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PRAYER JOURNAL

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# DEAR FRIEND,

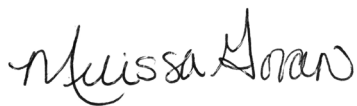
We are so proud of you as you begin, or continue, this powerful journey of discovering your own personal prayer life. Learning what prayer is, how to pray, and how important prayer is to your everyday life is one of the most important things you can do as a believer in Jesus. From day one, our church has always set out to be a people of prayer. We want to pray first in every situation, good or bad. Jesus is always the answer, He is our best friend, and He is always ready to talk with us.

Praying with Jesus is not only something that we need in our lives; it should be something that we want to do. The more we learn about prayer, the easier it becomes. The easier it becomes, the more fun it is! Praying and talking with Jesus should be the best part of our day! We hope you will use this prayer journal to make your prayer life more personal. When you find out how to have real conversations with Jesus every day, then you will experience the presence of God, and that will change your life in the best way possible.

Once you learn how to pray, you can make it a part of your everyday life. You can pray:

- Before the day begins -
- Before you go to school -
- Before you hang out with your friends -
- Before practice -
- Before you play a big game -
- Before you go to bed -
- When something bad happens -
- When something good happens -
- In every situation - PRAY FIRST!

We pray blessings over your prayer life, because prayer changes everything.



Melissa Govan, C Kids Director



Dave Ammons, Associate Pastor

# LIFESTYLE PRAYER

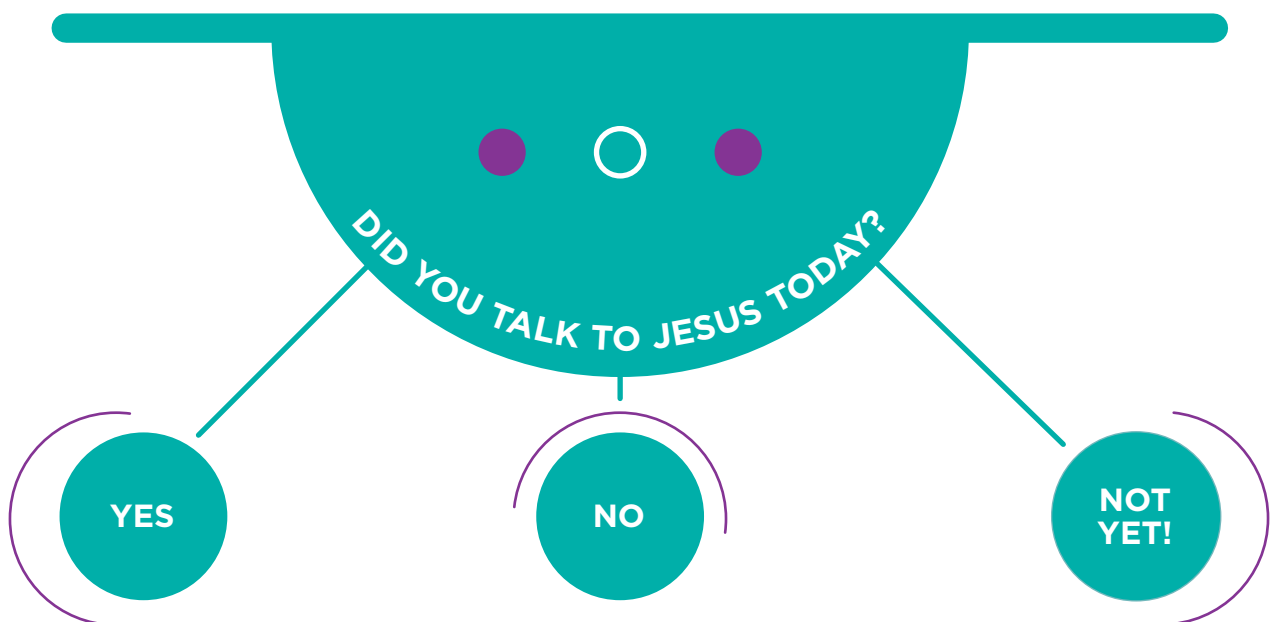
*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.  
(Mark 1:35)*

## Here's what we see:

He prayed every day.  
He prayed in a certain place.  
He prayed with a plan.

## 1. TIME

We see that Jesus had a certain time that He prayed every day. The Bible says that Jesus got up very early in the morning to spend time with His Heavenly Father and pray. He had a specific time that He always knew was His prayer time. We should do the same.



