

PRAYER Journal

week 2

7 minutes • 7 days • 7 weeks

For some, this journal may jumpstart your first organized effort to include prayer in your daily life. For others, it might be something new and fresh to add to your already established prayer habits. In either case, the result of consistent focused prayer will not only deepen your connection to God and His plan for your life, but also introduce an underlying sense of peace and fulfillment. 7 minutes for 7 days for 7 weeks...that's over 5 1/2 hours of conversation with your Heavenly Father!

As you set aside 7 minutes each day, let this journal guide you in bringing your requests before the throne of the Almighty. If after 7 minutes you wish to continue, here is one of many formats that offer some further guidance in establishing a regular prayer time - use the acronym ACTS to help you remember.

Adoration—praising God for who He is

Confession—repenting for the times we fall short of His plan

Thanksgiving—expressing gratefulness for what He's done

Supplication—bringing our requests before Him

~ DAY 1 ~

prayer focus: If you've been blessed with children, thank God for the opportunity to parent them and the joy you receive (or received) in raising them. If God has chosen not to give you children or you're not yet in a place to have children, thank God for the children in our church. Finish by praying God's blessing on your children.

prayer action: As you have prayed for God's blessing on your children, find times to lay your hands on your child's head and either verbally or silently bless them. If appropriate, do so for other family children or those of close family friends.

prayer remembered:

God is speaking to my heart and saying...

~ DAY 4 ~

prayer focus: As a child of God, take a minute to apologize to Him for those things you've done or believed that were against His plan for you. Ask Him to fill your heart and mind with His truth so that you will be strengthened in your struggle against the philosophies of the world.

prayer action: Think of all influences in your life that point toward a secular belief system. Now think of things that point you toward Christ. If the two groups were embattled which would win?

prayer remembered:

God is speaking to my heart and saying...

~ DAY 5 ~

prayer focus: Begin your time by praising God for His blessing in your life—even if you simply woke up this morning you are blessed. Spend the remaining time asking for God's blessing on those in our church who've committed to teach in our children's ministry.

prayer action: Next time you're at Grace to worship, try to find one of the children's ministry teachers and let them know you're thankful for their willingness to serve God in that way.

prayer remembered:

God is speaking to my heart and saying...

~ DAY 6 ~

prayer focus:

Think of someone specifically in our church that is a parent—be specific. Ask God to work in the life of their family so that the parents lead intentionally and the children remain teachable. Ask God to bless each member of the family by name.

prayer action:

If appropriate, find the persons mailing address and write a quick/short note letting them know that you prayed for them. Encourage them in their parenting and let them know you'll pray for them again as God puts them on your heart.

prayer remembered:

God is speaking to my heart and saying...

~ DAY 7 ~

prayer focus:

What did God especially impress on your heart this week? Much of this weeks journal focused on parenting and children. Ask God to reveal His heart to you as a child, parent, grandparent, or adult in our church.

prayer action:

Read back over this weeks journal, especially any thoughts you jotted down yourself. Let the result of your time with God carry you into next week and be ready to worship Him together with our hearts, souls and minds on Sunday.

prayer remembered:

God is speaking to my heart and saying...

~ DAY 2 ~

prayer focus:

Open your prayer time by thanking God for the chance to impact the children in our community with His love through VBS this week. Ask God that He would bring children that need to hear about His love and for teachers ready to share!

prayer action:

If possible, attend the closing ceremonies on Friday evening. This will be a focused attempt to intersect with the parents of children who've attended VBS and invite them to pursue God further with us in the coming weeks. Ask God to provide and opportunity for you to make a personal invitation.

prayer remembered:

God is speaking to my heart and saying...

~ DAY 3 ~

prayer focus:

Either for you specifically or someone you know, ask God to give you a plan for raising your children. Try to avoid generalizations in your request and be specific about each child—ask God to show you their uniqueness and how to lead them best.

prayer action:

Become a student of your children. Learn what makes them tick, what drives them, what drains them, and what inspires them. Then find ways to compliment their strengths and help them manage their weaknesses. If you are without children ask God to show you how to best use your position to serve Him.

prayer remembered:

God is speaking to my heart and saying...
