

PrayerLife365

7-Day Prayer Journal

Pray · Read · Reflect · Write · Grow

Today is another opportunity to pray.

by Leroy Godfrey Jr. · PrayerLife365.com

How to use this journal

Give God ten quiet minutes a day for one week. Each page walks you through the same simple pattern, so you don't have to wonder what to do next. Use a pen, sit somewhere you won't be interrupted, and be honest. God already knows; the journal is for you.

Read	Read the verse slowly, twice. Underline the word that stands out.
Adore	Praise God for who He is. Start with something in the verse.
Confess	Tell Him plainly where you fell short. Receive His forgiveness (1 John 1:9).
Thank	Write down specific things you are grateful for, big and small.
Ask	Bring your needs and the needs of others. Write names.
Listen	Sit quietly for a minute. Write anything you sense God is saying through His Word.

Measure your decisions by the century, not by the moment.

PrayerLife365.com · Free to print for personal and church use

Day 1

Date: _____

My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up.

Psalm 5:3 (KJV)

Adore: Lord, You are...

Confess

Thank: I'm thankful for...

Ask: Lord, I bring to You...

Listen: What I sense God saying

PrayerLife365.com · Free to print for personal and church use

Day 2

Date: _____

But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

Matthew 6:6 (KJV)

Adore: Lord, You are...

Confess

Thank: I'm thankful for...

Ask: Lord, I bring to You...

Listen: What I sense God saying

PrayerLife365.com · Free to print for personal and church use

Day 3

Date: _____

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Philippians 4:6-7 (KJV)

Adore: Lord, You are...

Confess

Thank: I'm thankful for...

Ask: Lord, I bring to You...

Listen: What I sense God saying

PrayerLife365.com · Free to print for personal and church use

Day 4

Date: _____

The LORD is nigh unto all them that call upon him, to all that call upon him in truth.

Psalm 145:18 (KJV)

Adore: Lord, You are...

Confess

Thank: I'm thankful for...

Ask: Lord, I bring to You...

Listen: What I sense God saying

PrayerLife365.com · Free to print for personal and church use

Day 5

Date: _____

Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not.

Jeremiah 33:3 (KJV)

Adore: Lord, You are...

Confess

Thank: I'm thankful for...

Ask: Lord, I bring to You...

Listen: What I sense God saying

PrayerLife365.com · Free to print for personal and church use

Day 6

Date: _____

Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

1 Thessalonians 5:16-18 (KJV)

Adore: Lord, You are...

Confess

Thank: I'm thankful for...

Ask: Lord, I bring to You...

Listen: What I sense God saying

PrayerLife365.com · Free to print for personal and church use

Day 7

Date: _____

Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

James 5:16 (KJV)

Adore: Lord, You are...

Confess

Thank: I'm thankful for...

Ask: Lord, I bring to You...

Listen: What I sense God saying

PrayerLife365.com · Free to print for personal and church use

People I'm praying for

Write the name, the need, and the date. Come back and write the answer.

Name	Need	Answered / date

PrayerLife365.com · Free to print for personal and church use



You prayed for seven days.

That is how a prayer life is built: not in one dramatic moment, but one ordinary morning after another. Keep going. A new verse and prayer prompt is waiting for you every day of the year at PrayerLife365.com/today/.

Pray without ceasing.

1 Thessalonians 5:17