



Prayer Journal Ideas

Tools to Get You Started

Getting Started: Prayer journals come in all kinds of shapes and sizes. Developing your own prayer journal is a very easy and inexpensive way to effectively record the prayers and answers God gives you when you call on His name.

You can either use a notebook and write the headers for your requests on each page as you go, or you can use a 3-ring binder to put your request sheets in and any other items on prayer you would like to keep in one place. The tools provided below are used for that purpose. But it can also be simply a guide to give you ideas in creating your own.

There are four main components that are good to have in a prayer journal:

1. *Prayer request sheets that allow for ample room in recording the request and a place to note the date when the prayer is answered.*

This is important in keeping a track record of how the Lord is working in your life. It is exciting to take a journey thru the past in your prayer journal and see the path of Grace that has followed you. It builds your faith and belief in God's unwavering love for you to listen and answer your requests.

2. *Tabs to separate the types of requests you ask.*

This is helpful in finding the various prayer requests you make as the pages fill. I like to put specific bible promises on the front of each tab that is specific to that section. There is power when we claim God at His word and walk in faith believing in that word. Look thru the bible and find promises specific for each prayer section. Write or type them on a page to include before your prayer request sheets after each tab.

It is good to have one tab solely for listing promises for the different sections of your book. This way you can claim those promises over your book if you do not have the time to go over each prayer request you have listed in your journal.

3. *A section for special requests and for special answers to prayer or promises you want to record.*

This is a handy way to journal specific ways the Lord led in your life or special promises the Lord gave you at specific times. These become gems for yourself and others in remembering how the Lord has led you in the past so you don't forget in the future.

4. *An "easy reference guide" tab to keep pointers on learning how to pray.*

I have found this section to be quite effective in helping me getting started in my prayer life. It was a handy place to refer back to when I would have a question. It also helped me in answering questions about prayer for others who would occasionally approach me with one. The "**ABC's of Prayer**" found on our website can be used for this purpose. Simply print it out and add it to the front of your binder.

The bottom-line is that there is really no wrong way to start a prayer journal, just so long as you start one! Keeping track of God's blessings is one way to keep moving forward – by remembering how He has led us in the past. So, give it a try and put these tools to work! You will be glad that you did!

Sample Tabs to Create in their order:

Promises for All

Souls to Jesus

Backsliders

Children

Needs

Victory

Protection/Deliverance

Guidance

Health

Grief

Special Requests

Special Answers to Prayer

Additional Promises

** You can put your “easy reference” material on prayer in the front of your journal without a tab if you choose. Feel free to make whatever tabs you feel is necessary for you to feel effective in using your prayer journal.



“Promises for All” section insert:

Promises to Claim for Yourself, Your Family, and Others

1. “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” – 1 John 1:9
2. “A new heart also will I give you, and a new Spirit will I put within you; and I will take away the stony heart out of your flesh, and I will give you a heart of flesh.” – Ezekiel 36:26
3. “If any of you lack wisdom, let him ask of God, who giveth to all men liberally and upbraideth not.” – James 1:5
4. “Let this mind be in you which was also in Christ Jesus.” – Philippians 2:5
5. “But thanks be to God, who gives us the victory, through our Lord Jesus Christ.” – 1 Corinthians 15:57
6. “The angel of the Lord encampeth round about those who fear Him and delivereth them.” – Psalm 34:7
7. “For my God shall supply all your need according to His riches in glory by Christ Jesus.” – Philippians 4:19
8. “I will instruct thee and teach thee in the way in which thou shalt go; I will guide thee with mine eye.” – Psalm 32:8
9. “And I will bring the blind by a way that they knew not; I will lead them in paths that they have not known. I will make darkness light before them, and crooked things straight. These things will I do unto them, and not forsake them.” – Isaiah 42:16
10. “And ye shall know the truth, and the truth shall make you free.” – John 8:32
11. “Being confident of this very thing, that he who hath begun a good work in you will perform it until the day of Jesus Christ.” – Philippians 1:6
12. “For thus saith the Lord, even the captives of the mighty shall be taken away, and the prey of the terrible shall be delivered: for I will content with him that contendeth with thee, and I will save your children.” – Isaiah 49:25



My Personal Prayer Journal

Name: _____

