



# Prayer Journal

INCLUDES 20 PROMPTS

By Rachel Wojo





hello ~

Have you ever wanted to start writing a prayer journal, but just didn't know where to begin? This question is very common because writing can cause us to sound a little alarm in our brains. The alarm goes something like: *This has to be perfect because it's permanent. I don't want to make any mistakes; I must think slowly and carefully. So what should I write?*

I hope you enjoy this guide for how to start keeping a prayer journal. Use the prompts to begin writing out your prayers to God on a regular basis and enjoy!

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# gather your supplies

## writing utensil

If you have a favorite writing pen, use it! If you want to be able to erase what you write, then a pencil or erasable pen might be your choice.

## journal

For your journal, there are all sorts of options. You could start with a blank journal that you can find anywhere. You can find blank journals at the dollar

store, drugstore, Target, or even at the grocery store in the greeting card section. If you want a specific look, color or design for your journal, then you may want to order it from a specialty store.

## ♡ choose a method

Write your thoughts to God in a blank journal.

Print a free prayer journal from the web.

Use your smartphone reminders.

Download a prayer app to try.

Keep a spreadsheet on your computer or online.

## *try it for a week*

Use your chosen method for a week and determine if it is the best one for your purposes.

By committing to a certain number of days per week, you can hold yourself accountable to follow through on writing.

Giving yourself grace to change methods after a week of usage provides an opportunity to find the method that works well for you.

# spill your heart

Write down exactly what you are thinking. Don't worry about following a certain order or style. Write what is on your heart. Don't erase and rewrite. That's what God would love to hear from you! Everything on your heart.

Some may disagree with this and immediately recommend following the Lord's Prayer or an order of praise first, etc. It's fine to have an order, but if having an order causes you to clam up and stare at the page, then forget the pattern.

Write your heart. If you find yourself running out of time, continue the next day. No rules, just prayers.



## *set, reach & reevaluate*

Set a number of journal entries as your goal and when you reach that number, read all that you have written.

You could set aside two weeks, a month or whatever time frame you'd like. Read what you have written and determine if you'd like to continue or set a new method. You could write out the benefits from your experience on one side of a sheet of paper and the changes you'd like to make on the other, then weigh them against each other.



❧ Prompt #1 ❧

Write a love letter to God.

## ❧ Prompt #2 ❧

Rewrite your favorite Scripture in prayer.

## ❧ Prompt #3 ❧

Write a thank you note for something for which you feel especially blessed.

## ~ Prompt #4 ~

Tell God how much you love him and  
praise him for who he is.

## ❧ Prompt #5 ❧

Write out a list of thanks for everyday things and pray the list to God.

## ❧ Prompt #6 ❧

Copy a meaningful prayer that someone else has written into your prayer journal.

## ❧ Prompt #7 ❧

Write out a prayer of praise  
for all God has accomplished  
in your life.

~ Prompt #8 ~

Write a prayer on behalf of a loved one.



## ❧ Prompt #9 ❧

Surrender all your thoughts  
to the Lord by writing out a  
prayer of giving yourself to him.

## ❧ Prompt #10 ❧

Pray a prayer of blessing over someone you love.

~ Prompt #11 ~

Pray for your enemies.

## ❧ Prompt #12 ❧

Take a prayer walk outside and for everything you see, give thanks.

## ❧ Prompt #13 ❧

Use a list of the names of  
God to write a prayer of  
thanks for who he is.

## ❧ Prompt #14 ❧

Follow the ch@t guide bookmark.

## ❧ Prompt #15 ❧

Write out a prayer for the “least of these” (Matthew 25:40) and ask God to show you your part in ministering to the homeless, disabled, or the elderly.

❧ Prompt #16 ❧

Write out a prayer of confession.



## ❧ Prompt #17 ❧

List out your priorities or decisions you must make in the next week.

## ❧ Prompt #18 ❧

List needs and pray over them,  
asking God to meet those needs.

## ❧ Prompt #19 ❧

Use a journal entry to  
pray for your local  
leaders, community,  
church and business.

## ❧ Prompt #20 ❧

Copy the Lord's Prayer from  
Matthew 6:9-13. Then rewrite  
the prayer using your own words.

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