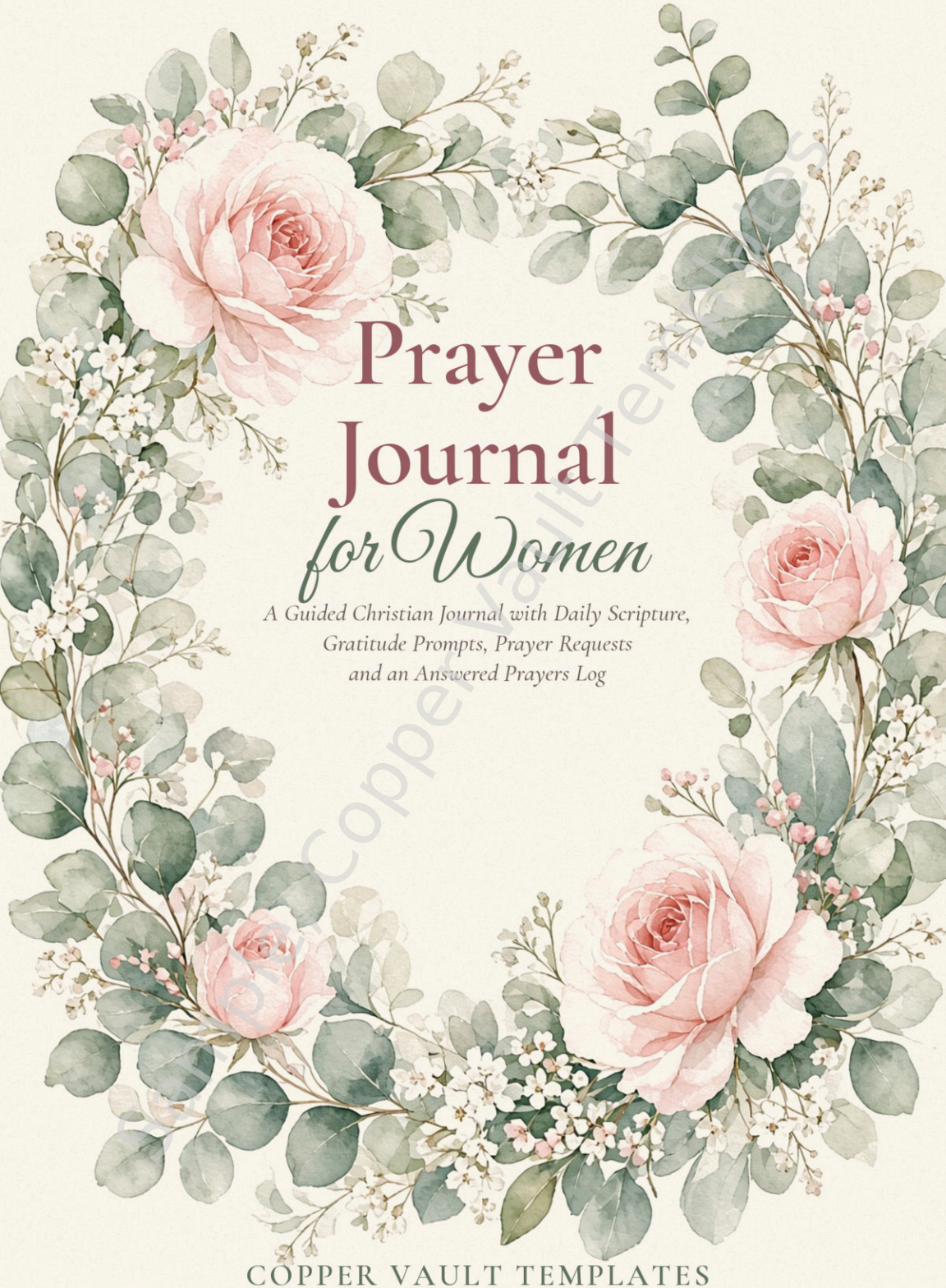


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How to Use This Journal

This journal is a quiet place to meet with God. Use it in the morning, at night, or whenever you have a few minutes. There is no right or wrong way to pray, and you never need to fill every line.

1. Start with My Prayer List. Write down the people and needs you want to bring to God.
2. Write new requests on the Prayer Requests pages with the date. When a prayer is answered, check the box and add the date.
3. Record each answer in the Answered Prayers Log, so you can look back and see God at work.
4. The journal has 12 themes, such as Peace, Trust and Joy. Use one theme each month. Each theme opens with a verse for the month and space to set your intentions.
5. On each prayer page, read the verse slowly, answer the reflection question, list three things you are thankful for, then write your prayer.
6. Close each theme with the Monthly Reflection page.
7. Keep favorite verses and anything else on the pages at the back.

A SIMPLE PATTERN FOR PRAYER

Praise	Tell God who He is to you.
Confess	Bring Him what weighs on your heart.
Thank	Name the good gifts in your day.
Ask	Pray for others and for your own needs.

Verses are from the World English Bible (WEB) and the King James Version (KJV), both in the public domain.

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My Prayer List

The people, places and needs I carry to God

FAMILY

FRIENDS

CHURCH AND COMMUNITY

MY OWN HEART AND WALK WITH GOD

OUR NATION, OUR LEADERS AND THE WORLD

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THEME 1 OF 12

Peace





MONTH _____

VERSE FOR THE MONTH

In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God.

Philippians 4:6 (WEB)

THIS MONTH I AM PRAYING FOR

MY HOPES FOR THIS MONTH

ONE WAY I WANT TO GROW CLOSER TO GOD

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PEACE

DATE _____

And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.

Philippians 4:7 (WEB)

REFLECT *What is this verse saying to me today?*

_____

_____

TODAY I AM THANKFUL FOR

1. _____
2. _____
3. _____

MY PRAYER ☐ **ANSWERED**

_____

_____

_____

_____

_____

_____

I AM PRAYING FOR

_____

_____

_____

I GIVE TO GOD TODAY

_____

_____

_____

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