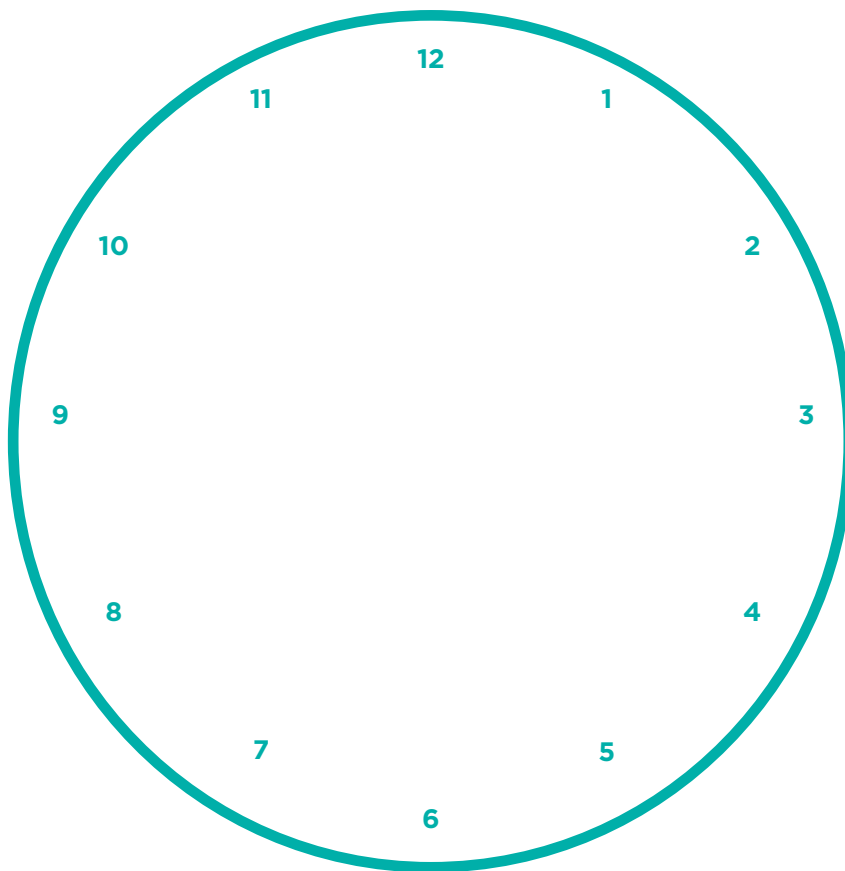
When will your prayer time be? Use a pencil to circle your answer or answers!

WHEN I WAKE UP

IN THE AFTERNOON

BEFORE I GO TO SLEEP

USE A PENCIL AND FILL  
IN THE TIME THAT YOU  
PRAYED TODAY!



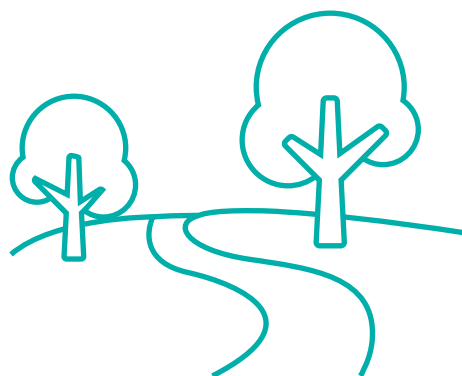


## 2. PLACE

We see that Jesus had a certain place that He would go to pray. We need to have a place that doesn't have any distractions, noises, or things that would keep us from focusing on Jesus.

My favorite place to pray is: \_\_\_\_\_

COLOR IN THE PLACE  
BELOW WHERE YOU  
LIKE TO PRAY  
TO JESUS.



### 3 . P L A N

We also see in the Bible that whenever Jesus prayed, He always had a plan. He had things on His heart that He wanted to pray for, and knew how He wanted to pray for them.

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**W R I T E   D O W N   O R   D R A W  
A   P I C T U R E   B E L O W  
O F   T H E   P E O P L E   A N D  
T H I N G S   Y O U   C A N   P R A Y  
F O R   T O D A Y !**

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# THE LORD'S PRAYER

*One day Jesus was praying in a certain place. When He finished, one of his disciples said to him "Lord teach us to pray..."*  
(Luke 11:1)

