

How this journal works

First, there is a spot to note the date and what you read / studied that day.

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.
 - 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 lines for notes or reflections

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 4 copies of page 2.

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

Print 3 copies of page 2.

Print 1 copy of page 3.

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.

Prayer Requests:

A schedule for intentional prayer:

Day	Category
Monday	-self as a disciple -God's steward of time, money, resources, leadership -job / calling
Tuesday	-immediate family -marriage / SO -goals / hopes
Wednesday	-believers -Christian unity -your nation -nation's leaders
Thursday	-friends -world -world leaders -peace
Friday	-extended family -non-believers
Saturday	-hard-to-love -who hurt you -who you hurt
Sunday	-church -goals -missions -needs