HOW TO USE A *PRAYER JOURNAL*

Intimacy with God – having open, honest, and vulnerable communication is how you strengthen your relationship with Him! It's a two-way conversation – talking with God and listening as He speaks to you through His Word and Holy Spirit.

By keeping a simple prayer journal to record your conversations with God, you will be more engaged and focused during your prayer time. You will be encouraged as you look back over time and reflect on the things you were praying about and celebrating and what God has been showing you about Himself. It's also a record of your journey!

Though there are different ways to use a prayer journal, what's important is that you start journaling and see what works best for you. You'll look forward to journaling if you see it as a "get to" versus a "must do."

HERE ARE A FEW TIPS TO HELP YOU BEGIN.

Start with a notebook or journal with lined pages. Keep your journaling simple and honest and be sure to note the date each time you journal! You may want to write a part or all of your prayers. Below are some things you may want to include:

1. *What God is showing you in His Word about Himself*
2. *Specific Scriptures that speak to you as you are reading His Word*
3. *Things and people for which you are grateful*
4. *Prayer requests for yourself and others, as well as the answers to these requests*
5. *Questions you have about certain Scriptures*
6. *Lyrics of spiritual songs that inspire you*
7. *You may even want to draw pictures in your journal!*

After you have been journaling for a while, you may want to consider using a separate section of your journal to keep a running log of prayer requests and record the date and how these requests are answered.

Another section (aka a "gratitude section") could be used to record the things and/or people for which you are thankful. You might consider recording one person or thing each day. Being intentional about expressing your gratitude will help change your perspective and focus your heart and mind on what really matters!

ENJOY YOUR PRAYER JOURNALING – APPROACH IT WITH EAGER ANTICIPATION!