



Prayer Journal

*"Rejoice always, pray
without ceasing, give
thanks in
all circumstances."*

1 Thessalonians 5:16-18

The following is a daily prayer journal, a place where you can write your prayers to God. Each day you will find a Bible passage to read, a key Bible verse on which to focus and a suggested direction for your prayer. As you write in your prayer journal each day, you may want to find a candle you can light during your prayer time. May God bless your prayer time these next weeks.

Monday, Week 1

Read Psalm 104

*"O Lord, how wonderful are your works! In wisdom you
have made them all; the earth is full of your creatures!"*

Psalm 104:24

Today, write a prayer thanking God for something you like in creation.

Tuesday, Week 1

Read Isaiah 9:2-7

"The people who walked in darkness have seen a great light; those who have lived in a land of deep darkness-- on them has light shined."

Isaiah 9:2

Do you know someone who is going through a "dark" time right now--perhaps someone who is depressed, someone who is having trouble at home, someone struggling with drug or alcohol problems?

Light a candle and write a prayer for that person.

Wednesday, Week 1

Read Romans 12:1-2

"Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God--what is good and acceptable and perfect."

Romans 12:2

There are lots of voices trying to get our attention in the world, all telling us to do different things. How do we tell which voice is God's?

Today, write a prayer asking God to help you listen for what God wants you to do.

Thursday, Week 1

Read Matthew 6:25-33

"Do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear."

Matthew 6:25

Do you ever worry about money or about how they are going to pay the bills or about what will happen tomorrow? God promises to provide, not always what we *want*, but what we *need*.

Today, write a prayer asking God to help those who are worried about having enough.

Friday, Week 1

Read Philippians 4:8-9

"Whatever is true, whatever is just, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable...think about these things."

Philippians 4:8

Did you have unkind thoughts about others today? Did you think about things that would not be pleasing to God? What thoughts did you have that you would never say out loud? In your prayer below, confess those thoughts to God.

Saturday, Week 1

Read Luke 12:13-18

"Take care! Be on your guard against all kinds of greed; for one's life does not consist in the abundance of possessions."

Luke 12:15

What possession would be the hardest for you to live without?

What do you own that you would be reluctant to share?

Write a prayer talking to God about greed and your answer to these two questions.

Sunday Week 1

Read John 15:12-17

"I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father."

John 15:15

Think about your family. In what areas do they need your prayers today?

Think about your friends. For what do they need prayer?

Write a prayer for your family and friends today.

Monday, Week 2

Read 1 Thessalonians 1:3-14

*"In our prayers for you, we always thank God,
the Father of our Lord Jesus Christ, for we have heard
of your faith in Christ Jesus"*

1 Thessalonians 1:3

Today, write a prayer thanking God for a person you know.

Tuesday, Week 2

Read Isaiah 58:6-9

*"Then your light shall break forth like the dawn, and
your healing shall spring up quickly..."*

Isaiah 58:8

There are people you know who need healing, those who are sick, recovering from surgery, facing illness.

Light a candle and write a prayer for those people.

Wednesday, Week 2

Read Jeremiah 29:10-14

"For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope."

Jeremiah 29:11

Are you facing a difficult decision, or do you know someone who is? Do you wonder where God is leading you in the future? Does it help to know your future is safely in God's hands?

Write a prayer asking for God's guidance and direction for those facing difficult decisions or uncertain futures.

Thursday, Week 2

Read Luke 11:1-13

"Give us this day our daily bread."

Luke 11:3

Today, think about all the things God has provided for you: food, clothing, a place to live, friends, people who love you, work.

Write a prayer thanking God for providing these daily

Friday, Week 2

Read Ephesians 4:25 - 5:2

"Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to all who hear."

Ephesians 4:29

Did you say anything that hurt someone else today?
Have you said hurtful things in the past for which you never asked forgiveness? In your prayer below, tell God what those words were.

Saturday, Week 2

Read 1 Peter 3:8-17

"Those who desire life and desire to see good days, let them keep their tongues from evil and their lips from speaking deceit."

1 Peter 3:10

Our tongues can be dangerous weapons. Do you ever catch yourself saying sharp, cutting remarks? Do you put people down? Do you criticize others? Do you call people names? Are you sarcastic? Do you use foul language?

Write a prayer telling God about the times you have used your tongue to hurt others. Wednesday, Week 1
Read Psalm 118:21-19

"This is the day that the Lord has made; let us rejoice and be glad in it."

