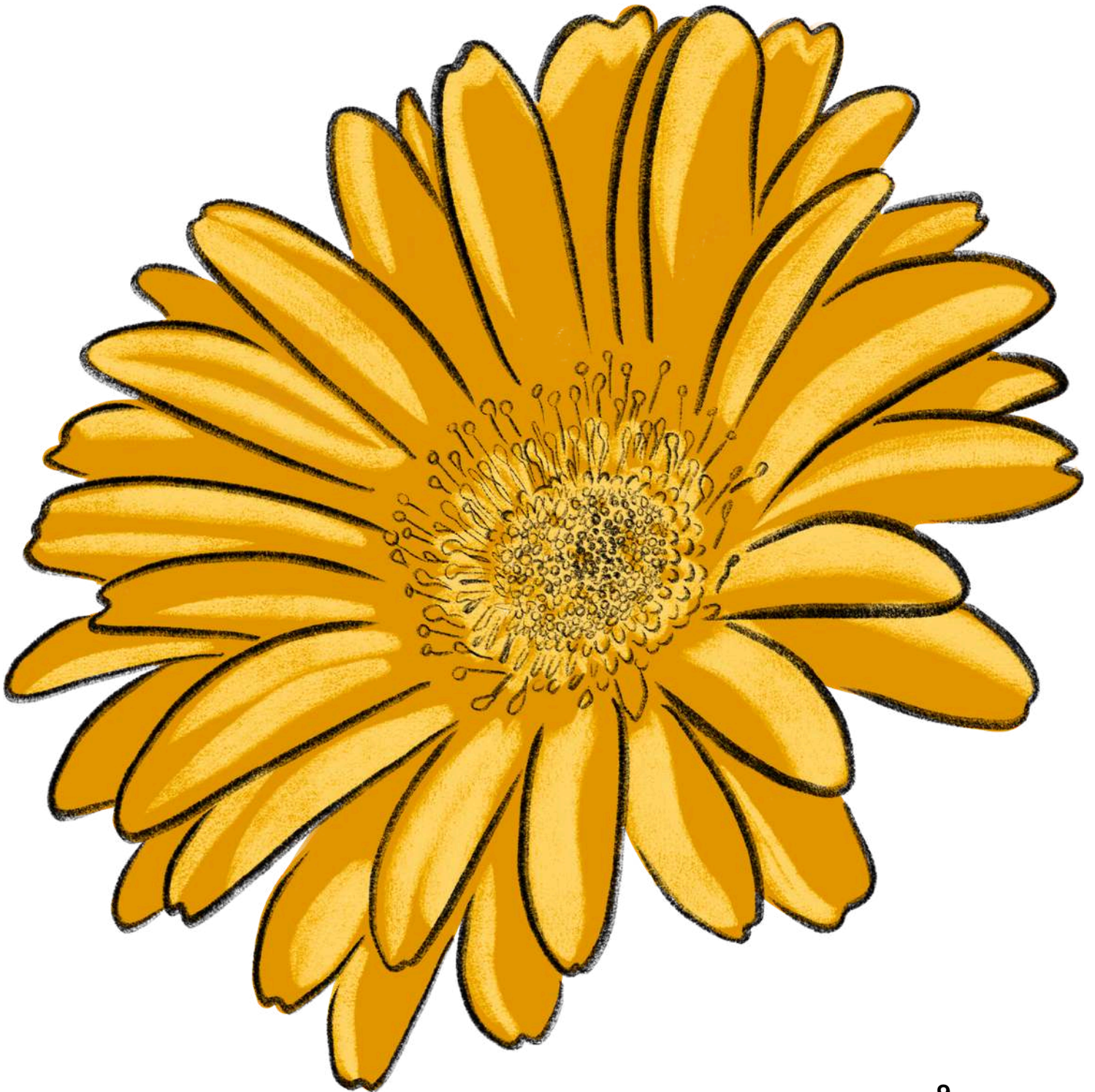
DAY 3

**WHAT SILENT BATTLES HAVE
SHAPED MY SPIRITUAL STRENGTH
THE MOST?**



DAY 4

**WHERE DID I MISTAKE GOD'S
SILENCE FOR HIS ABSENCE?**



DAY 5

**WHAT LIES ABOUT MY IDENTITY
DID I HAVE TO UNLEARN TO
EMBRACE WHO I AM IN CHRIST?**



DAY 6

**WHAT DID SURRENDER ACTUALLY
COST ME—AND WHAT DID IT GIVE
BACK?**



DAY 7

**WHEN DID OBEDIENCE FEEL
UNFAIR, AND HOW DID I
RESPOND?**



DAY 8

**WHAT PRAYER DID GOD NOT
ANSWER THE WAY I WANTED—
AND WHY AM I GRATEFUL NOW?**



DAY 9

**IN WHAT WAYS HAS GOD HEALED
ME THAT NO ONE ELSE NOTICED?**



DAY 10

**WHAT GENERATIONAL PATTERNS
DID GOD BREAK IN MY LIFE?**



DAY 11

WHEN WAS I MOST TEMPTED TO
WALK AWAY—AND WHAT MADE ME
STAY?