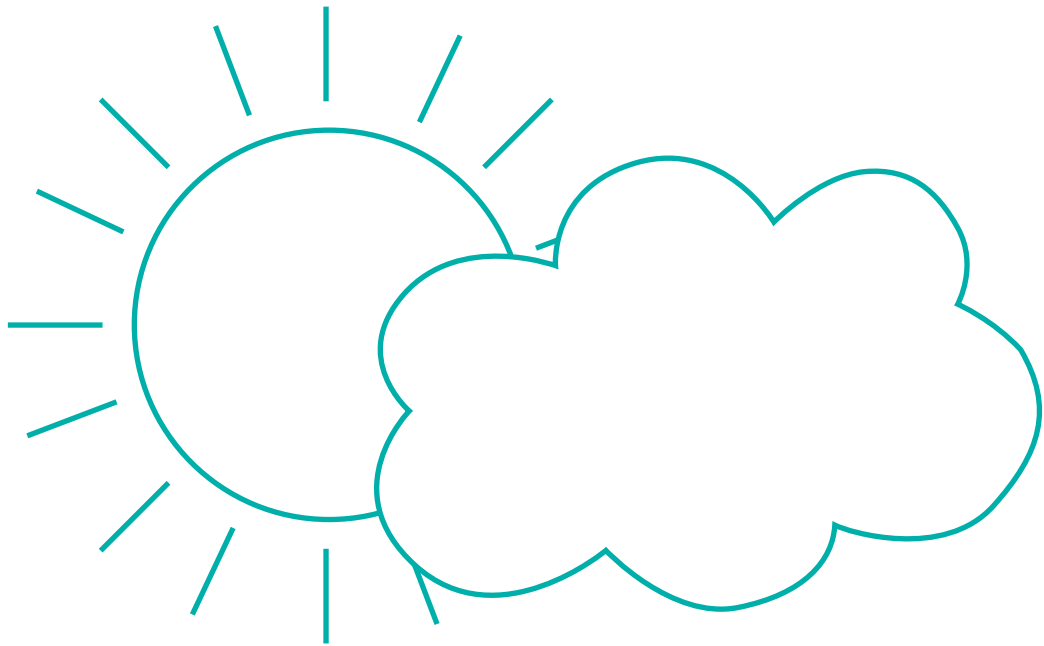
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"Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done,  
On earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, As  
we forgive our debtors. And do not lead us into temptation, but deliver us from the evil  
one. For Yours is the kingdom and the power and the glory forever. Amen."

*(Matthew 6:9-13)*



**“OUR FATHER IN  
HEAVEN...”**



**Connect with God. He is your loving father.**

LIST SOME THINGS  
YOU COULD SAY  
TO START YOUR  
PRAYER WITH GOD.

Examples: “Dear God...”, “Hi Dad!”, “Good Morning Lord!”, “Hey Papa!”

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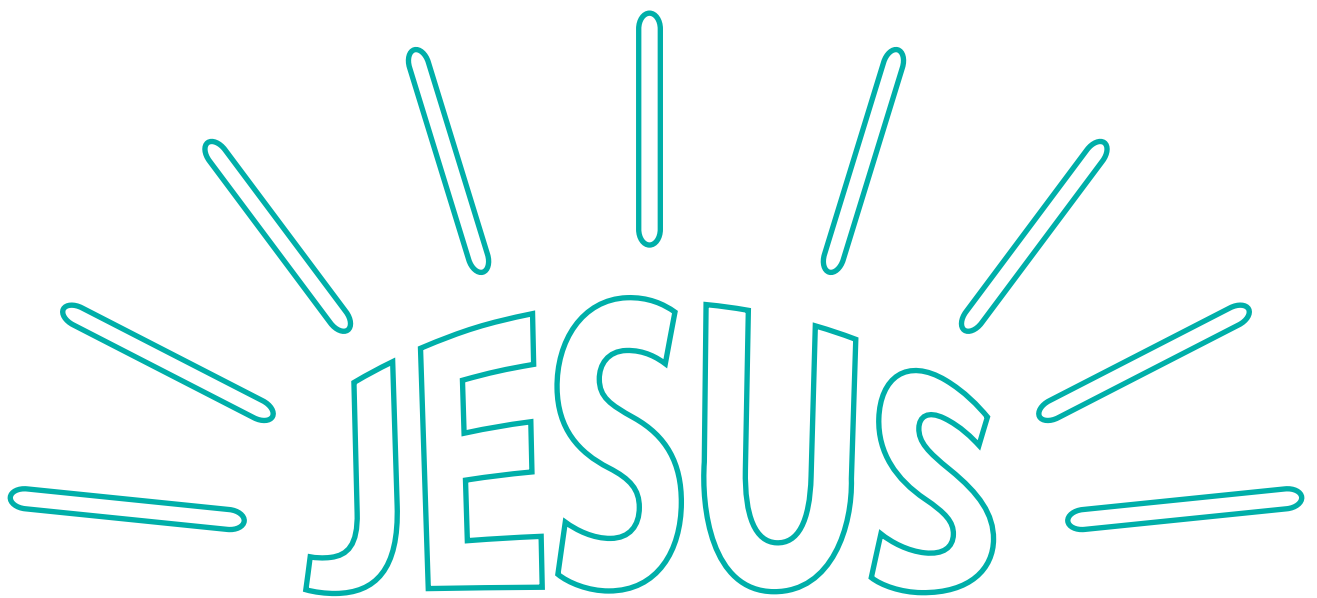
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“ ... HALLOWED BE  
YOUR NAME...”



**Worship His name.**

*God's name is a place of protection - good people can run there  
and be safe.  
(Proverbs 18:10 MSG)*



# MATCH WHO HE IS WITH WHAT HE CAN DO!

**Healer**

God is on my side and will fight for me.

