



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.



A PRAYER JOURNAL



Prayer *Journal*

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

This journal belongs to _____

Started on _____



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

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.

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.

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

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 BRINGING TO GOD NEXT MONTH

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

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

My people

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
<i>Monday</i> family	☐ ☐
<i>Tuesday</i> friends	☐ ☐
<i>Wednesday</i> church & leaders	☐ ☐
<i>Thursday</i> work & neighbors	☐ ☐
<i>Friday</i> the world	☐ ☐
<i>Saturday</i> someone hard to love	☐ ☐
<i>Sunday</i> your own heart	☐ ☐

ANSWERED THIS WEEK

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

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

Answered *prayers*

Asked _____ Answered _____ ☐ Told them

I prayed

God answered

Asked _____ Answered _____ ☐ Told them

I prayed

God answered

Asked _____ Answered _____ ☐ Told them

I prayed

God answered

Asked _____ Answered _____ ☐ Told them

I prayed

God answered

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

Daily *prayer*

Date _____

TODAY'S VERSE

Dear God,

Amen.

WHO I'M PRAYING FOR

told them?

WHAT I'M THANKFUL FOR

1

2

3

*"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

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	DONE
			☐
			☐
			☐
			☐
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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**