

# How this journal works

## **Each week begins with a place to write prayer requests**

- from your family, friends and groups.

## **Each day has organized prayer in sections.**

- Lord, I Praise You for You are:
  - I praise You for I am fearfully and wonderfully made. Wonderful are Your works; my soul knows it very well.
  - Focus on an attribute of God.
  - See <https://www.pinterest.com/laurajanebarber/praise-the-lord/> for ideas.
- Forgive me, Father, for:
  - I confess my iniquity, I am sorry for my sin.
  - Write out all unconfessed sin that comes to mind.
- Thank you, God, for:
  - I give thanks to the Lord, for He is good; His love endures forever.
  - Write a short list of things you are thankful for. Mine often includes coffee.
- Lord I lift up to You:
  - Lord, hear my prayer, listen to my cry for mercy for them; in your faithfulness & righteousness come their relief.
  - Write out who you are praying for today.
- Please take these cares of mine:
  - I will cast all my anxieties on You for You care for me.
  - Write out your personal prayer requests and anything on your mind.
- Listening:
  - Speak, for your servant is listening.
  - I set a timer for a couple of minutes and make myself listen.
  - Note any thoughts that come to mind as you listen for God.
- Verse of the day:
  - Fix these words of mine in your hearts and minds; tie them as symbols on your hands and bind them on your foreheads.
  - From your Bible readings, write out a verse of focus for the day.
  - This is a great place to document Write the Word challenges.

## **Each day has a notes page with reflections**

On this page, I note what I've read that day in the Bible.

I then take notes over any revelations, thoughts, lessons, etc as I read the Bible.

## **How to print if you want it to look like a prayer journal if your copier won't automatically print on both sides:**

Print 7 copies of page 3.

Put those pages back in your printer (for mine, it's face down).

Print 1 copy of page 2.

Print 7 copies of page 4.

Then you should have a perfect week printed.

I put mine in a binder with dividers (you can order 52-tab dividers here: <https://amzn.to/2L2qTzM>).

I hole punch and add sermon notes at the end of the week in the section.

I can add anything else relevant to the binder by week as well.



M T W TH F S Su Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec  
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

Lord, I praise You for You are:	Forgive me, Father, for:	Thank You, God, for:
Lord, I lift up to You:	Please take these cares of mine:	Speak, for Your servant is listening:.
<p>Fix these words of mine in your hearts and minds; tie them as symbols on your hands and bind them on your foreheads.</p>		

