

# JOURNALING YOUR PRAYERS

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A prayer journal is a great way to spend time with God. Keeping a daily prayer journal helps you concentrate and see more clearly what you're learning from God as you read back over what you've been talking to Him about.

## How to Prayer Journal

After reading your Bible, get out a notebook and write down your prayers to God.

Write out your prayers for others.

Write out personal prayers.

Write out points of accountability for yourself and others.

Take notes on the Scripture you've read.

Thank God for the things He showed you in today's reading.

Confess sins and ask for His help to change.

## Do what works.

Explore different ways to journal your prayers until you find something that you're comfortable with, something that you will actually do. If you can't get yourself to stay with it, try something else. One of the biggest things about prayer and time with God is consistency. Find the method that will help you be the most consistent.

## Get a picture.

When you're praying for specific people, try to get a photo of each person and put them in your journal. You could use a section at the beginning of your journal to paste the photos. Then add prayer requests beneath each with a date. As you pray, flip back to these pages to see what requests you're praying for each person. As God shows you things to pray for, add them to the list with the date. As God answers those prayers, write the date answered.

## Listen for God.

Prayer is intended to be a conversation. If God speaks to you about something as you're praying or reading through a specific passage, write it down in your prayer journal and then spend time thanking Him for showing you that truth. Ask Him to speak to you through His Word and through the Holy Spirit.

## Deal with sin.

If you find that you're seeing signs of unconfessed sin building up in your life, spend time writing out all those things. List out the sins you haven't confessed and then pray for forgiveness and that God would change your heart in these things. (If you're afraid of people reading your journal, use abbreviations for things or your own code words or nicknames.) If you see patterns in the sins you list, pray that God would change those patterns and then make a note to continue to watch for those sins in your life. Prayer journals are a great way for you to watch how God grows you through the years. One day you will have a huge stack of journals filled with prayers to God. You will see how God has changed you over time and made you more like Him!