

# Building a Prayer Journal

Wednesday, November 2, 2022

• **What are the top 3 reasons you have struggled in your prayer life?**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

• **Did the disciples ever struggle to pray (Matthew 26:45-46)?**

- **Turn to Matthew 26:35-46**
- \_\_\_\_\_
- **Great Memory Verse: Matthew 26:40** — *And he cometh unto the disciples, and findeth them asleep, and saith unto Peter, What, could ye not watch with me one hour?*

At the top of page 1 of your prayer Journal write: **“God the Father”**

- Write down what you praise God for; what is true of God, what He has done for you, etc.; then attach a Scripture to that truth.
- Praise: \_\_\_\_\_ verse: \_\_\_\_\_
- Praise: \_\_\_\_\_ verse: \_\_\_\_\_
- Praise: \_\_\_\_\_ verse: \_\_\_\_\_
- Praise: \_\_\_\_\_ verse: \_\_\_\_\_

## “God the Son” (pg.2)

- **Are we only to pray to the Father and not to Jesus or to the Holy Spirit since the model prayer Jesus says to pray to the Father?** \_\_\_\_\_
- **Prayer was also directed toward Christ in the Epistles:**
  - Acts 7:59–60, 1 Corinthians 1:1-2, 2 Cor. 12:8-9, Romans 10:13, Revelation 22:20, John 5:23
- **Why do we pray in “Jesus’ Name”?**
  - John 14:13–14, John 16:23, Col. 3:17
- **What does it mean to pray in the Lord’s name (1 John 5:14-15)?**
  - \_\_\_\_\_

- Praise: \_\_\_\_\_ verse: \_\_\_\_\_
- Praise: \_\_\_\_\_ verse: \_\_\_\_\_
- Praise: \_\_\_\_\_ verse: \_\_\_\_\_
- Praise: \_\_\_\_\_ verse: \_\_\_\_\_

## “God the Holy Spirit” (pg.3)

Jude 20, Romans 8:26, Eph.2:18

- Praise: \_\_\_\_\_ verse: \_\_\_\_\_
- Praise: \_\_\_\_\_ verse: \_\_\_\_\_
- Praise: \_\_\_\_\_ verse: \_\_\_\_\_

- Praise: \_\_\_\_\_ verse: \_\_\_\_\_

### Family (pg.4)

- This is the time of prayer that you pray for God's purposes to be accomplished in your life and the life of those around you – Matthew 6:10 – *“Thy kingdom come, Thy will be done”*.
- **Spouse:** Write specific requests, try to attach a verse to each. Or find passages and pray that those Scriptures will come to pass in your spouse.
  - **Example:** Ephesians 5:18, Matthew 5:16, Romans 13:14, 1 Corinthians 10:31, Gal. 5:22-24, Eph. 6:10-18, Matt 6:33, Matthew 22:37-39, Luke 10:38-42, Phil. 3:7-13, Rom. 12:1-2, Romans 8:29, Prov. 31, Luke 9:23, Psalm 42:1-2, Psalm 63:1-3, I Peter 1:15-16, 1 Jn 1:7, I John 1:8-10, Deut. 6:4-9, Eph. 5:22-24, John 15:1-8, 1 Peter 2:2
  - \_\_\_\_\_
- **Children:**
  - What specific requests do you have for your children? Are those requests biblical? Write those requests with Scripture and pray them for your children.
  - \_\_\_\_\_
  - \_\_\_\_\_
  - Matthew 5:16, Matthew 22:38-42, I Peter 1:15-16, 1 Thess. 5:17, Eph. 4:22-24

### Church Family (pg.5)

- **Those who are sick** - \_\_\_\_\_
- **Those out of Church** - \_\_\_\_\_
- **For God to raise up pastors, teachers, missionaries, evangelists, etc. (Matt.9:38).**
- **Those struggling, family issues, marriages, etc.** - \_\_\_\_\_
- Eph. 4:1-3, John 13:34-35, I Peter 1:15-16, John 17:17, Jeremiah 5:14, 2 Cor. 1:4, John 14:27, Psalm 103:3, Matthew 22:37-39, Heb. 12:28, I Cor. 5, Revelation 3:8, 2 Peter 3:9, 1 Timothy 2:4, I Peter 3:15, 2 Tim 2:15, Acts 1:8

#### Pray for those in the world - Pray for missionaries

Pray for lost loved ones by name \_\_\_\_\_

### Provision, Forgiveness, Protection (pg.6)

- **Pray for God's provision (Also thank God for the provision He has given you).**
  - Matthew 6:11, Psalm 34:10, Matthew 7:7, 1 Thess. 5:17-18
- **Prayer for forgiveness – examine your life to make sure you don't have any unforgiveness towards anyone.**
  - **Matthew 6:12** — *And forgive us our debts, as we forgive our debtors.*
  - Psalm 139:23-24, 1 John 1:8-9, Psalm 32:5, Psalm 51:1-2, Ephesians 4:31-32
- **Pray for Protection**
  - **Matthew 6:13** — *And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.*
  - Matthew 26:41, Luke 22:31-32, Ephesians 6:10-18, Psalm 40:11-13, Psalm 121:7-8
- **Close with worship and affirmation of God's control**
  - Matthew 6:13b, 1 Chronicles 29:11, Psalm 145:10-13, Romans 11:36

**NOTE: Remember to circle any and all requests that God answers.**