

BWM

Beltrway WOMEN'S *Ministry*

BOOT CAMP
WIVES
prayer journal

BOOT CAMP WIVES PRAYER JOURNAL

Hello!!

Dear Sisters in Christ,

As you open this year's Prayer Journal from Beltway Women's Ministry, I invite you to receive it as rich soil, prepared for deep spiritual growth—not just for your husband, but for you as well. While he is away at Boot Camp encountering God in powerful and personal ways, you too are being invited to a sacred, parallel journey: to become more deeply rooted in Christ, allowing His strength, love, and peace to anchor you in every season of life.

Boot Camp is more than a retreat—it's a divine appointment. And as your husband steps into this weekend focused on becoming rooted and built up in the Lord, your prayers are part of the very spiritual nourishment that sustains him. This journal was created as a tool for you to join in agreement with Heaven and plant prayers of faith, hope, and power into the soil of your marriage, family, and legacy.

Each devotional has been prayerfully written by women who have walked this journey—wives, sisters, mothers, and friends who know the mix of hope and uncertainty that comes when a loved one steps away to meet with the Lord. You'll see their personalities shine through as they vulnerably share and cover you in prayer. As they've prayed for their men, they now pray for you.

In ***Colossians 2:7***, Paul exhorts believers to be “rooted and built up in Him, strengthened in the faith.” That is my prayer for you. That as you intercede for your husband, your own roots would deepen. That you would find fresh strength in Christ, be built up in your faith, and overflow with gratitude as you watch God move.

This weekend, one of the most precious gifts you can give your husband is the freedom to meet God without distraction. Trust the Lord to take care of your home, and prepare to welcome your husband back — changed, challenged, and strengthened. And perhaps, you'll find you're returning changed, too.

As always, I'm here for you throughout the weekend should any need arise. I also ask that you commit to engaging with this journal—not just as a checklist, but as a sacred rhythm of drawing near to the Lord on behalf of your loved one... and letting Him draw near to you.

With love and deep gratitude for your heart,

Jessica Hallgren

Women's Groups Pastor | Beltway Park Church

DECLARATION

A Simple Way to Speak Life

We know life can be full, and not every woman will have extended time to sit and journal each day while her husband is away at Boot Camp. That's why we're including a daily declaration—short, sweet, simple, and powerful—for you to ***speak out loud each day*** over your husband and home.

There is ***power in your words***, especially when they align with God's Word. By declaring this truth daily, you're partnering with the Holy Spirit in the work He's doing—not only in your man's life, but in your own heart and your home.

Even if you're short on time, ***don't skip this***—say it out loud! Make it fun and intentional:

- Cut it out
- Write it on a notecard
- Take a screenshot and make it your phone wallpaper
- Stick it on your fridge or car dashboard

Wherever you place it, ***let it be a tool of blessing and alignment***, anchoring your heart each day in truth and faith.

YOUR DAILY DECLARATION

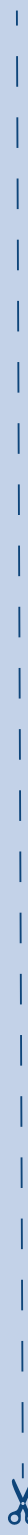
*Today, I choose to stand
in agreement with Heaven*

WHILE MY GUY IS AT BOOT CAMP,
I KNOW I CAN TRUST THE LORD
TO TEND TO MY HEART, THE NEEDS
OF OUR HOME, AND DEEPENING
OF SPIRITUAL, JESUS-FILLED
FREEDOM IN MY SPOUSE.

*I stand in agreement
with Psalm 37:5 that says:
“Commit your way to the Lord;
trust in him, and he will act.”*

Beltway WOMEN'S *Ministry*





WEDNESDAY, SEPTEMBER 17

“Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” -James 5:16

Your prayers are not wasted! They are not random thoughts or desires that we offer up into the sky, in hopes they land somewhere. No, our prayers are purposeful. According to **James 5:16** they are powerful and effective. They not only have the power to make waves in the spiritual realm, but most importantly, they move God’s heart.

Sometimes, I struggle to believe my prayers are doing anything worthwhile. Maybe it’s just me. But there are times in my life where I pray half-heartedly, and deep down I’m somewhat doubting that I’m even being heard, much less that the words I’m praying carry any weight or authority. I feel this way, especially in situations where I don’t see immediate breakthrough or confirmation that my prayers are having any effect at all. The longer it takes to see any kind of movement in the areas I’m praying over, the easier it is to let doubt come in and steal my eagerness to pray. And gradually, usually without me noticing, what started out as “I’m going to cover this in prayer” turns into “what’s the point in praying over this, it hasn’t had any effect so far.”

