



How to use this prayer journal

Six pages. A few minutes a day. Nothing to catch up on.

- 1 Pick a time you already have.**
Morning coffee, lunch, the drive home, or before sleep. Keep the journal where you will see it.
- 2 Start with a date and one line of thanks.**
That alone counts as a prayer journal entry.
- 3 Use a simple pattern.**
The ACTS page walks you through Adoration, Confession, Thanksgiving and Supplication. The daily page adds a verse and a quiet moment to listen.
- 4 Keep a prayer list.**
Write names and one short request each. Add the date you began praying.
- 5 Record answers.**
When something changes, note it on the answered-prayers page. Some answers are “yes,” some “not yet,” some “a different way.”
- 6 Look back once a week.**
The weekly reflection takes five minutes and shows you how God has been at work.

Print it or fill it in on your phone

Print as many daily pages as you like. On a phone or tablet, open this PDF in a PDF app (for example Files or Books on iPhone, or Adobe Acrobat) and tap any lined area to type. Save a copy to keep your entries.

Prefer to pray out loud? Called to Pray gives you up to three prayer moments a day, and its Prayer Call rings your iPhone. It is not a written journal. Many people use both: the call as the reminder, this journal for what they want to remember.



Daily prayer page

Date, a verse, thanks, the people on your heart, and a moment to listen.

Date _____ **Verse I read** _____

Today I thank God for... *Name three specific things, even small ones.*

What is on my heart *Worries, hopes, decisions. Say it plainly.*

People I am praying for *Names and one short request each.*

What I sense God saying *After a quiet minute: a word, a verse, a nudge, or simply peace.*

One step for today *Something to do, say, or let go of.*

Close with the Lord's Prayer or a simple "Amen."



The ACTS prayer

A four-part pattern used by many Christians. Spend a minute or two on each.

A Adoration

Praise God for who he is.

Which part of God's character do I need today: faithful, patient, near, merciful?

C Confession

Be honest about where you fell short.

What do I need to admit, and receive forgiveness for?

T Thanksgiving

Thank God for what he has done.

Where did I see his goodness this week?

S Supplication

Ask, for others and for yourself.

Who needs prayer, and what do I need?



One line per person or need. Pray a few each day; no need to cover them all.

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Groups idea: Family · Friends · Church · The world · Me. Pray one group per day of the week if the list is long.



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Looking back over this page is one of the best reasons to keep a prayer journal.



Weekly reflection

Five minutes at the end of the week.

Week of _____

Where did I notice God this week?

What prayers were answered, or changed?

What was hard? What do I want to bring to God again?

A verse or phrase I want to carry into next week

Next week I will pray for...

One small change to my prayer time
