



Pray the scriptures

A Prayer Journaling Technique

Prayer Journaling - Praying the scriptures

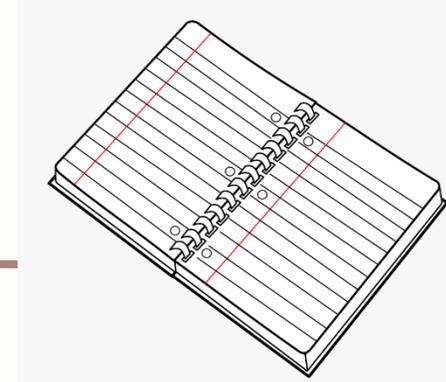
Prayer journaling is simply a way to put your prayers request, praise, confessions, thanksgiving *in writing*. This technique helps you to 1) use the scriptures to direct your prayers for others and yourself, 2) keep track of answered prayer and 3) grow your prayer list meaningfully.

Praying the scriptures allows to go deeper than saying “*Lord bless my neighbor, Fred*” instead you will pray “*Lord, let your word be a light in Fred’s life...*”. This request is based on Psalm 119:105

and, on another day you will pray “*Heavenly Father give Fred the grace he needs to forgive others...*” based on Matthew 6:12

Step 1

Get a empty notebook and
open it to the middle



Step 2

Start on the left hand side,
write your prayer list of
people you pray for everyday
(close family and friends,
neighbours, church leaders
and members)



Step 3

On the top right hand side
create a list of prayer requests, desires for personal and spiritual development

Family, Friends, Coworkers ----- ----- ----- ----- ----- Church members -----	Personal and Spiritual Development ----- ----- Prayer requests ----- ----- Thanksgiving ----- -----
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Step 4

On the bottom right hand side
create a thanksgiving lists of what you want to thank God for everyday

The middle of your notebook will look like this:

- Don't worry you will have space to add more people, more praise and thanksgiving
- You can rearrange or change the categories as you wish
- Try to fit your core people requests and thanksgiving on these two pages

Family: Mom, Dad, Grandma...

Friends, Neighbours: Lucas, Keshia, Johnsons, God-children, Mrs Rex...

Co-workers, Groups : HR Dept., Choir, Voyage High School, Basil Cricket team, Clients, Prisoners

Church Leaders and Members: Pastor, Elders, Usher, Deacons, Children Division, VBS Kids, Soup Kitchen, Singles Ministry, Missing members

Personal and Spiritual Development: Trust God, better understanding of God's word, Less worry, be a good listener, build courage...

Prayer requests: Career advance, success in investments, Safety, Healing, better diet, new job, home improvement project...

Thanksgiving: Health, protection, singing talent, good friends...

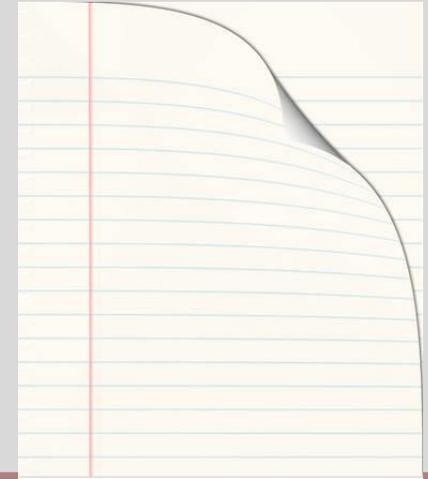
You are now going to start two lists.

One list you start by turning the left middle page and the other by turning the right middle page

Step 5

On the left

Start a list of upcoming events to pray for (e.g. meetings, celebrations, job interviews, social events...)



Step 6

On the right

Continue the list for friends, acquaintances and people you meet. Just list their names

Step 7

Now move to the front of the book

- Write a verse of scripture
- List the prayer focus points for that scripture
- Pray on that issue for everyone on your prayer list
- Choose a new verse of scripture everyday, moving page by page toward the middle of the book

Example

You can go through the list of people and specifically pray for them on any or all of the prayer focus points

e.g.

- I pray that Mom, Dad....remember that you love them beyond measure...
- Holy Spirit strengthen the faith of... Jill, Jack, Sue.. in the sacrifice of Jesus Christ for their sins...

For God so loved the world, He gave His only begotten Son that whosoever believes in Him should not perish but have everlasting life.

John 3:16

Prayer focus

- I thank you heavenly Father for your amazing love for us
- Thank you Lord for the gift of your Son Jesus Christ who came to seek and to save the lost while we were still sinners
- Let your Holy Spirit bring joy and peace to our souls because of the blessed hope that we may have everlasting life.

Step 8

Now move to the back of the book

30/07 Near miss while driving

12/08 Discount on flight booking

15/08 Jack's recovery from surgery

21/08 Good mood today- not irritable

01/09 Wendy's assistance

- Write the dates and situations that God answered your prayers did something that you are especially thankful for
- Review this list of thanksgiving everyday
- As you complete the page, turn and start writing on the other side, moving page by page toward the centre of the book.

Step 9

Daily Devotion

- Make this journaling practice part of your daily devotion and you will experience:
 - The joy of an active intercessory prayer ministry
 - Strengthened faith in the word of God
 - Less anxiety and worrying
 - Greater love for others
 - A closer walk with God
 - Personal growth

"But when you pray, you must believe and not doubt at all." James 1:6

Scriptures you can start with

- John 14:27 " Peace I leave with you, my peace I give unto you: not as the world gives, give I unto you. Let not your heart be troubled, neither let it be afraid"
- Proverbs 15:1 " A soft answer turns away wrath: but grievous words stir up anger"
- James 1:5 "If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you"
- John 16:33 "In this world you shall have tribulation: but be of good cheer; I have overcome the world."