

How to Prayer Journal Every Day

“Look to the LORD and his strength; seek his face always. Remember the wonders he has done, his miracles and the judgments he pronounced” (1 Chronicles 16:11-12).

Prayer journaling is a way to dialogue with God daily, so that we can remember what and how God is speaking to us. Here are some key ways to do it:

Begin to write - There are so many ways you can journal. God will give you creativity. Some examples are prayers, poetry, your dreams, goals, burdens, delights, joys, Scripture, songs, letters, or whatever God is saying to you.

Journal regularly but not out of duty - You may journal daily, weekly, or as often as you like. It is really up to you. It is important not to look at prayer journaling as a heavy burden or a duty. It's a friend and will help you in life rather than weigh you down with another responsibility.

Record prayer requests and date them - You can look back at how God answered your prayers. This will build your **faith** in prayer. It will also remind you of requests that need more intercession.

Record God's answers to your prayers - My husband recorded the dates of answered prayer while living overseas, and he saw how faithfully God answered his prayer requests. It is a testimony of God's goodness.

Watch for the progress you are making in your spiritual life - I always look back in my prayer journals and see how I develop spiritually from year to year. It helps me so much to see spiritual progress in my life and how God is working.

Write out what God is saying to you - This is important so that you can look at your journal during the quiet seasons in your spiritual life. Ask yourself, “How is God personally revealing Himself to me?”

Write out key Bible verses that speak to you during times of prayer - God will guide and help you in important times of decision-making by using Scripture.

Prayer journaling will help you to see real growth in your life because you are bringing to God the things that concern you. Through journaling, you will see your life more clearly through God's eyes. He has so much to say when we give Him time and seek His face. It's important to write it down and not miss out on the wisdom He wants to share with us.

I believe that you will find it to be an irreplaceable blessing in your prayer and devotional life.

How to Start a Prayer Journal

By Debbie Przybylski

<https://www.crosswalk.com/faith/prayer/how-to-start-a-prayer-journal.html>

1. Journal and pray.

For some time I kept a separate journal and prayer journal—two different books. Then one year as I began a fresh new book, I decided to journal everything in the same volume, just using a different color for my prayers. This was easier than switching back and forth between two books, and also made it easier to take my journal with me when I traveled. It also helped me pray more conversationally, as I would often find myself praying as I wrote without switching pens.

2. Journal your thanks.

Some years ago during a battle with depression (and related problems sleeping), my counselor suggested that I journal at least three prayers of thanks every evening before I went to bed. Doing so made a difference; I found it hard to be grateful and depressed at the same time. I liked it so much that I continued the practice after the depression abated and have renewed it every so often over the years since.

3. Journal your praise.

During another period of prayer journaling, I focused most of my written prayers on praising (especially since praise is usually the form of prayer I most neglect). Most of the time, I simply started my prayers, “Today, God, I praise you for . . .” Since I did that journaling in the mornings, the practice sharpened my awareness of God and His wonderful works throughout the day.

4. Journal your questions.

It didn’t last more than a few weeks, but during one stretch of my prayer journal I asked at least one question a day of God, like the psalmists (“Why do the nations rage?” “Why do the wicked prosper?” etc.). My questions were often more selfish (such as, “Why can’t I get along with Brad?” or “What am I not seeing in this situation?”), but they did help me to express myself honestly to God.

5. Journal your dreams.

As I look back over my journals, I see that I used those pages frequently to place my dreams before God—for a grandchild’s healing, for a writing opportunity, for reconciliation or recovery. For some reason, I find it easier to dream on the written page, perhaps because the act of writing helps me to

focus my thoughts.

6. Journal your answered prayers.

One of the great benefits of a prayer journal is the ability it affords to remember and record answered prayers. Sometimes I have written prayers of thanks for answered prayer every evening for a stretch. At other times I placed an asterisk or a cross in the margin beside every answered prayer; as a result some pages in my prayer journal are vivid affirmations that God is a prayer-answering God.

6 Ways to Prayer Journal

You don't have to be a writer to journal your way to a deeper prayer life.

by Bob Hostetler Posted in Power of Prayer

<https://www.guideposts.org/faith-and-prayer/prayer-stories/power-of-prayer/6-ways-to-prayer-journal>