Extending Our Reach Through Prayer Journaling

By: DeenaThomas

# I. Introduction

• Importance of prayer journaling in the Christian journey  
• Biblical foundation for prayer

# II. Scriptures on Prayer

• 1 Thessalonians 5:16–18 — “Pray without ceasing”  
• Jeremiah 33:3 — “Call to me and I will answer you…”  
• Colossians 4:2 — “Devote yourselves to prayer…”  
• Romans 12:12 — “Be joyful in hope, patient in affliction…”

# III. How God Speaks

• Through His Word (Psalm 119:105, Job 23:12)  
• Through preaching (Romans 10:14)  
• Through a still small voice (1 Kings 19:12)

# IV. Purpose and Benefit of Prayer Journaling

• Helps with focus and consistency in prayer  
• Bridges daily prayer to maintain a continuous relationship with God  
• Records God’s direction and victories  
• Acts as a spiritual memorial (Revelation 12:11, Joshua 4:1–7)

# V. Real-Life Application & Testimony

• Personal testimony of journaling during a painful season  
• Lessons from a forgotten prayer line code and the importance of consistency

# VI. Importance of Prayer as a Lifestyle

• Prayer life as a source of strength and memory  
• Journal as a tool to recall spiritual “codes” and “keys”  
• Journals as legacy and spiritual record for future generations

# VII. Encouragement for Consistency

• Keeping a record improves clarity and direction  
• Reinforcement through journaling what is preached, studied, or revealed

# VIII. Prayer Life Self-Inventory (by Deena C. Thomas, ALCA 2023)

• 16 questions to assess consistency and depth of prayer life  
• Scoring system:  
 - 95–90: Prayer is a way of life  
 - 89–81: Good progress, keep improving  
 - 80–72: Weak, needs urgent care  
 - 71 and below: Critical level, threatens walk with God

# IX. Sample Prayer Journal Format

1. Begin with worship and praise  
2. Recite and write memory verse  
3. Confess faults  
4. Record prayer petitions  
5. Express thankfulness  
6. Write what God speaks  
7. End with Bible reading