“Lord, I believe, help my unbelief.” (Mark 9:24)

But I want to share something that has helped me significantly with this: ***“...and they held gold bowls filled with incense, which are the prayers of God’s people.” -Revelation 5:8***

Do you see what this verse is telling us? God considers our prayers so valuable that they are kept in golden bowls, filling the Throne Room of Heaven (where God Himself resides) with incense, with a beautiful, pleasing aroma. An aroma that He enjoys. I want you to sit back and let that sink in for a second.

The prayers we pray throughout our lives are a pleasing fragrance unto the Lord.

Take a minute to picture this in your mind. To me, that doesn’t paint a picture of God sitting up in the Heavenly realm, burdened by our never-ending requests or rolling His eyes when we ask Him for the same thing for the thousandth time. No, when I read this scripture and I begin to imagine this scene, I see the opposite. I see God, our Father,

seated on His throne, and as our prayers begin to ascend into Heaven, they are placed in a golden bowl. (Even that alone is a beautiful image, but then there's more.) Jesus is at His right hand, interceding for us. **(Romans 8:34)** As Jesus begins to intercede for us, a beautiful fragrance fills the room, emanating from those golden bowls. I like to imagine in this moment, that the Lord leans back, takes a deep breath in as he inhales the scent surrounding Him, the scent being the accumulation of our prayers, and a big smile crosses His face. No, He's not burdened at all by my asking.

He delights in it. Somehow, these prayers I prayed, some of them with my face to the ground, tears streaking my face and anguish in my voice, have turned into a beautiful, pleasing fragrance to my God. He truly is a God who brings beauty from ashes.

Are you approaching this weekend with specific prayers in mind for your husband? Or maybe you don't know exactly what to pray for? Maybe you've been praying for the same breakthrough for years, and you don't see the value in taking the time to pray anymore. Let the truth of this scripture echo through your mind as you submit your prayers to the Lord. Each and every prayer you pray, whether they are expressed through gratitude, desperation, anguish, hope...they are valuable, and the Lord delights in your coming to Him with them. He is not burdened, He is not distant, He is not overwhelmed by your desires. He is attentive, drawing near to you as you draw near to Him. He hears every word you're speaking (even the ones you can't speak out loud), and He is moving in your midst right in this very moment.

I want to encourage each of you today to take time and just sit with your Heavenly Father. Ask Him what He wants you to pray for over your husband. Ask Him to soften your heart towards those prayers, if needed. Ask him to give you a Godly determination to commit to praying for your husband every day while He's at Bootcamp, and then every day afterwards. As wives, we have the honorable responsibility of praying for our husbands in a way that nobody else can. We are His "Ezer" or His "Helper", after all, and that's not a role to be taken indifferently. If you're struggling to believe your prayers have any value or weight to them, ask the Lord to begin rewriting your beliefs in that. The Lord isn't just limited to moving in the hearts of our men at Bootcamp this weekend. He desires to move amongst each of us, too. And I've seen firsthand some really powerful shifts start to happen among the women as we open our minds and soften our hearts to what the Lord wants to do in us while we pray for our husbands.

SCRIPTURE:

Don't worry about anything; instead, pray about everything. Tell God what you need and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.
-Phil 4:6-7

PRAYER:

Lord, I thank you for the opportunity to get to pray over my husband this weekend. I am asking and believing that he will have powerful, wonderful encounters with you. While he is away this weekend, would you place a burning desire deep within me to saturate my husband in prayer. Would you reveal to me, Father, the desires of your heart towards my husband, and give me the words to pray over him. I want your desires for my husband over my own. Help me to be steadfast in seeking your will above my own as I pray for him. Help me to put down any bitterness, disappointment, fear, or anything else that might be keeping me from wholeheartedly praying for your will over my husband. The only spirit allowed in my prayer time this weekend is the Holy Spirit, and I ask that you protect my heart and mind from any assaults from the enemy as I commit myself to praying for my husband as much as you lead me to, Father. Amen.

