



# WELCOME

The Prayer in Your Heart Project was designed with miracles in mind. It is a project designed to give back, and to encourage each of us to let go of the past in order to create a brighter horizon.

We hope that you use this framework as a guide to make this project your own.

Whether this project is kept as a private reminder of prayer, or used to encourage reaching out and asking for support, let this serve as a commitment to look beyond and stretch ourselves towards others.

Our wish is that you will begin to see the miracles awaiting you as you commit to a higher purpose and capture your prayers within the pendant. This project is about opening your heart to the opportunities and possibilities that await you as you look for better days ahead. Everyday, focus on your prayer, or those you are praying for and let your necklace beat against your open heart, serving as a tangible reminder to watch for the way that blessings are placed at your feet. The goal is to help each of us remember to pray and then WATCH and WITNESS the blessings come into your life. Let HIM into your life. As you do, please share the miracles you witnessed! We can't wait to hear from you!



## A PROMISE TO YOU

We can pray to our Heavenly Father and receive guidance and direction, be warned about dangers and distractions, and be enabled to accomplish things we simply could not do on our own.

*--Russell M. Nelson*

# ABOUT THIS PROJECT

Prayer is a powerful but often neglected practice that can offer greater hope and power than we ever knew possible. This 14 day reflection is a kick start to help you develop a consistent habit of praying and looking for HIS hand in your life. Even if you have gained the wonderful habit of persistent prayer, this project is designed to help us all see the miraculous hand of God in our lives. So often we may remember to pray but lose the entire point, which is not to just talk at God, but to talk with Him. Through prayer, we are given a glimpse into His plan for each of us. He plays the greatest part, He knows what is best for each of us, and He is master carpenter, continually shaping us into works of art. So, whether we pray alone or as a community, the Prayer in Your Heart Project is to help all of us develop a habit of remembering to look for Him and His ways before, during, and after our prayers take place. Watch, wonder and witness His power! Please share your journey with us. Your struggles, your miracles, and your blessings you encountered on this journey.

We are all in this together!

*Honey* + *Ice*

HONEY + ICE

Remember  
We

# daily prompts

## 14 day #prayerinyourheartproject

*the project begins!*

Put your Honey +Ice #prayerinyourheart necklace on and let it fall upon your chest to remind you each day to pray and watch for His hand in your life. Ready, set, PRAY!

*day 1*

**Psalm 93:4**

Where do you see His love for you and others? How much do you trust His strength?

*day 2*

**Ephesians 2:10**

How are you His workmanship?

*day 3*

**Isaiah 61:3**

how do you feel him consoling you? What is a place where you can feel his comfort?

*day 4*

**Philippians 4:8**

How are you thinking in His ways?

*day 5*

**Joshua 1:9**

Where is your courage?

*day 6*

**Esther 4:14**

What is a moment that you know He created you for? What are you asking for?

*day 7*

**Hosea 6:3**

Where do you find the knowledge to grow?

*day 8*

**Isaiah 58:11**

Where is He guiding you?

*day 9*

**Psalm 143:8**

How are you trusting Him?

*day 10*

**Jeremiah 29:12-13**

Where do you find Him at?

*day 11*

**Colossians 4:2**

What are you grateful for?

*day 12*

**Romans 12:2**

How do you stay renewed and refreshed in the struggle?

*day 13*

**Psalm 91:4**

Where do you find His refuge?

*day 14*

**2 Timothy 3:16**

Where is your correction? Where is your instruction?

HONEY + ICE

I have been driven many times upon my knees by the overwhelming conviction that I had no where else to go.

My own wisdom and that of all about me seemed insufficient for that day.

*Abraham Lincoln*

# PROJECT TRACKER

DAY	NOTES	COMPLETE
DAY 1		<input type="checkbox"/>
DAY 2		<input type="checkbox"/>
DAY 3		<input type="checkbox"/>
DAY 4		<input type="checkbox"/>
DAY 5		<input type="checkbox"/>
DAY 6		<input type="checkbox"/>
DAY 7		<input type="checkbox"/>
DAY 8		<input type="checkbox"/>
DAY 9		<input type="checkbox"/>
DAY 10		<input type="checkbox"/>
DAY 11		<input type="checkbox"/>
DAY 12		<input type="checkbox"/>
DAY 13		<input type="checkbox"/>
DAY 14		<input type="checkbox"/>

# prayers

*day one*

## **Psalm 93:4**

The Lord on high is mightier than the noise of many waters,  
yea, than the mighty waves of the sea.

