A PRAYER JOURNAL

Prayer *Journal*

Pages for talking with God, and for keeping your people in prayer.

This journal belongs to _____

Started on _____

Free to print and share, not to sell

How to use *this journal*

There's no wrong way to keep a prayer journal. Write to God the way you'd talk to a close friend, and write down the people on your heart so you don't forget them. Some days you'll fill a page. Some days you'll write one line. Both count.

TWO SIMPLE WAYS TO PRAY

for the days you don't know where to start

The five P's

Praise	Tell God who He is to you today.
Pardon	Name what you got wrong, and let Him forgive you.
People	Pray for others by name, the hard ones too.
Petition	Ask for what you need, big or small.
Purpose	Ask what He wants of you. Then listen a while.

ACTS

Adoration	Praise God for who He is.
Confession	Be honest about where you fell short.
Thanksgiving	Thank Him for specific things from today.
Supplication	Ask, for the people you love and for yourself.

Page 6 walks you through ACTS, one step at a time.

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A FEW TIPS

- Start with five minutes. A short prayer you pray beats a long one you skip.
- Nothing here is dated, so a missed day is just a page you didn't use. Start again where you are.
- Print the daily pages as often as you like. Keep the rest at the front of a binder.
- When a prayer is answered, write it on page 8, then tell the person you were praying for.

A PRAYER TO BEGIN

Lord, I don't always know what to say. Teach me to talk with you the way I'd talk with a friend. Bring the right people to mind as I write, and help me notice when you answer. Amen.

"Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us." **PSALM 62:8**

My *people*

Write their names here so you don't forget them. Pray through one circle a day, or one name at a time.

FAMILY

the people you call home

Name	What they're carrying

FRIENDS

the ones who'd answer at 2am

Name	What they're carrying

CHURCH

leaders, your group, the person beside you

Name	What they're carrying

HARD TO LOVE

the ones it costs you to pray for

Name	What they're carrying

"I thank my God upon every remembrance of you." **PHILIPPIANS 1:3**

This *week*

Week of _____

Day & focus		Told them
Monday family		○ ○ ○
Tuesday friends		○ ○ ○
Wednesday church & leaders		○ ○ ○
Thursday work & neighbors		○ ○ ○
Friday the world		○ ○ ○
Saturday someone hard to love		○ ○ ○
Sunday your own heart		○ ○ ○

ANSWERED THIS WEEK

_____

_____

_____

"Continue in prayer, and watch in the same with thanksgiving." **COLOSSIANS 4:2**

Daily *prayer*

Date

TODAY'S VERSE

Dear God,

Amen.

WHO I'M PRAYING FOR

told them?

WHAT I'M THANKFUL FOR

1

2

3

4

5

6

7

"My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up." **PSALM 5:3**

Daily *prayer*

Date

A ADORATION *God, you are...*

C CONFESSION *Forgive me for...*

T THANKSGIVING *Thank you for...*

1

2

3

4

5

S SUPPLICATION *Please...*

For others	Told them	For me
	○	
	○	
	○	
	○	
	○	
	○	
	○	

WHAT I SENSED, OR WANT TO REMEMBER

"The LORD is nigh unto all them that call upon him, to all that call upon him in truth." **PSALM 145:18**

Prayer *requests*

DATE	FOR	REQUEST	UPDATE	ANSWERED
				○
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"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." **MATTHEW 7:7**

Answered *prayers*

Asked _____ *I prayed* _____

Answered _____ *God answered* _____

Told them

Asked _____ *I prayed* _____

Answered _____ *God answered* _____

Told them

Asked _____ *I prayed* _____

Answered _____ *God answered* _____

Told them

Asked _____ *I prayed* _____

Answered _____ *God answered* _____

Told them

Asked _____ *I prayed* _____

Answered _____ *God answered* _____

Told them

"I will remember the works of the LORD: surely I will remember thy wonders of old." **PSALM 77:11**

Pray the *Scripture*

Date _____

THE VERSE

"Thy word is a lamp unto my feet, and a light unto my path." **PSALM 119:105**

PRAYED FOR A FRIEND

Lord, Jess starts her new job on Monday and doesn't know anyone there. Be a lamp for her. Show her the next step, then the one after that.

1 WRITE THE VERSE

Reference _____

2 WHAT DOES IT SHOW ME ABOUT GOD?

3 PRAY IT FOR SOMEONE

For _____

4 PRAY IT FOR ME

Sermon & *study notes*

Date _____ Speaker or leader _____ Passage _____

THE BIG IDEA

in one sentence

NOTES

VERSES TO LOOK UP

QUESTIONS

TURN IT INTO A PRAYER

Lord, after today I want to...

Who needs to hear this? _____

"But be ye doers of the word, and not hearers only, deceiving your own selves." **JAMES 1:22**

Monthly *review*

Month _____

DAYS I PRAYED

fill one in each day

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

WHERE DID I SEE GOD THIS MONTH?

PRAYERS ANSWERED

STILL WAITING ON

PEOPLE TO KEEP PRAYING FOR

WHAT I'M LEARNING

WHAT I'M BRINGING TO GOD NEXT MONTH

"Bless the LORD, O my soul, and forget not all his benefits." **PSALM 103:2**

Pray with *your people*

This journal is for you and God. When you want a few friends praying with you too, PrayerBoard is a free app for small, private prayer circles. Share a request with your family or small group, see when someone has prayed for you, and celebrate the answers together.

prayerboard.co

"Bear ye one another's burdens, and so fulfil the law of Christ." **GALATIANS 6:2**

PRINTING Print at actual size (100%) on Letter or A4. Print pages 4–6 as often as you need them. For a folded half-letter booklet, print the booklet PDF on both sides, flip on the short edge, fold and staple.