**Friend**

God is in charge and wants the best for me.

**Peace**

I will choose joy because God is my joy.

**Forgiveness**

He is my hope for every situation.

**Love**

He forgives me for anything I have done and will do.

**Hope**

Jesus loves me the most.

**Joy**

He brings me peace no matter what I go through.

**King**

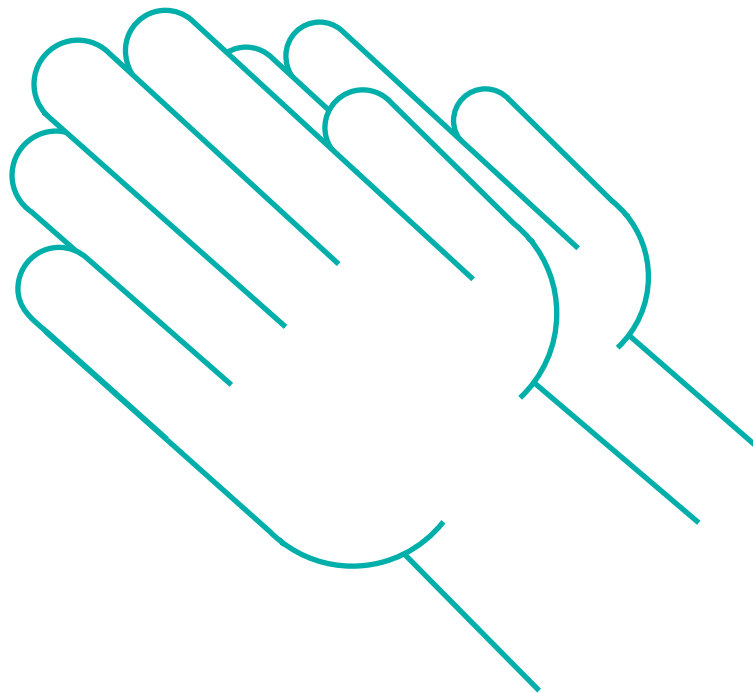
He is always with me.

**Protector**

God heals all our diseases.



“ ...YOUR KINGDOM  
COME, YOUR WILL BE  
DONE. ON EARTH AS IT  
IS IN HEAVEN...”



**Pray for what He wants (Pray His agenda first).**

*He will always give you all you need from day to day if you will make the  
Kingdom of God your primary concern.  
(Luke 12:31 TLB)*

# THE BEST THING WE COULD EVER WANT IS WHAT GOD WANTS.

He will take care of everything else we need!

List below and pray through the things God wants for the world and  
for you.

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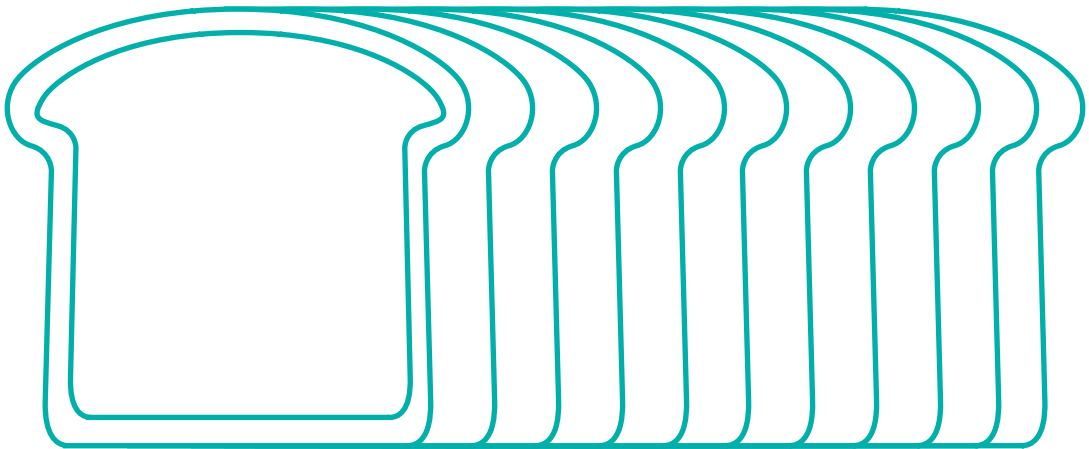
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**“ ... GIVE US THIS DAY  
OUR DAILY BREAD ... ”**



**Ask God for what you want and need, and then trust Him to  
provide for you.**

*I look up to the mountains—does my help come from there?  
My help comes from the Lord, who made heaven and earth!  
(Psalms 121:1-2 NLT)*

# WHAT ARE YOU TRUSTING GOD FOR?

Write some of your answers below.