ACTION:

1. Before you begin to pray and lay your requests and desires at the feet of Jesus, ask the Holy Spirit what He wants you to pray over your husband. Remember, our prayer time is a conversation, and conversation is not one-sided, so give time and space for the Lord to speak to you during this time.
2. Grab a bowl (bonus points if you find a golden one!), and each prayer you pray over your husband, write it down on a piece of paper, and place it in the bowl after you are done. Continue filling up the bowl all weekend, or each day pick out pieces you've already placed in the bowl and pray over them again. Let this be a prophetic act of agreement as well as a reminder to yourself, that as you are praying, you are believing that your prayers are filling up the golden bowls in the Throne Room with a beautiful, pleasing aroma in the heavenly realms at this very moment!

THURSDAY, SEPTEMBER 18

Today is the day! The guys are loading up and heading out! Some for the first time and others for their yearly trip...complete with bunk houses, fishing, campfires and steaks...but also, powerful speakers, alone time with God, fire teams, baptisms and Holy Spirit encounters- the **ULTIMATE** guy's weekend.

What I kept hearing as I was praying into this devotional was anticipation and hope. I remember all too well the anticipation and hope I felt as I sent my husband off for his first Boot Camp. The anticipation of what the Lord was going to do in his heart while he was away and the hope that he would have eyes to see, ears to hear and a heart open to receive all that **HE** had for him. I really wasn't sure what would happen. My husband had no desire to attend his first Boot Camp, and the enemy worked hard on him from the moment he tried to check in. By the time they got started that day, he was not in a great place mentally. Despite not knowing this at the time, my heart posture remained the same...that the Lord would do a good work and that seeds were planted. He answered those prayers above and beyond my wildest imagination. He did not come back the same man and our marriage and home haven't been the same since. Whether it's your husband, fiancé, boyfriend, son, brother, uncle or just friend... our men were created with divine purpose- to be the spiritual leaders of their households. Some of you have been praying for him to take on that role for **YEARS** and cannot wait for him to take that yoke from you. Others of you have been praying that very same prayer but will have a hard time letting go of the control you have grown so accustomed to (I know it sounds crazy but it's true). Others of you have no idea what you want to happen while he's away, but you know something needs to change. Still others of you, like me, have now done this for many years and so our prayer is that the Lord would continue the good work He started so many years ago.

Wherever you are, know that you are not alone. Our Heavenly Father hears the cries of your heart. He wants more than anything to watch him walk in his calling. He's ready and waiting for that surrendered heart. My encouragement to you is to **KEEP PRAYING!** Persistent prayer creates suddenly moments. Whether your husband returns a different person, ready and willing to walking in his God-given identity and destiny or he returns a little skeptical and unsure, or he may return with tough conversations that need to be had...**DON'T GIVE UP!** Regardless of where he's at when he returns, the Lord will continue the work that He's started. The seeds have been planted and with some love, nurturing, community, prayer and relationship with Jesus... they **WILL** grow.

I can't wait to hear the amazing testimonies from the weekend!

QUESTIONS AND ACTION STEPS:

1. What are you hoping and praying for your husband to experience during his time at Boot Camp?
2. Is your heart open and/or willing to submit to the spiritual leadership from your spouse? If the answer is no, ask the Lord to do a work in your heart during this time. Ask God what steps you need to take to be in that place of submission.
3. Ask the Lord for specific areas of prayer as you pray for your guy this weekend. What is he showing you? Journal your prayers, dates and times so you can see His goodness and faithfulness as you discuss his time away upon his return.

PRAYER:

Father, we ask that as these men are away, you would place a hedge of protection and peace over these homes and families. We know all too well the schemes of the enemy and we rebuke his interference and the chaos he brings. Lord, we ask that you would wrap these men up and that they would have an encounter with you that they cannot deny. Lord, give them eyes to see, ears to hear and a heart to receive all that you have for them. Place the right people in their path this weekend – those who will speak truth and life into them. May they find a place of community and belonging. We're asking that these men come back walking in their divine purpose and calling. Lord, if tough conversations need to take place, we pray there would be abounding grace, forgiveness and Love. We know that with you we can do hard things. Be with us and guide us, we ask in Jesus' name!!

FRIDAY, SEPTEMBER 19

Hey Beautiful Women,

We're a few days into Boot Camp now, and I just want to take a moment to cheer you on. I know it's not always easy when your husband is away — especially when the house feels a little quieter (or maybe a little louder if you've got kiddos like I do). Whether you're in a season with no kids, juggling little ones, navigating the teen years, or living in an empty nest, I want to remind you: you can do this.

More importantly — you're not doing this alone. Not only are we standing together as a community of women, but God is right here with you.