Psalm 118:24

Today, write a prayer thanking God for something good that happened today.

Sunday, Week 2

Read 2 Corinthians 6:1-10

"As we work together with him, we urge you also not to accept the grace of God in vain."

2 Corinthians 6:1

Think about the people with whom you work, or the people with whom you go to school (including the teachers, principal, and staff).

Write a prayer for your fellow students, those who work at your school, or your coworkers at your job.

September 20, 2004

Read Psalm 107:1-9

"O give thanks to the Lord, for he is good; for his steadfast love endures forever."

Psalm 107:1

Write a prayer thanking God for one way God took care of you today, or thanking God for something God provided that you needed .

Monday, week 3

Read Psalm 118:21-19

*"This is the day that the Lord has made;
let us rejoice and be glad in it."*

Psalm 118:24

Today, write a prayer thanking God for something good that happened today.

Thursday, Week 1

Read Psalm 139:1-18

*"I praise you, for I am fearfully and wonderfully made.
Wonderful are your works; that I know very well."*

Psalm 139:14

Today, write a prayer thanking God for something good about yourself.

Tuesday, Week 3

Read Matthew 5:13-16

*"Let your light shine before others, so that they may
see your good works and give glory to your Father in
heaven."*

Matthew 5:16

Who brightened your day today? Who encouraged you or made you smile?

Light a candle and write a prayer thanking God for that person.

Wednesday, Week 3

Read Matthew 6:5-13

*"Your kingdom come, your will be done,
on earth as it is in heaven."*

Matthew 6:10

Everyday on the news we hear about war, violence, starvation, hatred, poverty, natural disasters, disease.

Today, pick one of these troubles facing our world and write a prayer asking God to work in that situation .

Friday, Week 1

Read Psalm 145

*"Great is the Lord, and greatly to be praised;
his greatness is unsearchable."*

Psalm 145:3

Write a prayer praising God for something great about God.

Thursday, Week 3

Read Psalm 23:1-6

"The Lord is my shepherd, I shall not be in want."

Psalm 23:1

Have you ever thought about the difference between your wants and your needs? There may be lots of things we want, but how much do we really need?

On the left-hand side below, write down your wants (the things you would like to have). On the right-hand side, write down your needs (the things that are necessary for your survival and well-being).

WANTS

NEEDS

God knows the difference between what we truly need and what we think we need. Ask God to provide what God sees as best for you.

Friday, Week 3

Read John 3:17-21

"For those who do evil hate the light and do not come to the light, so that their deeds may not be exposed."

John 3:20

Have I acted or behaved in ways of which I am not proud today? How? Write them down in prayer to God.

September 20, 2004

Read Psalm 107:1-9

"O give thanks to the Lord, for he is good; for his steadfast love endures forever."

Psalm 107:1

Write a prayer thanking God for one way God took care of you today, or thanking God for something God provided that you needed .

Saturday, Week 3

Read 2 Peter 1:3-11

"Thus he has given us...great promises, so that through them we may escape from the corruption that is in the world because of lust, and may become participants of the divine nature."

2 Peter 1:4

You don't have to look far on T.V. or in the movies to see examples of lust and sexuality gone astray. We do have the choice to either keep looking or to look away.

Write a prayer asking God to help you when you are tempted in areas of sexuality.

Sunday, Week 3

Read 1 Peter 2:13-17

"For the Lord's sake accept the authority of every human institution, whether of the emperor as supreme, or of governors, as sent by him..."

1 Peter 2:13

Whether you like our elected leaders or not, it is our calling as Christians to pray for those in authority.

Today, pray for our president, our government leaders, our community leaders, and our church leaders.

Monday, Week 4

Read Psalm 139:1-18

"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well."

Psalm 139:14

Today, write a prayer thanking God for something good about yourself.

Tuesday, Week 4

Read 1 John 2:7-14

"Whoever says, 'I am in the light,' while hating a brother or sister, is still in the darkness."

1 John 2:9

Think about the people you are having trouble with in your life right now: people with whom you have had a fight, people with whom you don't get along, people you don't like.

Pick one of those people, light a candle and write a prayer for that person and your relationship with him/her.

Wednesday, Week 4

Read Philippians 2:1-13

"For it is God who is at work in you, enabling you both to will and to work for his good pleasure."

Philippians 2:13

What is God calling you to do today? Are you willing to go where God sends you and to do what God asks of you, even if you don't feel like it? Today, ask God to use you.

