

7 DAY PRAYER JOURNAL

When we make a habit of talking to God, we make learning about Him part of our everyday faith.

DAY 1

Think about prayer as simply a conversation with God. You can do it anywhere and in a lot of different ways.

DO THIS: Write down two ways you plan to pray to God this week.

1. _____
2. _____

PRAY THIS: Thank God for being available and willing to listen to you no matter when or where.

DAY 2

When you commit to giving prayer a try, you start to form habits that make your relationship with God an everyday kind of thing!

DO THIS: Write down two times of the day you'll commit to talking with God every day this week.

1. _____
2. _____

PRAY THIS: Talk to God about how you want to make prayer a habit and how you want include Him in your daily life.

DAY 3

Expressing gratitude is a great way to connect with God. It serves as a reminder of all the good He's doing in your life, and it shows appreciation for God's perfect plan.

DO THIS: Write down two things you're thankful for.

1. _____
2. _____

PRAY THIS: Thank God for all of the good things He has done in your life, both in the past and present.



DAY 4

God wants to hear about things that are worrying or bothering you. He wants to be part of every aspect of your life!

DO THIS: Write down two things that are causing you stress, worry, sadness, or anxiety in your life.

1. _____

2. _____

PRAY THIS: Talk to God about the things in your life that aren't going as you'd hoped. Pray for His peace and comfort during these difficult times.

DAY 5

One of the most incredible things about God is that His forgiveness is always available to us! We just have to ask for it.

DO THIS: Write down two things that you feel guilt, shame, or regret about.

1. _____

2. _____

PRAY THIS: Ask for God's forgiveness for the areas of your life that need His grace, forgiveness, and love. Thank Him for always offering His forgiveness to us, even when we may not deserve it.



DAY 6

God wants you to come to Him when you have needs and desires. He wants to know where you need His help!

DO THIS: Write down two things that you want to ask God for.

1. _____

2. _____

PRAY THIS: Talk to God about what you need His help with. Ask Him to remind you that He's listening and working for your good, even if the answer doesn't come the way you want it to.

DAY 7

The more you talk to God, the more you'll get to know Him and trust Him.

DO THIS: Write down two areas of your life where you need to trust God more.

1. _____

2. _____

PRAY THIS: Ask God to remind you of His unwavering love, comfort, and forgiveness. Thank Him for always being by your side, through the good and bad. Pray that your trust in God will grow as you continue to build your relationship with Him.

