



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!





How to use this prayer journal

Adoration

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

- Counselor
- Unchanging
- Healer
- Patient
- Omniscient
- Teacher
- Omnipresent
- Always kind
- Omnipotent
- Just

CONFESSIO

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
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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:

CONFESSION

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:



SUNDAY

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:

CONFESSION

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:

MONDAY

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:

CONFESSION

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:

TUESDAY

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:

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:

FRIDAY

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.
REMAND 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

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:

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:



Adoration

CONFESSION





thanksgiving

Handwriting practice lines for the word 'thanksgiving'.

supplication

Handwriting practice lines for the word 'supplication'.

