


Prayer Journal



A 30-Day Guided Journal



Daily Entry

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Start by writing a scripture verse you are meditating on today
 - Praise God for His character, then honestly confess and seek forgiveness
 - Give thanks for specific blessings and provisions in your life
 - Lift up prayer requests for others — family, friends, your community
 - Bring your personal needs and petitions before God
 - Note any answered prayers to celebrate and strengthen your faith
 - Close with a reflection on what God is teaching you



Scan for a detailed guide on how to use this journal

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Today's scripture *(write a verse or passage you are meditating on today)*

Praise & adoration *(praise god for who he is — his character, names, and attributes)*

Confession *(honestly confess sins and shortcomings, and ask for forgiveness)*

Thanksgiving *(thank god for specific blessings, answers, and provisions)*

Prayer requests for others *(people and situations you are praying for)*

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