

How To Make And Keep A Prayer Journal

by
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Keeping A Prayer Journal

Have you ever told someone you would pray for them but then forgot all about it? Do you want a more consistent intercessory prayer life? Have you ever felt like you have so many things to talk to God about that you can't think straight? Are you just super organized and can't stand the thought of one "i" out of place? Ok, the last one is a joke, mostly.

A number of years ago, a friend introduced me to prayer journals. It is a method of keeping track of all the prayer requests you have and answers received to those prayers. It can look different from person to person based on what works best for each person and lifestyle. Making and keeping a prayer journal can be very simple, and rewarding.

How To Start:

- Make a list of the members of your immediate family.
- Make a list of others, such as extended family members, whom you want to pray for daily.
- Make a list of those in your church family and community ie. Pastors, leaders etc.
- Make a list on a national and global scale of daily prayer needs ie. Pray for the President and other world leaders, Pray for Israel, Pray for an end to Human Trafficking.

What You Need:

- Something to take notes with. This can be an electronic file, a notebook, index cards, or a binder. (For the purpose of this article, we will use a binder.)
- Dividers. You will need one for yourself, one for each member of your immediate family, One for answered prayers, one for those you are praying to receive salvation, and one for each subgroup list that you have made. (Example: I have 1 each for Myself, Husband, Son 1, Son 2, Extended Family, Church Family, Community I live in, National, Global, Salvation, Answered Prayers. This gives me 11 sections or binder dividers that I needed.
- Loose paper punched lined paper.
- A pen.

How To Set It Up:

- Begin by labeling each divider tab with the name of a person or group from your lists.
- Place them in order into your binder with a few sheets of paper in each section.
- You can clip on a pen to the binder or use string to tie it to one of the rings so you always have it with you. Just make sure the string is long enough so you can write comfortably.
- If so desired, create a front page that explains that this is a private prayer journal and to please respect the privacy of the prayer requests and those who have requested prayers by not reading the journal.
- You may also want to place a second page that serves as a reminder to ask God to help you seek Him with His intentions for His people you are about to pray for as well as to give you a clean heart and to search your own heart before coming before the Lord in prayer.
- Place the lists of people, groups, and causes you want to pray for daily as your next page. This will be a general list you can use every day even if you don't have a specific request. It is always nice to pray blessings over people without a specific need in mind.

How To Use It:

- Beginning with your section, put the date on the left side and write out your prayer needs.
- Continue on with each member of your family and into your other lists, dating the specific prayer requests you have for them or that you have been given by them.
- Whenever someone asks you to pray for them, open your journal and write out the request.
- Whenever you have a need for yourself or others placed on your heart, write it down.
- Daily, when you are entering your prayer time, open the book and start from the beginning. Pray through all of the needs. As they are answered you can cross them out, Write a big “ANSWERED” over it, or even draw a smiley face over it! When each sheet is full, put a new one in front of it. Alternately, you can add it to your “Answered Prayer” section. If needed, rewrite a prayer request that still exists.
- When an answered prayer is made known to you, open up your answered prayer section and write it out. If you ever feel discouraged, read through those answered prayers.

Extras:

- Add scripture references to your prayers requests. Praying the Word over the need is powerful!
- Keep a tiny notebook, or use your cell phone to create a file. When you are out and about you can keep any requests you are given in it. Once home, write them in your journal and destroy the page or delete the file.
- You can also label and/or decorate the outside of the journal. Make your journal time enjoyable so you will want to come back to it again and again.
- Put your daily prayer pages inside of page protector sleeves.

The next few pages are printable template pages to guide you in making your journal.

I hope keeping a prayer journal enriches your prayer life, increases your intercessory impact, and draws you closer to our Lord and Savior.

How To Make A Prayer Journal

Make a list of the members of your immediate family:
(example: spouse, children)

Make a list of others, such as extended family members, whom you want to pray for daily:
(example: parents, grandparents, siblings, aunts, uncles, cousins)

Make a list of those in your church family and community.
(example: pastor and his family, church leadership, church body, town and it's government)

Make a list on a national and global scale of daily prayer needs.
(example, president and other world leaders, Israel, end human trafficking.)

This is a private

Prayer Journal

Please respect the prayer requester and the owner of this journal by refraining from reading it.

Prayer

Father God, I thank You for creating in me a clean heart and renewing a right spirit within me. Help me to come to You humbly, seeking only Your will for those I pray for.

I know that Your will is always for what is holy and good, You want all to come to repentance and enter into new life. I trust that You hear and answer the prayers of Your children. I praise you when the outcome is favorable and I praise You when I don't understand the answer You have given, fully trusting that You have given what is best in and for each moment. Thank You for sending Your Holy Spirit to guide each word I pray and for molding me into the image of Your Son.

In Jesus Name, I thank You. Amen.

Daily Prayer List

Family

Extended Family

Church & Community

National

Global

Causes

Sample Journal Page Entries For “Myself”

July 1st, 2013 I pray that I would know You more deeply and enjoy studying Your Word daily.

July 2nd, 2013 Father, I'm having trouble loving someone who hurt me. Please heal my heart and help me to love them with Your love.

Sample Journal Page Entry For A Prayer Request Given And Scripture

July 1st, 2013 Jane Doe has been diagnosed with disease. She has much pain and is having a hard time trusting You.

Matthew 8: 16-17KJV When the even was come, they brought unto him many that were possessed with devils: and he cast out the spirits with his word, and healed all that were sick: That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses.