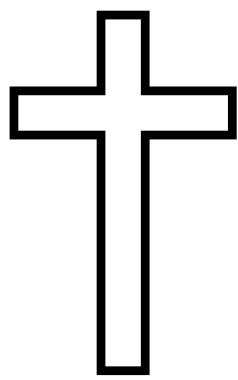


daily
PRAYERS

"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you."

MATTHEW 6:5-6

How to use this prayer journal



This prayer journal uses the acronym ACTS that is outlined in Bill Hybels' book, *Too Busy Not to Pray*:

- Adoration (focusing on the attributes of God + praising His name)
- Confession (asking for forgiveness by confessing your specific sins)
- Thanksgiving (thanking God for the blessings He has given)
- Supplication (asking God for things)

For the first seven days, each day of the week has a separate scripture and prayer prompt for each of the four categories (if you would like to use it!).

Following the first week, I have made a blank outline that you may use and reproduce as you wish.

Remember that God doesn't care how our prayers "sound" or that they follow prompts; he only cares that our prayers are sincere and honest. That being said, I have added some prayer ideas + prompts on the right side of this page for each of the four categories. Use them if you would like.

It's my hope that this prayer journal will help strengthen your relationship with God. Enjoy!

Adoration

Reflect on and praise God for his attributes, such as:

- Counselor
- Healer
- Omniscient
- Omnipresent
- Omnipotent
- Never-changing
- Patient
- Teacher
- Always kind
- Just

CONFESION

Confess sins against God (be specific). Think about sins the you have committed in your thoughts, words, and actions. Think about things you have done + things you have not done.

thanksgiving

Thank God for the blessings He has given you. Think about:

- The prayers he has answered
- Spiritual + worldly blessings
- The blessings of relationships and family

supplication

This is the time to make requests. Think about:

- Things related to church ministry/global and world leaders
- Personal requests
- Prayers for family
- Prayers on behalf of others

SUNDAY

Adoration

PSALM 8:3-4, 9

"WHEN I CONSIDER YOUR HEAVENS, THE WORK OF YOUR FINGERS, THE MOON AND THE STARS, WHICH YOU HAVE SET IN PLACE, WHAT IS MAN THAT YOU ARE MINDFUL OF HIM, THE SON OF MAN THAT YOU CARE FOR HIM? O LORD OUR LORD, HOW MAJESTIC IS YOUR NAME IN ALL THE EARTH!"

I PRAISE YOU, LORD, FOR YOUR MAJESTY, FOR HOW YOU HAVE CREATED ALL THINGS:

CONFESSIO

ROMANS 7:18-19

"I KNOW THAT NOTHING GOOD LIVES IN ME, THAT IS, IN MY SINFUL NATURE. FOR I HAVE THE DESIRE TO DO WHAT IS GOOD, BUT I CANNOT CARRY IT OUT. FOR WHAT I DO IS NOT THE GOOD I WANT TO DO; NO THE EVIL I DO NOT WANT TO DO--THIS I KEEP ON DOING."

FORGIVE ME, LORD, FOR THOSE SINS I KEEP ON DOING:

thanksgiving

JAMES 1:17

"EVERY GOOD AND PERFECT GIFT IS FROM ABOVE, COMING DOWN FROM THE FATHER OF THE HEAVENLY LIGHTS, WHO DOES NOT CHANGE LIKE SHIFTING SHADOWS."

THANK YOU, LORD, FOR ALL OF THE GOOD GIFTS THAT YOU HAVE GIVEN ME IN THIS LIFE ON EARTH:

supplication

PSALM 13:1-3

"HOW LONG, O LORD? WILL YOU FORGET ME FOREVER? HOW LONG WILL YOU HIDE YOUR FACE FROM ME? HOW LONG MUST I WRESTLE WITH MY THOUGHTS AND EVERY DAY HAVE SORROW IN MY HEART? HOW LONG WILL MY ENEMY TRIUMPH OVER ME? LOOK ON ME AND ANSWER, O LORD MY GOD."

GOD, I ASK YOU TO LOOK WITH FAVOR ON ME TODAY AND HEAR MY PRAYERS FOR THOSE THINGS THAT BRING ME SORROW:

MONDAY

Adoration

MATTHEW 19:26

"JESUS LOOKED AT THEM AND SAID, 'WITH MAN THIS IS IMPOSSIBLE, BUT WITH GOD ALL THINGS ARE POSSIBLE.'"

I PRAISE YOU, LORD, AND TODAY REFLECT ON THE WAYS THAT I KNOW YOU TO BE ALL-POWERFUL:

CONFESSIOIN

DANIEL 9:9

"THE LORD OUR GOD IS MERCIFUL AND FORGIVING, EVEN THOUGH WE HAVE REBELLED AGAINST HIM."

FORGIVE ME, LORD, FOR THE WAYS THAT I HAVE REBELLED AGAINST YOU:

thanksgiving

PHILIPPIANS 1:3

"I THANK MY GOD EVERY TIME I REMEMBER YOU."

