

# PRAYER JOURNAL



The purpose of a prayer journal is give guidance and encouragement to the Christian in prayer by:

- ❑ Keeping track of prayer requests
- ❑ Keeping track of answers to prayer

Some preliminary steps to take before you begin using your journal:

- ❑ Purchase a journal, blank book, or a notebook.
- ❑ Determine when you will regularly pray and where. Keep your journal in that place. To have such a specific plan is necessary to develop the habit of prayer.
- ❑ Be realistic in determining how long you will pray. A small amount on a regular basis is better than large amounts only rarely.
- ❑ Understand that prayer is one of the hardest spiritual disciplines practiced by a Christian. It takes work, resolve, and God's grace to stay with it regularly.
- ❑ Like almost every Christian there will be days you do not have your normally scheduled time of prayer. That is fine. Pick back up with it as soon as possible.

- ❑ Remember what prayer is. You are invited to communicate with God, to praise Him, thank Him, and bring your and others' needs to Him through Christ.

What you should do in your journal:

- ❑ Keep a list of all requests you have for self; family; church leadership, church, friends, co-workers, and those requests others give to you. Leave enough space in the margin so you can record answers. As the pages of requests grow, determine how many pages of requests you will cover a day. Each time you pray cover that amount. Add to the requests as your Bible reading prompts you to do so.
- ❑ If you have needs which require daily prayer for a time, write these on a post-it note, place this in your journal and move it through the journal as you make your way through it. Update it as needed.
- ❑ Have a section toward the back where you will at least occasionally list things for which you are thankful.
- ❑ As you write down requests for yourself and others, cover requests under these areas: Glorifying God, worship, faith, love for God; obeying God, application of Bible truth, unsaved for whom you are praying, evangelism fruitfulness, unity in the Church, Church leaders, governmental leaders, and effectiveness of specific ministries with which you are familiar.