



Using a prayer journal helps kids...  
*(and adults)*



GROW IN  
CONFIDENCE IN  
SAYING THEIR OWN  
PRAYERS!



REFLECT UPON  
THEIR DAY AND  
THEIR ACTIONS.

PUT PRAYER INTO  
THEIR NIGHTLY  
ROUTINE!

HAVE  
CONFIDENCE THAT  
GOD HEARS AND  
ANSWERS THEM!





FIGURE OUT  
WHAT THEY  
WANT TO SAY TO  
THE LORD!



Created by Stephanie Vanderpol 2023

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come and  
EXPLORE!



# PRAYER

journal



RP

## ARE YOU SOMETIMES UNSURE ABOUT WHAT TO SAY TO GOD WHEN YOU PRAY?

Making a prayer journal, like this one, part of your nightly routine is a great way to devote time in prayer before God and will help you organize your thoughts, confessions and requests before you bow your head to pray.

The prayer journal follows the acronym "PRAYER" :

**P**ause  
REFLECTING OVER OUR DAY IS A GOOD WAY TO SORT OUT THE THINGS THAT WE WILL WANT TO BRING BEFORE GOD. CLOSE YOUR EYES FOR A MOMENT AND THINK OVER YOUR DAY. WRITE DOWN YOUR THOUGHTS.  
Psalm 51:17 "The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise."

**R**espect  
BEFORE YOU BEGIN TO PRAY, TAKE A MOMENT TO SHOW RESPECT FOR THE LORD. CLOSE YOUR EYES, FOLD YOUR HANDS AND SIT RESPECTFULLY. REMEMBER THAT IT IS THE LORD YOU ARE APPROACHING IN PRAYER.  
Revelation 1:8 "I am the Alpha and the Omega", says the Lord God, "who is and who was and who is to come, the Almighty."

**A**dore  
BEGIN YOUR PRAYER BY GIVING GOD PRAISE FOR WHO HE IS AND WHAT HE HAS DONE IN YOUR LIFE, IN REDEMPTIVE HISTORY AND IN CREATION.  
Hebrews 13:15 "Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his Name."

**Y**ield  
TELL GOD OF YOUR SINS, WHETHER DELIBERATE OR NOT. LET GOD KNOW THAT YOU ARE SORRY AND NEED HIS HELP TO COMMIT TO DOING WHAT IS RIGHT.  
1 John 1:10 "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

**E**xpress  
THANK GOD FOR HIS GOODNESS! WHAT HAS HE PROVIDED FOR YOU. HOW HAS HE HELPED YOU? THANK HIM FOR HIS SON, JESUS!  
1 Thessalonians 5: 16- 18 "Rejoice always, pray without ceasing, give thanks in all circumstances ; for this is the will of God in Christ Jesus for you."

**R**equest  
ASK GOD TO PROVIDE FOR YOUR NEEDS. PRAY FOR THE NEEDS OF OTHERS - FAMILY, NEIGHBOURS, THOSE IN AUTHORITY, ANYONE WHO COMES TO MIND.  
Philippians 4:6 "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

# PRAYER JOURNAL

TODAY'S DATE: \_\_\_\_\_

WHAT HAPPENED TODAY THAT YOU WANT TO REMEMBER?

WHO WAS KIND TO YOU TODAY AND WHAT DID THEY DO?

I WILL SHOW RESPECT BEFORE GOD BY...

I LOVE GOD BECAUSE HE...

THINGS I DID THAT WERE WRONG TODAY...

THREE THINGS I CAN THANK GOD FOR TODAY...

WAYS I OR OTHERS NEED GOD'S HELP ARE...



in Jesus' name,  
**AMEN**

LEARN ABOUT GOD'S LOVE FOR YOU IN THE BIBLE!

BIBLE PASSAGE I READ TONIGHT :

WHAT I LEARNED ABOUT GOD :

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# HOW TO USE THE PRAYER JOURNAL

TODAY'S DATE: sept 30

WHAT HAPPENED TODAY THAT YOU WANT TO REMEMBER?

I went to the park and had ice cream!

WHO WAS KIND TO YOU TODAY AND WHAT DID THEY DO?

Annika gave me a hug when I hurt my knee and helped me get home from the park.

I WILL SHOW RESPECT BEFORE GOD BY...

Reading my Bible and kneeling beside my bed when I pray.

I LOVE GOD BECAUSE HE...

Is Almighty and He never leaves me and He made bees who communicate through dance!

THINGS I DID THAT WERE WRONG TODAY...

- I didn't want to share my toys with my sister today.
- I got mad at my mom when she told me to go to bed.

THREE THINGS I CAN THANK GOD FOR TODAY...

- Our food
- My mom and dad
- Our toys

WAYS I OR OTHERS NEED GOD'S HELP ARE...

- ✓ Please help me to like to share my toys
- My friend who is sick to feel better
- Please help me not to worry about my test tomorrow.

LEARN ABOUT GOD'S LOVE FOR YOU IN THE BIBLE!

BIBLE PASSAGE I READ TONIGHT : psalm 42

WHAT I LEARNED ABOUT GOD : He is steadfast

in Jesus' name,

**AMEN**

SAYING "AMEN" IS A CONFESSON OF YOUR CONFIDENCE THAT NOT ONLY DOES GOD HEAR YOUR PRAYERS BUT HE WILL ANSWER THEM.

DRAW AN EMOTICON IN THE CIRCLE TO EXPRESS HOW YOU FELT TODAY.

AFTER PRAYER, DRAW OVER THE CROSS, IN CONFIDENCE THAT YOUR SINS HAVE BEEN FORGIVEN!

DON'T FORGET TO PRAISE GOD!

DID GOD ANSWER THIS PRAYER REQUEST? PUT A CHECK MARK IN THE CIRCLE AND PRAISE GOD!

FORGIVEN THROUGH JESUS  
DON'T FORGET TO PRAISE GOD  
YOUR SINS ARE FORGIVEN

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