DEVOUT.ORG

Prayer *Journal*

"Continue in prayer, and watch in the same with thanksgiving." — Colossians 4:2

Name _____

Begun _____ Ended _____

BEFORE YOU BEGIN

How to use this journal

Read first, then write. Choose a short passage: a psalm, or a few verses from one of the Gospels. Read it slowly, twice. Write the reference at the top of the daily page.

Use the four boxes. The daily page follows a pattern called ACTS: Adoration (who God is), Confession (where you fell short), Thanksgiving (what you are grateful for) and Supplication (what you are asking, for yourself and others). A single line in each is a full entry.

Keep the list. Write requests on the prayer list with the date. When one is answered, tick the box and write how. Over the months this becomes the page you are most glad to have.

Look back once a week. The weekly review asks where you saw God at work. Sunday evening suits most people.

Miss a day? Turn the page. There is nothing to catch up on, and nobody is counting.

PRINTING

Print the cover and this page once. Print the daily page as often as you need it, double-sided for a month at a time, and the prayer list and weekly review as they fill up. The prompts on the last page are for the mornings when nothing comes.

COPYING

You are welcome to copy this journal for yourself, your small group or your church. Please don't sell it.

RATHER KEEP IT ONLINE?

Devout keeps the same practice on any device, with a passage and a question waiting each morning, a private journal and a prayer list that remembers the answers: devout.org/prayer-journal

Date _____ Passage _____

WHAT I NOTICED

ADORATION	CONFESSION
Who God is	Where I fell short
THANKSGIVING	**SUPPLICATION**
What I'm grateful for	What I'm asking, for me and for others

ONE THING TO CARRY TODAY

PRAYER LIST

What I’m praying for

DATE	REQUEST	✓	HOW IT WAS ANSWERED
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	

Week of

WHERE I SAW GOD AT WORK

PRAYERS ANSWERED THIS WEEK

WHAT I STRUGGLED WITH

A VERSE TO KEEP

NEXT WEEK I'LL PRAY FOR

FOR BLANK MORNINGS

Prompts

Take one, not the list. Answer it in a sentence if that is all you have.

GRATITUDE

1. What do you have that you once prayed for?

2. Name three ordinary gifts from yesterday.

3. Who has been kind to you this week, and did you tell them?

4. What is going well that you have stopped mentioning?

WORRY

5. What exactly are you afraid of? Name the specific thing.

6. What part of this is yours to carry, and what is not?

7. What did you fear this time last year, and what came of it?

8. What is the next small step, and when will you take it?

9. Ask for one night's sleep.

GUIDANCE

10. What are the actual options, written plainly?

11. What do you already know that you are avoiding?

12. Which option makes you a person you would like?

13. Who would you ask, and why haven't you?

CONFESSION

14. What do you not want to write down?

15. Who have you wronged, and what would repair look like?

16. Where were you unkind when it cost nothing to be kind?

17. What habit do you keep confessing without changing?

DRY DAYS

18. Write that it feels dry. Say so plainly, to God.

19. Copy out a psalm and let it pray for you.

20. When did prayer last feel alive? What was different?

21. Ask for nothing today. Just sit, and write the date.

OTHERS

22. Who are you carrying this morning? Write their names.

23. Who is hard to pray for, and why?

24. Who has no one praying for them?

25. Pray for someone else instead of yourself.