THANK YOU, LORD, FOR ALL OF THE PEOPLE YOU HAVE PLACED IN MY LIFE TO ENCOURAGE AND STRENGTHEN ME:

supplication

PSALM 69:1

"SAVE ME, O GOD, FOR THE WATERS HAVE COME UP TO MY NECK."

GOD, THE WATERS ARE UP TO MY NECK. I AM OVERWHELMED BY THE TROUBLES I AM FACING TODAY, AND I DO NOT FEEL EQUIPPED TO DO ALL OF THE THINGS YOU HAVE CALLED ME TO DO. PLEASE, LORD:

TUESDAY

Adoration

ROMANS 11:33

"OH, THE DEPTH OF THE RICHES OF THE WISDOM AND KNOWLEDGE OF GOD! HOW UNSEARCHABLE HIS JUDGMENTS, AND HIS PATHS BEYOND TRACING OUT!"

LORD, TODAY I REFLECT ON AND PRAISE YOU FOR YOUR WISDOM AND THE PATH THAT YOU HAVE LAID OUT FOR ME:

CONFESSIO

PSALM 119:10

"I SEEK YOU WITH ALL MY HEART; DO NOT LET ME STRAY FROM YOUR COMMANDS."

FORGIVE ME, LORD, FOR I AM PRONE TO WANDER. FORGIVE ME FOR THE WAYS I HAVE STRAYED FROM YOUR COMMANDS:

thanksgiving

2 CORINTHIANS 9:15

"THANKS BE TO GOD FOR HIS INDESCRIBABLE GIFT!"

THANK YOU, LORD, FOR THE INDESCRIBABLE GIFT YOU HAVE GIVEN ME, THE GIFT OF ETERNAL LIFE. I ALSO THANK YOU FOR ALL OF THE OTHER INDESCRIBABLE GIFTS THAT YOU HAVE GRANTED ME HERE ON EARTH:

supplication

2 CHRONICLES 20:12

"WE DO NOT KNOW WHAT TO DO, BUT OUR EYES ARE ON YOU."

GOD, I AM NOT ALWAYS SURE OF WHAT TO DO. GRANT ME WISDOM IN THE MIDST OF HARD DECISIONS. I ALSO PRAY FOR OUR NATION AND WORLD, THAT YOU WOULD GIVE OUR LEADERS THE WISDOM TO CARRY OUT YOUR PLAN:

WEDNESDAY

Adoration

1 KINGS 8:27

"BUT WILL GOD REALLY DWELL ON EARTH? THE HEAVENS, EVEN THE HIGHEST HEAVEN, CANNOT CONTAIN YOU. HOW MUCH LESS THIS TEMPLE I HAVE BUILT!"

I PRAISE YOU, LORD, FOR YOUR OMNIPRESENCE. I HAVE SEEN YOUR PRESENCE IN SO MANY PLACES, EVEN JUST TODAY:

CONFESSIO

ISAIAH 1:18

"COME NOW, LET US SETTLE THE MATTER,' SAYS THE LORD.'THOUGH YOUR SINS ARE LIKE SCARLET, THEY SHALL BE AS WHITE AS SNOW; THOUGH THEY ARE RED AS CRIMSON, THEY SHALL BE LIKE WOOL.'"

GOD, THANK YOU FOR FORGIVING ME FOR MY SINS:

thanksgiving

1 THESSALONIANS 5:18

"GIVE THANKS IN ALL CIRCUMSTANCES; FOR THIS IS GOD'S WILL FOR YOU IN CHRIST JESUS."

THANK YOU, LORD, EVEN FOR THE HARD CIRCUMSTANCES I AM IN SOMETIMES, FOR I KNOW THAT THEY HELP ME TO GROW CLOSER TO YOU:

supplication

PSALM 102: 1-2

"HEAR MY PRAYER, LORD; LET MY CRY FOR HELP COME TO YOU. DO NOT HIDE YOUR FACE FROM ME WHEN I AM IN DISTRESS. TURN YOUR EAR TO ME; WHEN I CALL, ANSWER ME QUICKLY.

GOD, ANSWER ME QUICKLY:

THURSDAY

Adoration

2 THESSALONIANS 3:3

"BUT THE LORD IS FAITHFUL, AND HE WILL STRENGTHEN YOU AND PROTECT YOU FROM THE EVIL ONE."

I PRAISE YOU, LORD, FOR YOUR FAITHFULNESS AND PROTECTION. EVEN JUST TODAY AND THIS WEEK, YOU HAVE PROTECTED ME IN SO MANY WAYS:

CONFESSIO

MARK 11:25

"AND WHEN YOU STAND PRAYING, IF YOU HOLD ANYTHING AGAINST ANYONE, FORGIVE THEM, SO THAT YOUR FATHER IN HEAVEN MAY FORGIVE YOU YOUR SINS."