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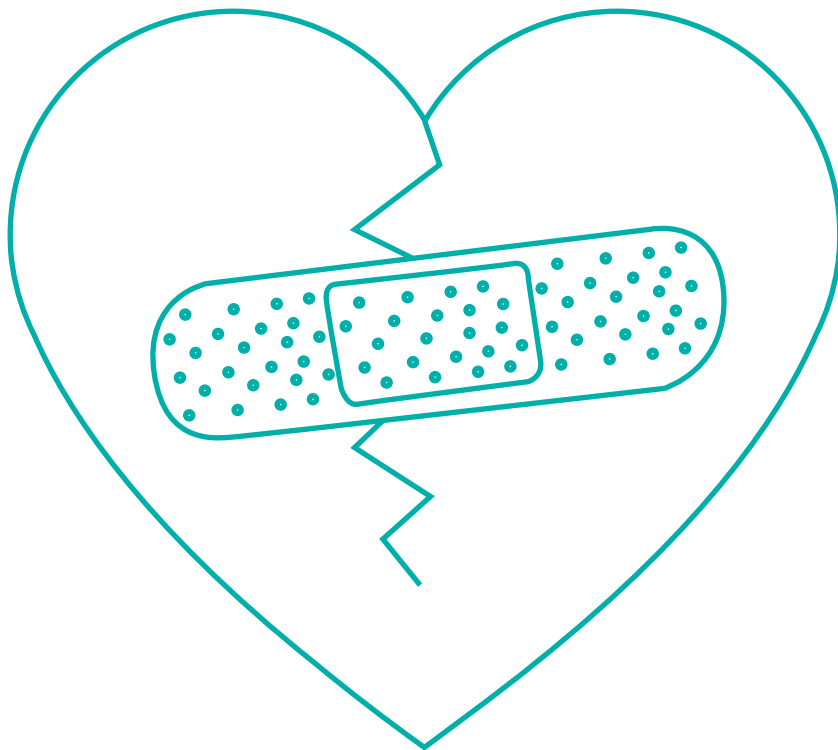
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**“ ... AND FORGIVE US OUR  
DEBTS, AS WE FORGIVE  
OUR DEBTORS...”**



**Make sure your heart is right with God and with people.**

*If we confess our sins, He is faithful and just and will forgive us our sins and  
purify us from all unrighteousness.*

*(1 John 1:9)*

# ASK JESUS TO LOOK INSIDE YOUR HEART:

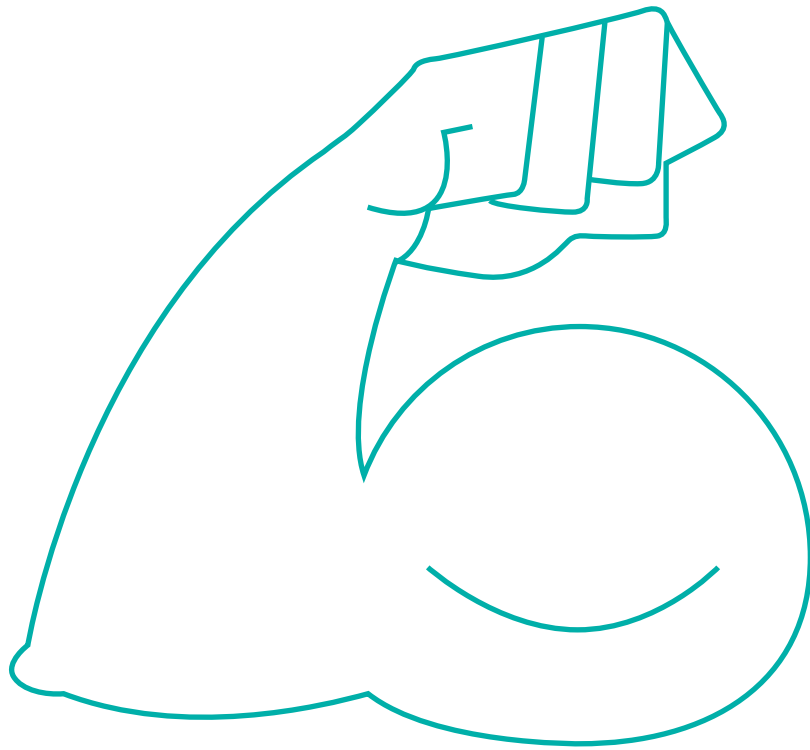
1. What do you need to ask for forgiveness about?
2. What do you need to forgive someone for?

Once you have prayed, color in the sentences below.

I AM FORGIVEN.

I CAN FORGIVE.

**“ ... AND DO NOT LEAD US  
INTO TEMPTATION, BUT  
DELIVER US FROM THE  
EVIL ONE... ”**



**Replace any lie the enemy has told you with the truth of God's Word.**

*For our struggle is not against flesh and blood, but against the rulers,  
against the authorities, against the powers of this dark world and against  
the spiritual forces of evil in the heavenly realms.  
(Ephesians 6:12)*



# GOD'S WORD IS TRUTH.

Replace the lies you may have heard with what God says is true.

