

PRAYER JOURNAL

By Karen Braun

To cultivate your prayer journaling skills while appropriating the Word of God and at the same time the elements of focus, adoration, confession, thanksgiving and supplication, select one set of FACTS verses and the heading or theme and write them into the space provided.

Then take your pen and open your Bible. As you read each verse, consciously consider how that verse relates to the monthly theme and specific element of prayer. Begin to talk to God about it. As you listen, write out your impressions as a dialogue with God. Record what you say and what God says to you.

If you have never cultivated these individual elements of prayer, it may initially feel like a rigid and awkward exercise. Don't worry. The more you practice this skill, the more conditioned you will become by these values. Practicing out loud in a group is also powerful. Eventually they will shape your prayers into effective and very meaningful conversations that come quite naturally.

Trust God's Spirit to direct you. Begin by journaling this conversation with God. It is a great way to mark the beginning of your faith adventure in prayer. You will be blessed.



Date:

Theme:

Focus Verse:

Adoration Verse:

Confession Verse:

Thanksgiving Verse:

Supplication Verse:

"Don't worry about anything; instead pray about everything" (Philippians 4:5-6, NIV)