DAY 12

**HOW HAS MY DEFINITION OF
“STRENGTH” CHANGED AS A
WOMAN OF FAITH?**



Day 13

What does trusting God look like when my plans collapse?



Day 14

**What insecurity still whispers to me—and how do I
silence it with truth?**



DAY 15

**HOW DO I LOVE OTHERS WHEN I
FEEL SPIRITUALLY EMPTY?**



Day 16

When did comparison almost steal my calling?



Day 17

**What part of my story did I once hide but now
use for God's glory?**



Day 18

How has waiting shaped my character more than achievement ever did?



Day 19

Where am I still struggling to fully trust God?



Day 20

What does submission to God mean in a culture that celebrates independence?



Day 21

**When did I confuse being busy for being
spiritually fruitful?**



Day 22

**What fear keeps resurfacing—and how is
God teaching me to confront it?**



Day 23

**How has God redefined beauty, success, and
worth in my life?**



Day 24

**What relationship did God remove to protect
my purpose?**



Day 25

When did I feel most unseen—and how did God remind me I was chosen?



Day 26

How has pain deepened my compassion as a woman of God?



Day 27

**What does holiness look like in my everyday,
ordinary life?**



Day 28

When did I have to choose faith over feelings?



Day 29

**What does it mean for me to be a Proverbs 31
woman in today's world?**



Day 30

**If my younger self could see my faith now,
what would surprise her most?**



Day 31

What would it look like if I fully believed that I am deeply loved by God—right now, as I am?





Encouragement

I pray you continue to record what God is doing in your life. This ebook is not the main prescription to heal your heart or soothe your wounded soul, but I believe having a journal is therapeutic. It helps in strengthening your faith in Jesus Christ. The best prescription in life is the Word of God. There are over eight thousand promises of God for His children. Claim even one promise a day as you journal. In a world full of noise and distractions, it is extremely beneficial if you store the Word of God in your heart. Are you ready to share the treasures of your heart even to yourself? Protect the treasure trove of God's word, will, and ways in your life by writing, recording, and remembering what He has done for you. This is not just a diary-it is devotion unto God. It is not just writing- it is worship. It is not just a journal-it is a journey of faith. With God, you do not need to edit- He is the Great Author of your life. Write about your faith now.



My Testimony

My story is quite ordinary, but I do not have an ordinary God. I am an "unica jiha" or an only child. I do not always understand the "sibling rivalry" thing because I grew up alone in a small bamboo town. My home is a gem. I got saved at 8 years old and suffered from many sicknesses and diseases growing up. But God is my Jehovah Rapha. He healed me in different times and seasons. My surname is hard to pronounce. When people say it, they stammer or stutter. "That's Gacutan I say. Say with me Ga- Cu - Tan." And then they say something else. They always mispronounce. Then I would be smiling on the inside and think, "Why are you having such a hard time?"

I accepted Jesus as my personal Lord and Savior and was planted in a Bible-believing, Spirit-filled church. One of the benefits of going to church is fellowship. But I have learned that the best fellowship we can really have is the fellowship with the Holy Spirit. And one of the ways I have cultivated my friendship with the Holy Spirit is to write or to have a journal along with my Bible.

I started with "My Little Notes to Father" note-taking when I was working. I had scraps of paper that I fastened altogether to make a dummy notebook. I was assigned in our publications department, so clean white paper cut-outs were abundant. There, inside my brown cubicle and with a glass partition, I started telling or writing my thoughts and feelings to God. It was just note-taking. A sentence or two. I asked God about anything. Other times I poured out my heart onto a piece of paper. In one sense, that is what journaling is all about.

*Writing about your own personal faith journey is a special kind of spiritual discipline. You can start with 50 words as long as the heart honors Him. You do not need fancy journals although that's fine. You need faith and you need to expect goodness and lovingkindness from a Faithful Father. He is a good God and He will answer your prayers. Here is a bonus tip for journal starters: write your prayers. Start with short prayers because those are powerful too! My little notes had one-liners of thanksgiving or petition. I wrote a sentence or two of testings or plea. I wrote happy times and happy thoughts about my Abba Father and my faith. **

The background of the entire page is a repeating pattern of bright yellow sunflowers with dark brown centers and green leaves on a light cream background. The sunflowers are scattered across the page, with some fully visible and others partially cut off by the edges.

THE WOMAN & HER FAITH JOURNEY

Daily Journal Prompts

Jhaecie
pineapplediaries.com

Copyrighted Material. Not for Sale.