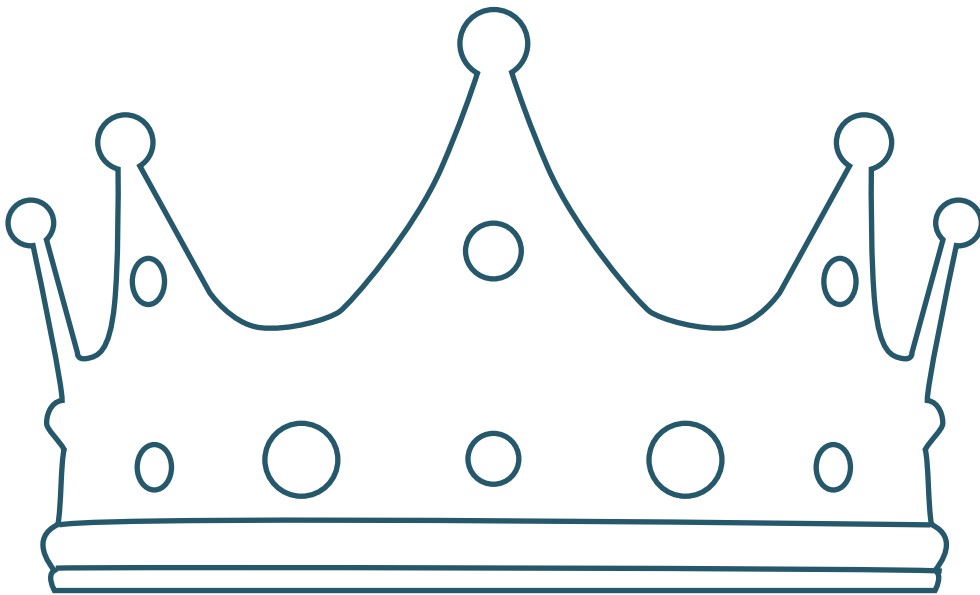
## LIE I HAVE HEARD

## WHAT GOD SAYS IS TRUE

- "I am mean." \_\_\_\_\_ I can be a friend like Jesus.
- "I am ugly." \_\_\_\_\_ I am fearfully and wonderfully made.
- "I don't have friends." \_\_\_\_\_ Jesus loves me and I am never alone.
- "If I lie, I won't get in trouble." \_\_\_\_\_ I can tell the truth and not be afraid.
- "If I do what's wrong, I'll finally fit in." \_\_\_\_\_ My identity comes from Jesus.



“ ... FOR YOURS IS THE  
KINGDOM AND THE  
POWER AND THE GLORY  
FOREVER. AMEN.”



**God can do anything (believe it)!**

*Ah, Sovereign Lord, You have made the heavens and the earth by Your  
great power and outstretched arm. Nothing is too hard for You.  
(Jeremiah 32:17)*

“FOR YOURS IS THE  
KINGDOM AND THE GLORY  
FOREVER. AMEN”



# PRAYER AND SCRIPTURE FOR EVERY DAY

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## MY PRAYER LIST

Make a list of things you want to pray for every day.

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# TELL JESUS HOW GREAT HE IS.

A jump start to praying this way is below. Fill in the blanks and add your own praise and worship as you talk to Jesus about how great He is!

Look up Scripture as you walk through the outline.

## Hi Jesus!

I love You so much!

1. Thank You \_\_\_\_\_ (*Psalms 100:4, 118:24*)

2. I love that You created \_\_\_\_\_.

3. When I'm outside, I notice \_\_\_\_\_ in your beautiful creation!

4. God, You made me. Thank You for my ability to \_\_\_\_\_. (*Mark 12:30*)

You love me for who I am, no matter what.

Thank You for being my God and my friend. I love You!

In Jesus' name, Amen.

# GIVE THANKS EVERY DAY.

Having a thankful heart is something that Jesus loves. Giving thanks to God makes even bad days good. A jump start to praying this way is below. Fill in the blanks and add your own words of thankfulness!

## Hi Dad!

I am so thankful for You and all that You have given me.

Today, I thank You for my family!

I pray that for my family You would \_\_\_\_\_ .

I thank You that I get to wake up and have a new day!

I pray today for \_\_\_\_\_ .

Thank You for the food I get to eat, the clothes I get to wear, and the house I get to live in.

Thank You for \_\_\_\_\_ .

Thank You for dying for me and saving me.

Help me be more like You, Jesus.

I am so thankful for You! I love You! (*Psalms 96:1-2*)

In Jesus' name, Amen.

