

# Prayer Journaling Guide

@helenelizabetspeaks | #MyBestNewSelf

“Well-rounded women pursuing our best new self in Christ.”

## I. Start with a Thankful Heart

- a. When starting out your prayer, soften your heart by sharing a few things you're thankful for. If it's a bad day, and it's hard to think of what you're thankful for, then this step is even more vital.
- b. Thankfulness produces a calm, humble spirit. There's always something to be thankful for, even if it's just the fact you're breathing!
- c. My Example: “Dear Heavenly Father, I just want to say thank you for all the little things you've done for me that I may take advantage of. I praise your name because you are my God and my loving Father. Thank you for always taking care of me. Thank you for giving me this life. I am humbled by your love and I praise your name for saving me from who I once was.”
- d. Practice:

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## II. Accept His Grace

- a. After we praise Him, it's important to reflect on the areas in which we need to change to be more like Christ. This is where we recognize our sinful areas and ask forgiveness for the things holding us back.
- b. In my experience having to write [and/or speak] my sins helps me realize how much I really do want to change. I also try to recognize that I may not be aware of everything I'm doing, and so I ask God to reveal those sins to me.
- c. My Example: “Lord, forgive me for focusing so much on my relationship that I forget to focus on You. Help me remember that You are number one in my life and everything else comes second. Please forgive me for envying what other people have, rather than appreciate what I've been given. I pray that you would help me be thankful for my blessings, rather than chasing after the things of this world. And Father, I know there are things that I may not even realize I'm doing that go against who I desire to be in you, please help me be more aware and recognize those things so I can become more like Christ.”

d. Practice:

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### III. Develop the Relationship

- a. In this section, we deepen our relationship with God by self-disclosing about our lives. View this part as a conversation with a friend that you talk to daily about every aspect of your life. Remember that God cares about every single thing! Even the something seemingly unimportant!
- b. This section may also include prayer requests and/or specific prayers for friends and family.
- c. My Example: "Father, today has been rough. I catch myself comparing a lot. I'm struggling with feeling like I can't quite get everything done. I'm really passionate about the job I'm pursuing but it feels like I'm standing still. I do, however, feel like I've done better being more disciplined at getting up on time and keeping the house straight. That's not something I do well, so thank you for helping me be better at that this week! Lord, I ask that you would watch over my husband, Andrew. He's struggling with headaches, please place your healing hand on him, and give the doctor he plans to see the knowledge to fix the problem. Thank you for always listening and caring about my requests!"
- d. Practice:

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### IV. Ask and Be Still

- a. After opening up to God about what's going on in your life, ask Him for direction and/or to make you aware of ways you could become more like Christ. You might also make your personal requests known to Him. Ex. Desiring to obtain a new job or requesting a blessing some aspect of your life. Ask Him to soften your heart to hear what the Holy Spirit is trying to tell you.
- b. Once you've asked your questions and made your requests, allow yourself to put your pen down for a while. Close your eyes, soften your heart, be still and listen. If something comes to mind, take note

of it. If you feel any convictions or learn any new lessons, write it down. And if you feel nothing or hear nothing, record that as well.

- c. My example: "After listening to you today I'm noticing an old friend keeps popping up in my head. We went our separate ways several years back, but we never really resolved our differences. I know your word says that we should forgive and ask for forgiveness. I believe I'm going to reach out to her today and just share my heart with her. Lord, I ask that you would soften her heart to hear my words and respond positively to them. She and I do not have to be close friends again, but Lord, I just want us to be good with each other."

- d. Practice:

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## V. **Glorify then Goodbye**

- a. Well, it's not really goodbye, it's just the end of the prayer you're journaling! In this final step, glorify His Name in whatever way you see fit. Thank Him for the many blessings He's given you, or just thank Him for being Him.
- b. Then, if you want, maybe think of your own sweet final sentence. For example, I end my prayer journaling like this: "I love you so much, God. In Jesus' precious name I thankfully pray, Amen."
- c. Practice:

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