At the end of this day, look back over your day. How did God use you? Did you help someone? Did you take time to listen to someone? Did you resist a temptation (doing something wrong)? Where do you see that you **didn't** do God's will today?

Write a prayer about these things.

Thursday, Week 4

Read Isaiah 43:1-7

*"Do not fear for I have redeemed you;
I have called you by name, you are mine."*

Isaiah 43:1

What is your biggest fear? When you are afraid, what do you usually do?

God is bigger than all our fears. Today, write a prayer sharing your fears with God.

Friday, Week 4

Read 1 Thessalonians 5:12-22

"See that none of you repays evil for evil, but always seek to do good to one another and to all."

1 Thessalonians 5:15

Are there others I would like to "get back at" or punish in my life? Tell God with whom you are angry in your written prayer today. Ask God to help you work through it.

Saturday, Week 4

Read 1 James 3:13-18

*"For where there is envy and selfish ambition,
there will also be disorder and wickedness of every kind."*

James 3:16

Do you ever catch yourself wanting what someone else has?

"I wish I had that car, or that house, or that girl/boyfriend or that hair, or those muscles..."

What thing do you find yourself most envying in others?

Write a prayer confessing that to God today.

Sunday, Week 4

Read James 5:3-18

"Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord."

James 5:14

Pray for those you know who are sick today.

Monday, Week 5

Read Psalm 145

*"Great is the Lord, and greatly to be praised;
his greatness is unsearchable."*

Psalm 145:3

Write a prayer praising God for something great about God.

September 21, 2004

Read Psalm 71:14-21

*"O God, from my youth you have taught me,
and I still proclaim your wondrous deeds."*

Psalm 71:17

Write a prayer thanking God for something new you learned this past week.

Tuesday, Week 5

Read Ephesians 5:6-20

*"Live as children of the light...take no part in the
unfruitful works of darkness..."*

Ephesians 5:8b,11a

Think about the words you said today. Were any of them words that you wouldn't want God to hear? Think about the things you did today. Were they things Christ would have done? Think about the thoughts in your mind today. Would you want to say them out loud?

Light a candle and write a prayer of confession for any thoughts, words or deeds you regret today.



Wednesday, Weel 5

Read Colossians 1:9-14

"We have not stopped praying for you and asking that you may be filled with the knowledge of God's will in all spiritual wisdom and understanding, so that you may lead lives worthy of the Lord..."

Colossians 1:9-10

Do you know someone who is struggling to know what direction God wants them to take in their lives?

(perhaps someone who is facing pressure to use drugs or alcohol, someone who is being pressured in a relationship, someone who is trying to decide what college to attend, someone trying to decide whether or not to take a certain job...)

Write a prayer for God to give guidance and direction to this person today.

Thursday, Week 5

Read Psalm 33:13-22

"Our soul waits for the Lord; he is our help and shield..."

Psalm 33:20

Is there something with which you need help today: some problem you are facing, some decision you need to make, a test at school, a struggle with a friend, tension at home?

God promises to provide the help we need. Write a prayer asking God for whatever help you need today.

Friday, Week 5

Read Matthew 25:31-46

"Truly I tell you, just as you did NOT do it to one of the least of these, you did NOT do it to me."

Matthew 25:45

Are there things you left undone today? Did you avoid someone? Did you ignore someone? Did you put off some unpleasant job or task? Write a prayer telling God about the things you left **UNDONE** today.

Saturday, Week 5

Read Ephesians 4:25-32

"Be angry, but do not sin; do not let the sun go down on your anger, and do not make room for the devil."

Ephesians 4:26

It's not anger that is necessarily a problem (even Jesus got angry in the temple), it's what we do with our anger that can be a problem. What do you do when you get mad? Blow up? Slam doors? Give the silent treatment? Shout? Hit something?

Does how you handle your anger get you in trouble or cause problems? Write a prayer asking God to help you find a way to deal well with your anger.

Sunday, Week 5

Read Isaiah 61:1-11

*"...the Lord has sent me to bring good news to the
oppressed,
to bind up the brokenhearted, to proclaim liberty to
the captives, and release to the prisoners..."*

Isaiah 61:1

Pray for those who are in need today: the poor, the hungry, the homeless, those in prison, the oppressed, the lonely, those who are afraid.

Monday, Week 6

Read Psalm 107:1-9

*"O give thanks to the Lord, for he is good; for his
steadfast love endures forever."*

Psalm 107:1

Write a prayer thanking God for one way God took care of you today, or thanking God for something God provided that you needed .