This weekend, our husbands are diving into the theme: Rooted. What does that mean for us, as women standing in the gap in prayer?

“So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.”

— Colossians 2:6-7

To be rooted means to be established deeply and firmly. It's a picture of strength, stability, and life — like a tree drawing strength from underground even when storms hit.

Here's the truth: your husband is learning what it looks like to be rooted in Christ. But you're being invited into that same transformation. Being rooted and grounded in God's love gives us the strength to live with joy, peace, and perspective — especially when life feels shaky.

Let me lovingly challenge you:

1. Have you unintentionally placed your husband in a place meant only for Jesus?
2. Have friendships, children, or even ministry taken the highest place in your heart?
3. Ask the Lord to show you where your roots are really planted.

When Jesus is our first priority, everything else finds its rightful place:

- Jesus first.
- Spouse second.
- Family next.
- Then the rest.

When our priorities align with God's Word, our hearts find peace, and our relationships flourish. Otherwise, we'll always be chasing fulfillment in the wrong places.

Tonight, ask the Lord to meet your husband powerfully at Boot Camp. Ask Him to do something eternal in his heart. And pray that you and your husband would be deeply united — in love, in friendship, and in pursuit of Jesus above all else.

You are not alone. You're a warrior too. And your prayers are powerful.

SATURDAY, SEPTEMBER 20

As your husband's time at boot camp wraps up, God is not wrapping up His work in him. In fact, this is just the beginning of the transformation God is shaping—both in him and in you. God designed our husbands to be the spiritual leaders and heads of the household. Yet, we as wives often step into that role—whether out of habit, fear, or frustration—and then find ourselves resentful when our husbands don't lead in the way we desire. But this was never the role God intended for us. As helpmates, we are called to support, not to replace.

While we pray for our husbands to rise into their God-given calling, we need to examine our own hearts: Am I truly willing to surrender control? Am I willing to submit in trust and create space for my husband to lead?

Releasing control is not a sign of weakness—it is an act of worship. Entrusting your husband to God is not abandoning hope for growth or change—it is placing him in the hands of the One who created him and who knows the plans and purposes He has ordained for your man's life. Trusting God with the unknown—especially in seasons of distance, transition, or uncertainty—requires courage and faith. But it also brings peace. Because the One who called your husband is faithful. He is working behind the scenes in ways you can't yet see. And He's preparing both of you for the journey ahead.

QUESTIONS:

1. What areas am I trying to control in my marriage that I need to give to God?
2. Am I giving my husband room to grow and lead, or am I holding on too tightly?

VERSE:

Isaiah 43:18-19 NLT

“But forget all that— it is nothing compared to what I am going to do. For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland.”

PRAYER:

Father, thank you for my husband. I release him to you, the Son and the Holy Spirit. Will you remind him that surrendering control is the opposite of weakness? It is his greatest strength. Replace fear of the unknown with certainty of who **YOU ARE** and who holds his future and his family's future. When he comes home, increase my awareness

of moments where he is desiring to fix things so that I can be gentle in spirit and point him back to the truth that you hold everything together. As Boot Camp comes to an end, give him discernment to know what is his to hold and what is Yours to handle; then saturate him in courage to let it go. Thank you for making him a man after Your own heart. Thank you for the work you've done in him this weekend.

SUNDAY, SEPTEMBER 21

As I have been sitting with the Father and asking what He wants to say to wives during this time, He brought me back to my very first experience as a Bootcamp wife. I remember the ache of my husband being away—no texts, no calls, wondering what is God doing there, will there even be a change? Yet somehow, I still trusted God was moving in his life and in our family. Then Saturday night happened. Our nearly two-year-old daughter had a seizure the medical team could not bring her out of. We were taken by helicopter to Cook Children's Hospital. Fear and chaos tried to consume me. My husband was gone, and I felt alone in the storm. But God was still there, and He was comforting me. At first, we were unable to reach my husband. We were finally able to contact someone at the camp who found him. A few minutes later an unexplainable peace washed over me. Not because of the machines or the doctors said anything new—but because the presence of God surrounded us. I knew He had her. I knew He had us.

That Sunday morning, instead of my husband coming home from Bootcamp to exchange hugs and stories, he walked into a hospital room to see his little girl surrounded by machines and wires. It was a different kind of hard. But even then, God showed up. What I did not know until later was that while I was experiencing God's peace, a circle of men surrounded my husband in prayer—crying out for a child they had never met. That peace I felt? That was only something that could come from Heaven, and it was God answering their prayers in real time. We watched as God healed her completely leaving no earthly reason as to what happened. Doctors struggled and tried to explain what happened medically, but we know we serve a mighty God, and He was the answer. Today, our daughter is almost 6 and she is seizure free and healthy!

