

## *Using the Planner*

*I hope this prayer journal will be a blessing to you. Write as though no one is reading! This isn't intended to be a creative masterpiece. It's a tool to help you organize your thoughts and center your heart for meaningful prayer.*

### *Date*

I use my journal daily, but it would be equally beneficial to use it as a weekly or even monthly guide. The date field is open, so you choose!

### *Bible Verse*

Begin your prayer time with your Bible open. Whether you have time to study a whole chapter or read a single verse, choose one. *"Your word is a lamp for my feet and a light on my path"* (Psalm 119:105).

### *Truth to Meditate On*

What biblical truth can you take away from your chosen verse to instruct you, give you hope, or deepen your love for God? (Remember, no one's grading your paper!) Write it down so you can keep thinking about it. This is how God's truth moves from our minds to our hearts. *"Help me understand the meaning of Your precepts so that I can meditate on Your wonders"* (Psalm 119:27).

### *Praise God and Give Thanks*

Using your Bible truth for inspiration, note the reasons God is worthy of praise. *"I will praise the Lord all my life; I will sing to my God as long as I live"* (Psalm 146:2).

### *Confessions*

Confess your sins to God—actions, attitudes, and desires you need to turn from. *"If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness"* (1 John 1:9).

### *On My Heart*

Tell God what's on your heart. Concerns, worries, feelings of jealousy or bitterness, lofty dreams...nothing's off the table. What's keeping you up at night? Pour your heart out to Him. He's listening. And He cares for you. *"...casting all your care on Him, because He cares about you"* (1 Peter 5:7).

### *Family, Friends and Others*

Intercede for others. Include family members, friends, church family, government leaders...anyone who comes to your mind and everyone you've promised to pray for. *"First of all, then, I urge that petitions, prayers, intercessions, and thanksgivings be made for everyone"* (1 Timothy 2:1).

### *Personal Requests*

Ask God to give you the desires of your own heart.