GOD, HELP ME TO FORGIVE OTHERS, SO THAT YOU ALSO MAY FORGIVE ME FOR:

thanksgiving

COLOSSIANS 1:12

"...AND GIVING JOYFUL THANKS TO THE FATHER, WHO HAS QUALIFIED YOU TO SHARE IN THE INHERITANCE OF HIS HOLY PEOPLE IN THE KINGDOM OF LIGHT."

I GIVE YOU JOYFUL THANKS TODAY, LORD, FOR:

supplication

JAMES 5:16

"THEREFORE CONFESS YOUR SINS TO EACH OTHER AND PRAY FOR EACH OTHER SO THAT YOU MAY BE HEALED. THE PRAYER OF A RIGHTEOUS PERSON IS POWERFUL AND EFFECTIVE."

GOD, I PRAY ESPECIALLY FOR OTHERS TODAY:

FRIDAY

Adoration

NAHUM 1:7

"THE LORD IS GOOD, A REFUGE IN TIMES OF TROUBLE. HE CARES FOR THOSE WHO TRUST IN HIM."

GOD, I PRAISE YOU THAT YOU ARE MY PLACE OF REFUGE AND MY CAREGIVER. I WILL REST IN YOUR PRESENCE TODAY, THINKING OF THE WAYS YOU CARE FOR ME:

CONFESSION

1 JOHN 1:9

"IF WE CONFESS OUR SINS, HE IS FAITHFUL AND JUST AND WILL FORGIVE US OUR SINS AND PURIFY US FROM ALL UNRIGHTEOUSNESS."

GOD, TODAY I CONFESS MY SINS, ESPECIALLY THOSE I COMMIT ONLY IN MY THOUGHTS:

thanksgiving

PSALM 9:1

"I WILL GIVE THANKS TO YOU, LORD, WITH ALL MY HEART; I WILL TELL OF ALL YOUR WONDERFUL DEEDS."

THANK YOU, LORD, FOR ALL OF THE THINGS THAT YOU HAVE DONE FOR ME AND THE WAYS THAT YOU HAVE PROVIDED FOR ME. REMIND ME TO TELL OTHERS OF THESE WONDERFUL DEEDS, GIVING ALL CREDIT AND GLORY TO YOU! THANK YOU FOR:

supplication

ROMANS 8:26

"IN THE SAME WAY, THE SPIRIT HELPS US IN OUR WEAKNESS. WE DO NOT KNOW WHAT WE OUGHT TO PRAY FOR, BUT THE SPIRIT HIMSELF INTERCEDES FOR US THROUGH WORDLESS GROANS."

GOD, SOMETIMES IT IS DIFFICULT TO KNOW WHAT TO PRAY FOR. AND YET YOU INTERCEDE FOR ME EVEN THEN. GIVE ME PEACE AND COMFORT IN THE MIDST OF THE DIFFICULT THINGS I (AND OTHERS) ARE EXPERIENCING:

SATURDAY

Adoration

1 PETER 2:24

"HE HIMSELF BORE OUR SINS IN HIS BODY ON THE CROSS, SO THAT WE MIGHT DIE TO SINS AND LIVE FOR RIGHTEOUSNESS; BY HIS WOUNDS YOU HAVE BEEN HEALED."

GOD, YOUR GRACE IS UNFATHOMABLE. I PRAISE YOU FOR THE WAYS THAT YOU HAVE HEALED AND FORGIVEN BOTH MYSELF AND OTHERS:

Handwriting practice lines for adoration prayer.

CONFESSIO

PSALM 51:1-2

"HAVE MERCY ON ME, O GOD, ACCORDING TO YOUR UNFAILING LOVE; ACCORDING TO YOUR GREAT COMPASSION BLOT OUT MY TRANSGRESSIONS. WASH AWAY ALL MY INIQUITY AND CLEANSE ME FROM MY SIN."

FORGIVE ME AND HAVE MERCY ON ME, LORD, FOR:

Handwriting practice lines for confession prayer.

thanksgiving

PSALM 118:21

"I WILL GIVE YOU THANKS, FOR YOU ANSWERED ME; YOU HAVE BECOME MY SALVATION."

GOD, TODAY I REMEMBER AND THANK YOU FOR THE WAYS THAT YOU HAVE ANSWERED MY PRAYERS:

Handwriting practice lines for thanksgiving prayer.

supplication

ROMANS 8:28

"AND WE KNOW THAT IN ALL THINGS GOD WORKS FOR THE GOOD OF THOSE WHO LOVE HIM, WHO HAVE BEEN CALLED ACCORDING TO HIS PURPOSE."

GOD, REMIND ME THAT YOU ARE ALWAYS WORKING FOR OUR GOOD. TODAY I PRAY ESPECIALLY FOR THOSE YOU HAVE CALLED TO SPECIAL POSITIONS TO SERVE YOU, SUCH AS PASTORS AND TEACHERS:

Handwriting practice lines for supplication prayer.



Adoration

CONFESSIO

thanksgiving

supplication