I do not know what the last few days have looked like for you. Maybe the days have been quiet, full of hope, busy or maybe they have been messy and confusing. But this I do know: God is on the move. Sometimes the answers to our prayers do not look like we expect. Even in the miracles we were watching unfold I had questions about why this was happening? Why my baby? Why did my husband's time at Bootcamp, where I knew God told me he needed to be, get cut short? So many things did not make sense. I kept praying and seeking God. God promises to exchange beauty for ashes. He is faithful. Now I see that everything I had been praying for and what my husband had been praying for, God answered. He was working then, and He is working now. It is important to know that just because we watched God move in such a big way and He answered so many prayers, that

does not mean that it was a huge change in my husband overnight. It was slight differences and changes I noticed overtime starting from that Bootcamp. It was me pressing in and asking Holy Spirit to reveal to me those changes and how I could best pray for him and encourage him! What the enemy was seeking to destroy and hide from me, Holy Spirit loved revealing to me!

Even if you are confused, even if it feels upside down—keep praying. Keep showing up. Keep aligning your heart with His. God hears. God sees. And He is not done yet.

QUESTIONS:

1. Have I invited God into the true emotions I am experiencing while my husband is away (confusion, pain, hope, anger, desperation, happiness, thankfulness)?
2. What areas do I need to surrender control and trust that God is working—even if it does not look like I thought it would?
3. Can I look back and see a moment where God gave me peace that did not make sense?

ACTION STEP:

Listen to How Can You Not (Leanna Crawford). Take a few minutes today to journal what you are praying for your husband while he is at Bootcamp. Then write down one area where you need to experience God's peace for yourself. Ask the Holy Spirit to give you eyes to see where He is already moving.

VERSE:

“You will keep in perfect peace those whose minds are steadfast, because they trust in you. Trust in the Lord forever, for the Lord, the Lord Himself, is the rock eternal.” Isaiah 26: 3-4

MONDAY, SEPTEMBER 22

Beloved, the day after your husband returns can be challenging. I know as a wife I'm excited to hear all about boot camp immediately when he gets home, I want to hear about all the testimonies, and all the things my husband learned while at camp. However, he isn't always ready to share right away, and if you have kiddos, they want to spend time with dad too. He may be back at work already and you and your family are back into your weekly routine, so you haven't had much time to talk yet. You may be on the other end of the spectrum and your husband shared all kinds of things with you, but there is a part of your heart that may not believe what he is sharing, you might be thinking "yeah, we'll see, time will tell" or you might even be thinking "that's it, that's all you learned?" Disappointment may be knocking on the door of your heart. Do **NOT** let it in!

As I was praying how to encourage your heart today, I heard the Lord's invitation to **TRUST** Him for **HE** is faithful. Trust that **HE** is working. Trust that seeds were planted. Trust that seeds were watered. Trust that if you sent your man off with hardened soil that the Lord worked to soften the soil of his heart. Whatever, you were praying would happen for your husband at boot camp **TRUST** that God is doing something in his heart for God is faithful. Today let us choose to put our **TRUST** in God and what He has accomplished, even if we don't yet see it, for He is faithful.

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths." Proverbs 3:5-6

QUESTIONS:

1. Where have you seen the Lord be faithful in your life?
2. Where have you been putting your trust lately?

ACTION STEP:

1. Read the boot camp declaration out loud
2. Read Psalm 118
3. Pick one verse from the Psalm that encourages you to choose to trust God and write it out (in your journal on a 3x5 card on a napkin)-writing it out helps our brains connect to what we are writing in a deeper way.
4. Set a timer and spend two minutes reading that verse out loud over and over
5. Read the prayer below out loud

PRAYER:

Lord, thank you for my husband. Thank you for all that I trust you did in his heart this weekend. Help me to place my trust in you and not in his attitude or his behavior. Help me to glimpse the transformation you have begun in him because I know **YOU** will be faithful to complete it. I will not partner with disappointment and give my husband over to you. I choose to believe, help my unbelief. In Jesus name, Amen!

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal blue lines across its entire width. The lines are thin and consistent in color, set against a plain white background. There are no margins, text, or other markings present on the page.

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