Tuesday, Week 6

Read Matthew 10:26-33

"What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops."

Matthew 10:27

Do you know someone who does not know Jesus? Do you know someone who could really use the hope and forgiveness Jesus can give them?

Light a candle and write a prayer for that person. Ask God for the courage to share your faith with him/her.

Wednesday, Week 6

Read Psalm 57

*"I cry to God Most High,
to God who fulfills his purpose for me."*

Psalm 57:2

Are you facing a problem that you just don't know how to handle? Today, bring that problem to God. God knows what to do.

Write a prayer asking God to help you with this problem.

Thursday, Week 6

Read Genesis 22:1-19

"Abraham called that place, 'The Lord will provide.'"

Genesis 22:14

Do you ever wonder what God is up to and how God could possibly be working through some of the difficult situations in which you find yourself? Abraham probably wondered the same thing.

Write a prayer asking for help to trust God, even when you don't understand what God is doing in your life.

Friday, Week 6

Read Psalm 51

"Against you, you alone, O Lord, have I sinned and done what is evil in your sight..."

Psalm 51:4

There are sins that we commit that no one else knows about. But, we know about them. And God knows about them. Write down any "secret" sins you may have in your prayer today. *(You can use code words or initials if it is too private for writing on paper.)*

Saturday, Week 6

Read Proverbs 16:18-19

*"Pride goes before destruction,
and a haughty spirit before a fall."*

Proverbs 16:18

Self-esteem (feeling good about yourself) is different than pride. Pride is what keeps you from asking for help when you need it. Pride is thinking you are better than others. Pride is being overly concerned about how you look or what others think of you. Do you ever struggle with pride?

Write a prayer telling God about times when pride is a temptation for you.

Sunday, Week 6

Read Genesis 31:43-54

*"The Lord watch between you and me,
when we are absent one from the other."*

Genesis 31:49

Think about the people you miss, people who have died, people who have moved away, people you don't see very often.

Write a prayer asking God to be with you and to watch over that other person whom you miss. If the person has died, thank God for that person's life.

Monday, Week 7

Read Psalm 71:14-21

*"O God, from my youth you have taught me,
and I still proclaim your wondrous deeds."*

Psalm 71:17

Write a prayer thanking God for something new you learned this past week.

Tuesday, Week 7

Read John 1:1-5

*"The light shines in the darkness,
and the darkness has not overcome it."*

John 1:5

There is no problem too big for God to handle. There is no trouble we face that God does not understand. There is no situation that, in God's hands, is without hope.

Today, light a candle and write a prayer for yourself.

Wednesday, Week 7

Read Luke 22:39-46

Jesus said, "Father, if you are willing, remove this cup from me; yet not my will but yours be done."

Luke 22:42

Sometimes it is hard to pray for God's will to be done. We want it to be done our way. When in your life have you prayed for your will to be done, knowing that it might not be God's will? What happened?

Today, write a prayer telling God about that time.

Thursday, Week 7

Read 2 Corinthians 9:8-15

"And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work."

2 Corinthians 9:8

What excuses do you use for not sharing the extra you have?

Do you consider yourself "abundantly blessed"?

Today, write a prayer listing your blessings and confessing the excuses you use to keep it for yourself.

Friday, Week 7

Read 1 John 1:5-10

"But, if we confess our sin, the one who is faithful and just will forgive our sins and cleanse us from all unrighteousness."

1 John 1:9

Read back over the sins you have confessed to God this week. Know that in Jesus Christ, God forgives you. Write a prayer telling God how you feel after confessing your sins this week.

Saturday, Week 7

Read Colossians 3:1-14

"Do not lie to one another, seeing that you have stripped off the old self with its practices and have clothed yourselves with the new self..."

Colossians 3:9

It can be tempting to not tell the whole truth: when we don't want to get in trouble, when we want to look good in front of others, when we don't want to hurt other people's feelings...

Do you ever tell "little white lies"? When?
Do you ever tell outright lies? When?

Confess these lies to God in prayer.

Monday, Week 6

Read Psalm 107:1-9

"O give thanks to the Lord, for he is good; for his steadfast love endures forever."

Psalm 107:1

Write a prayer thanking God for one way God took care of you today, or thanking God for something God provided that you needed.

Sunday, Week 7

Read Matthew 5:43-48

*"But, I say to you, Love your enemies
and pray for those who persecute you."*

Matthew 5:44

The hardest people to pray for are our enemies, the people we don't like, the people who have hurt us.

Today, write a prayer for one of your "enemies".