

MATERIALS

- lined, three-hole punched paper or spiral notebook
- three-ring binder (preferably small in size)

DESIGN OF JOURNAL PAGES

- divide each page into four vertical columns
 - narrow, wide, narrow wide (left to right of page)
 - first narrow column entitled "DATE"
 - first wide column entitled "REQUEST"
 - second narrow column entitled "DATE"
 - second wide column entitled "ANSWER"
- make up one page entitled "FAMILY" (this page will not contain vertical columns).

USE OF JOURNAL PAGES

- "FAMILY" page:
 - list the names of each family member (one name per line)
- "REQUEST" pages:
 - each time a prayer request arises enter the date of the request in the first "DATE" column and a concise statement of the request in the "REQUEST" column
 - each time a specific request has been answered, enter the date of the answer in the second column entitled "DATE" on the same line as the corresponding request and a concise statement of the answer in the column entitled "ANSWER"

PRAYING THROUGH THE PRAYER JOURNAL

1. Begin prayer by consciously recognizing the presence of God.
2. Confess all known unconfessed sin.

3. Praise God for His existence, nature/character, Word, and blessings directed toward you. (See list of *God's attributes* below)
4. Pray for all family members by name.
5. Pray through all unanswered requests in the prayer journal.
6. Periodically thank God for answered prayer.
7. Leave a few pages in your journal that have all been answered. Allow them to be an additional reminder to thank God for answered prayer.
 - Suggestion: on a page filled with answered prayer, place a checkmark (✓) in the upper right hand corner to indicate that the page is completed.

ADVANTAGES OF A PRAYER JOURNAL

1. Serves as an aid in the spiritual discipline of prayer.
2. Helps to remember specific requests.
3. Helps to keep one focused and undistracted during prayer time.
4. Serves as a constant reminder of answered prayer and reasons for praising God.
5. Adds meaningful content to prayer which, in turn, encourages a fulfilling adventure in continued prayer.

SUGGESTED LIST OF GOD'S ATTRIBUTES (one per day)

Living, personal being	Perfection
Holiness	Faithfulness
Love	Infiniteness
Truth/Truthfulness	Eternality
Justice/Righteousness	Immutability
Sovereignty	Unity/Triunity
Omniscience	Patience/Longsuffering
Omnipotence	Grace/Mercy
Omnipresence	

FINAL SUGGESTIONS

1. Periodically remove completed pages. Place them in a file folder in chronological order for safe keeping, periodic review, and reflection.
2. Your prayer journal is very personal. Do not share it with anyone but God.
3. Don't hesitate to record "insignificant" prayer requests. No request is unimportant or insignificant to God!

SAMPLE JOURNAL PAGE

DATE	REQUEST	DATE	ANSWER

Prayer Journal



"I urge then, that requests,
prayers, intercession and
thanksgiving be made"
1 Timothy 2:1a