



Essentials for Starting a Prayer Journal

Think of the FAITH Model of prayer, outlined below, as a framework to help you navigate through your prayer time. Begin with F and work your way through each letter of FAITH. Doing so will help you to pray with confidence and to grow in your relationship with God.

Cherry Fargo

FAITH MODEL

F Focus on God's goodness.

Give God all of your attention by beginning with praise.

Psalm 100:4 "Enter his gates with thanksgiving and his courts with praise. Give thanks to him, bless his name."

A Ask for forgiveness and provision

Confess your need for God's forgiveness and provision in your life and intercede for the needs of others.

1 John 1:9 "If we confess our sin, he is faithful and righteous to forgive us." Philippians 4:19 "And my God will supply all your needs according to his riches in glory."

I Intentionally listen for God

Prayer is a conversation with God. Listen for his responses to you.

Proverbs 1:5 "A wise man will hear and increase in learning."

T Thank God for the answers

Thank him for the answers.

Ephesian 5:20 "always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father."

H Hold Fast & Trust God

Continue in faith believing that God's answers are on the way.

Hebrews 10:23 "Let us hold fast the confession of our hope without wavering, for he who promised is faithful."



TIPS FOR PRAYER JOURNALING

1 Incorporate God's Word

"When asked, 'What is more important: praying or reading the Bible?' I ask, 'What is more important: breathing in or breathing out?'" ~ Charles Spurgeon.

If you are unsure of where to begin reading your Bible, begin with the scripture reference from a recent sermon you heard or from a daily devotional. Sermon note pages are available to purchase at www.TheBeingRemadeLife.com. These will make it easy for you to refer back to scripture references during your prayer times.

2 Be Consistent

"It's not what we do once in a while that shapes our lives. It's what we do consistently." ~ Anthony Robbins

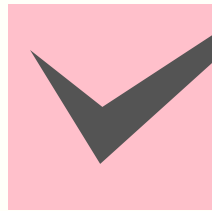
Do your best to carve out at least 20 minutes each day to focus on prayer. Use the daily prayer pages to write your prayers out word for word or to outline them. Your success in prayer journaling is less about how you do it and more about doing what works for you. This prayer journal is intended to give you a framework for developing a prayer life and a jumping off point for your growth in your relationship with the Lord.

3 Review & Record

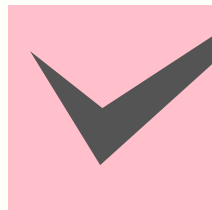
"Bless the Lord oh my soul, and forget none of his benefits." Psalm 103:2

Read back through your prayers from time to time and highlight the ones God has answered. Alternately, you could create a page at the end of each week to jot down answered prayers. Your faith will be encouraged when you remember all that God has done for you.

Prayer Journaling Checklist



Purchase, create or download a journal you can use to record your prayers.



Create a space in your journal for Sermon Notes, Prayer Requests, Daily Prayers with scripture references, and Praise.



Prepare a quiet comfortable space for prayer and journaling. Keep a Bible nearby to reference as needed while you pray.



Schedule time daily to pray.
Record your prayers and what you sense God is revealing to you.

Practice Page