**Q** WHERE DO YOU SEE HIS LOVE FOR YOU AND OTHERS? HOW MUCH DO YOU TRUST HIS STRENGTH?

---

---

---

---

---

---

---

---

---

---

# miracles

*day two*

## **Ephesians 2:10**

For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

Q

HOW ARE YOU HIS WORKMANSHIP?

---

---

---

---

---

---

---

---

---

---

# witness

*day three*

## **Isaiah 61:3**

To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified.

**Q** HOW DO YOU FEEL HIM CONSOLING YOU? WHAT IS A PLACE WHERE YOU CAN FEEL HIS COMFORT?

---

---

---

---

---

---

---

---

---

---



# wonders

*day four*

## **Philippians 4:8**

...whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Q

HOW ARE YOU THINKING IN HIS WAYS?

---

---

---

---

---

---

---

---

---

---

# courage

*day five*

## **Joshua 1:9**

Have not I commanded thee? 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.

Q

WHERE IS YOUR COURAGE?

---

---

---

---

---

---

---

---

---

---

# deliverance

*day six*

## **Esther 4:14**

For if thou altogether holdest thy peace at this time, then shall there enlargement and deliverance arise to the Jews from another place; but thou and thy father's house shall be destroyed: and who knoweth whether thou art come to the kingdom for such a time as this?

**Q** WHAT IS A MOMENT THAT YOU KNOW HE CREATED YOU FOR? WHAT ARE YOU ASKING FOR?

---

---

---

---

---

---

---

---

---

---

# knowledge

*day seven*

## **Hosea 6:3**

Then shall we know, if we follow on to know the Lord: his going forth is prepared as the morning; and he shall come unto us as the rain, as the latter and former rain unto the earth.

Q

WHERE DO YOU FIND THE KNOWLEDGE TO GROW?

---

---

---

---

---

---

---

---

---

---

# guidance

*day eight*

## **Isaiah 58:11**

And the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

Q

WHERE IS HE GUIDING YOU?

---

---

---

---

---

---

---

---

---

---

# trusting

*day nine*

## **Psalm 143:8**

Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee.

Q

HOW ARE YOU TRUSTING HIM?

---

---

---

---

---

---

---

---

---

---

# listen

*day ten*

## **Jeremiah 29:12-13**

Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you. And ye shall seek me, and find me, when ye shall search for me with all your heart.

Q

WHERE DO YOU FIND HIM AT?

---

---

---

---

---

---

---

---

---

---

# gratitude

*day eleven*

## **Colossians 4:2**

Continue in prayer, and watch in the same with thanksgiving.

Q

WHAT ARE YOU GRATEFUL FOR?

---

---

---

---

---

---

---

---

---

---



# renewal

*day twelve*

## **Romans 12:2**

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Q

HOW DO YOU STAY RENEWED AND REFRESHED IN THE STRUGGLE?

---

---

---

---

---

---

---

---

---

---

# refuge

*day thirteen*

## **Psalm 91:4**

He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

Q

WHERE DO YOU FIND HIS REFUGE?

---

---

---

---

---

---

---

---

---

---

# Instruction

*day fourteen*

## **2 Timothy 3:16**

All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness.

Q

WHERE IS YOUR CORRECTION? WHERE IS YOUR INSTRUCTION?

---

---

---

---

---

---

---

---

---

---

“

HARRIET TUBMAN

It wasn't me, it was the Lord. I always told Him, 'I trust you. I don't know where to go or what to do, but I expect You to lead me,' and He always did.

inspiration

# POST-PROJECT REFLECTION

Use this worksheet to reflect on what you have learned in the past fourteen days about yourself, about Him and about prayer?

**Q** WHAT IS THE GREATEST TAKEAWAY I HAVE LEARNED IN THE PAST COUPLE WEEKS ABOUT MYSELF AND ABOUT THE POWER OF PRAYER?

---

---

---

---

---

---

---

**Q** HOW CAN I CONTINUE TO FOCUS ON HIM AND ALLOWING HIM TO GUIDE MY LIFE?

---

---

---

---

---

---

---