

My Prayer Journey

| A 52-WEEK GUIDED JOURNAL



My Prayer Journey

A
52
WEEK

GUIDED JOURNAL

TO INSPIRE
A DEEPER
CONNECTION
WITH GOD



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UNCORRECTED PROOF

SNEAK PEEK  SAMPLE ONLY

MY PRAYER JOURNEY

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*Behold the Throne of Grace!
The Promise calls me near;
There Jesus shows his smiling face;
And waits to answer prayer.*

*That rich atoning blood
Which, sprinkled round, I see,
Provides for those who come to God
An all-prevailing plea.*

*My soul, ask what thou wilt,
Thou canst not be too bold;
Since his own blood for thee he spilt,
What else can he withhold?*

*Beyond thy utmost wants
His love and power can bless.
To praying souls he always grants
More than they can express.*

JOHN NEWTON, 1779

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HOW TO USE THIS BOOK

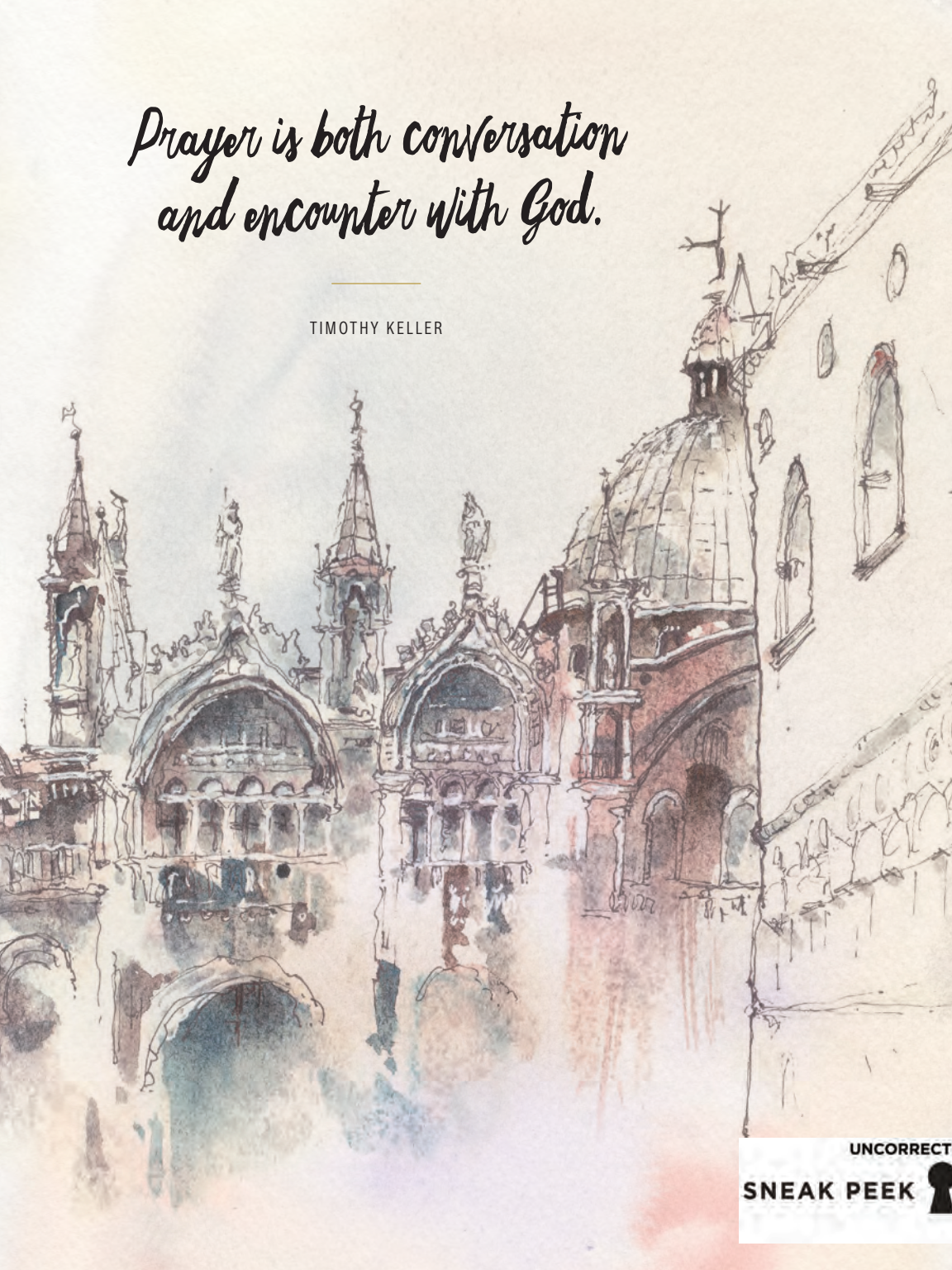
THERE IS POWER IN PRAYER. Through it, we ask God to soften hearts, incite miracles, and calm our souls. Stories of prayer’s life-changing impact abound, whether from the far corners of the earth or the neighbor down the street. We may even have a personal story or two to share. Yet prayer doesn’t come easy. We may struggle to find the words, feel inadequate, or even battle with consistency in our prayer life. Promises to pray are easy to pass out but harder to keep, as this spiritual discipline takes a back seat to the busyness of life. We have great intentions for our prayer lives, but at times we fall short. This guided journal will help you grasp hold of those good intentions and dive deep into your prayer life.

PRAYER REQUEST LOG

The Prayer Request Log on pages 9–19 is an organized, simple way to keep track of every specific concern or request you’ve taken to God in prayer, with space to record His answers. You’ll never again forget a promise to pray for a friend or loved one, and you’ll be encouraged to trust God’s faithfulness and provision.

Prayer is both conversation
and encounter with God.

TIMOTHY KELLER



PRAYER PRACTICE

Scripture Meditation

SCRIPTURE MEDITATION CAN BE A POWERFUL WAY to focus your mind on the truth in God's Word. Donald S. Whitney wrote in his book *Spiritual Disciplines for the Christian Life*, "As opposed to daydreaming wherein you let your mind wander, with meditation you focus your thoughts. You give your attention to the verse, phrase, word, or teaching of Scripture you have chosen. Instead of mental aimlessness, in meditation your mind is on a track—it's going somewhere; it has direction."¹

Spend a few minutes meditating on Romans 8:35–39 and then identify three insights that apply to an issue or question with which you are currently struggling.

INSIGHT ONE

INSIGHT TWO

INSIGHT THREE

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

(Romans 8:35–39)

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