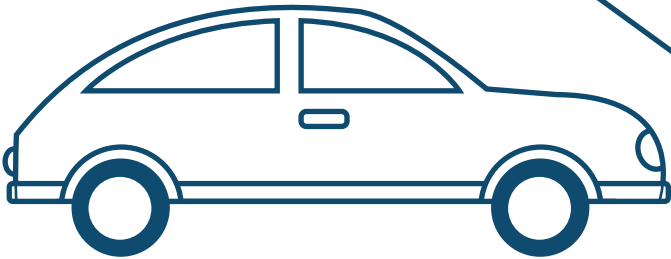
# ASK GOD TO LEAD YOU EVERY DAY.

Have you ever been lost and not known where you were going? It's not a fun feeling. The easiest way to avoid this is to ask for directions from someone with a map. Jesus has the map to life and has the best plan for our life.

**Follow the numbers 1-5 and color in the road map on the next page as you ask Jesus to lead you today!**

1. Thank You, Jesus, for the plan you have for me!
2. Today I choose your plan for my life, because I know it's the best plan there is!
3. Lead me. Give me words to say. Help me think good thoughts.
4. Help me to be kind to people, be wise, and make good choices.
5. Jesus, please make me more like You every day. In Jesus' name. Amen.

*(Proverbs 3: 5-7; Psalm 131:1-3, Isaiah 30:21)*



1

2

3

4

5



# PRAYERS FOR WHEN I NEED HELP

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## Pray through the armor of God.

Read Ephesians 6:11-18 and then say a prayer to God like the one on the next page to put on your armor!

“Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the **belt of truth** buckled around your waist, with the **breastplate of righteousness** in place, and with your **feet fitted with the readiness** that comes from the **gospel of peace**. In addition to all this, take up the **shield of faith**, with which you can extinguish all the flaming arrows of the evil one. Take the **helmet of salvation** and the **sword of the Spirit**, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.”

*(Ephesians 6:11-18)*

# PRAYING THROUGH THE ARMOR OF GOD...

**Lord,**

Today I put on the full armor of God. I am protected.

I put on the **belt of truth** to speak and walk honestly.

I will put into **place the breastplate** to do what is morally right.

I will strap onto my feet and be ready with the **Gospel of peace**.

On my arm I will carry the **shield of faith** and block the attacks from the evil one. I know God is with me.

On my head I will wear the **helmet of salvation**. Jesus loves me and I belong to Him!

With my shield in one hand, I will carry the **sword of the Spirit** with me in the other. It is the Word of God.

I will pray on all occasions, everywhere, for anything. I will be alert and never stop praying daily for those around me.

In Jesus' name, Amen.

# THE ARMOR OF GOD

THE HELMET  
OF SALVATION

THE BREASTPLATE  
OF RIGHTEOUSNESS

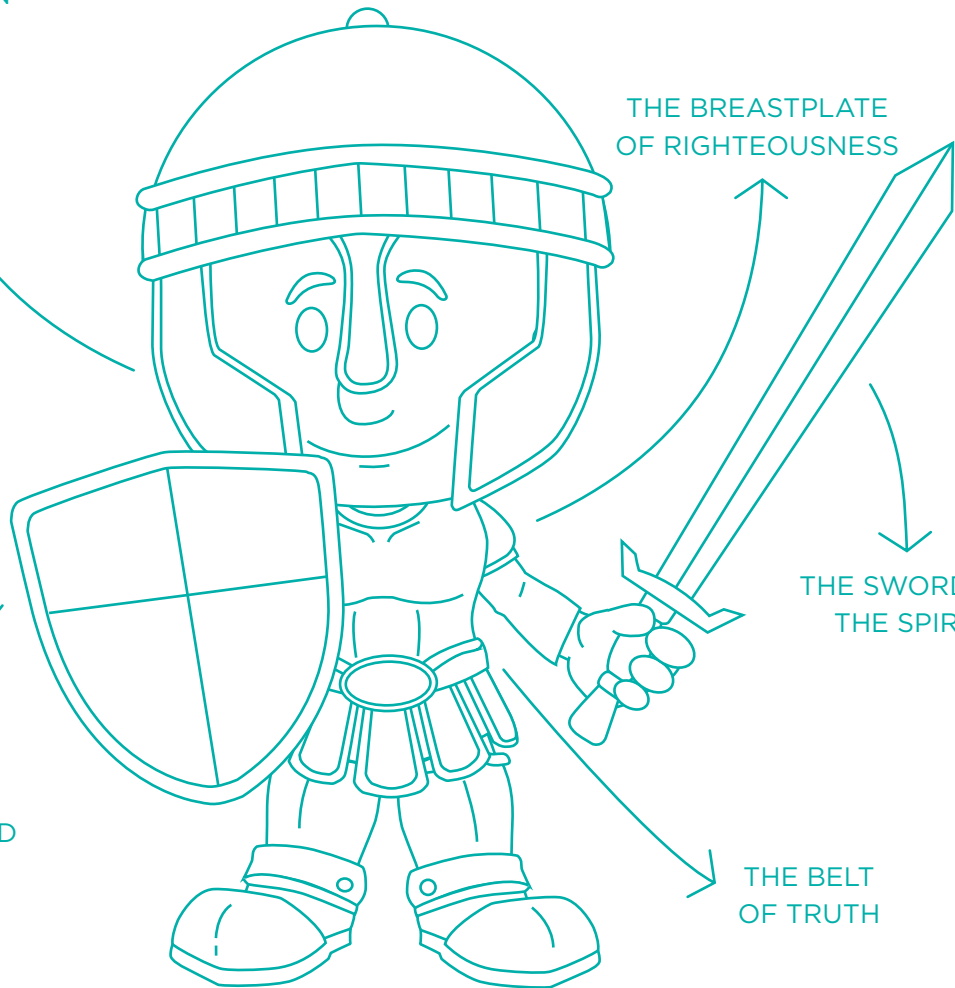
THE SWORD OF  
THE SPIRIT

THE SHIELD  
OF FAITH

THE BELT  
OF TRUTH

THE GOSPEL  
OF PEACE

*Ephesians 6:11-18*



# PRAYERS FOR MY FAMILY

*Honor your father and your mother, so that you may live long in the land the Lord your God is giving you.  
(Exodus 20:12)*

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**Jesus,**

Today I thank You for my family.

I thank You that You love us and want the best for us.

I pray You would give (say their names) and me wisdom today to make good choices and do the things You would want us to do.

I pray that You will bless us so that we can be a blessing to others.

I pray You will give us favor and influence.

I pray You would lead us and guide us through the whole day and I pray that You will watch over everything we do.

I pray that You would cover us, protect us, and keep us far from any harm so that we can do good things for You.

In Jesus' name, Amen.

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# PRAYERS FOR WHEN I FEEL ALONE

*I will never leave you or let you be alone.  
(Hebrews 13:5b NLV)*

*I am with you always.  
(Matthew 28:20)*

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**Jesus,**

Thank You that You are my best friend.

Thank You that You never leave me, and that I never have to feel alone.

As You are with me today, help me follow You and make good choices.

Help me forgive anyone who has hurt me.

Thank You for the comfort that Your Spirit brings me.

Help me be like You and choose to love people the way You would love people.

In Jesus' name, Amen.

# PRAYERS FOR WHEN I FEEL AFRAID

*For God has not given us a spirit of fear, but of power and of love and of a sound mind.  
(2 Timothy 1:7 NKJV)*

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**Jesus,**

Today I pray against the spirit of fear.

I command it to go by the authority that You have given me by Your name.

I ask that you would give me peace, perfect love that casts out fear, and complete confidence in You.

Thank You that I don't have to be afraid.

Thank You that You are in control.

Thank You that You love me.

In Jesus' name, Amen.

LIST BELOW WHAT YOU  
DON'T NEED TO BE  
AFRAID OF AND THE  
THINGS YOU CAN HAVE  
PEACE ABOUT!



# PRAYERS FOR PROTECTION

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Jesus always wants to keep us safe because He loves us. There are three great things we can use to protect ourselves.

## 1. THE NAME OF JESUS

Jesus tells us that He will protect us and keep us. He will cover us with His wings. The Bible says that the name of the Lord is a Strong Tower that we can run to so we can be kept safe.

## 2. THE COVERING OF THE BLOOD OF JESUS

When Jesus died on the cross for us, His precious blood was shed. And that blood saved us, washes our sin away, and it protects us.

## 3. THE WORD OF GOD (THE BIBLE)

The Bible is full of prayers of protection. It is such a powerful weapon against the enemy. We can pray God's Word over us and our family. Psalm 91 is one of those great prayers of protection.





**Jesus,**

Thank You that I am important to You.

Thank You that You are always watching over me and protecting me.

I pray that You will cover me with the protection of Your blood and surround me with Your angels.

I run to the name of Jesus, my strong tower.

Thank You for being my rock and strong defender.

Please protect my family and me from every evil attack.

In Jesus' name, Amen.

Read out loud Psalm 91 when you are finished praying.



# PRAYERS FOR OTHERS

*I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth.*  
(1 Timothy 2:1-4)

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**Fill in the lists below with names of those in each category that you can be praying for.**

MY GOVERNMENT \_\_\_\_\_

MY CHURCH \_\_\_\_\_

MY SCHOOL \_\_\_\_\_

MY FAMILY \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MY FRIENDS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

PEOPLE WHO DON'T KNOW JESUS \_\_\_\_\_

\_\_\_\_\_

# PRAYERS FOR ME

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## MY PRAYER NEEDS

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[illegible]

COLOR A PICTURE OF  
SOMETHING YOU ARE  
BELIEVING GOD FOR.

COLOR A PICTURE OF  
AN ANSWERED PRAYER.



[wearecathedral.com](http://wearecathedral.com)