

Forty For More: Prayer Journal

The Purpose: To have a more intentional and more focused prayer time.

Helpful Thoughts:

1. Fill out the journal by the end of Day 1.
2. Make a commitment to pray. Set a reminder.
3. Give yourself plenty of time. Don't rush it!
4. Praying early limits distractions. (kids, phone, needs, etc.)
5. Start with adoration of God every day! Choose one characteristic of God to focus on every 5 days (8 adorations).
6. Ask God for forgiveness, cleansing, and purification in your life.
7. Pray two or three sections a day.
8. Keep track of answered prayers!

The Layout: All you need is a notebook or anything you can write on. I will include an example on the back of this sheet.

Sections to Include: Our Nation & The World, Community, Church, Family, Friends, Forgiveness, Salvation, Personal, Include your own

*The example journal will include 2-3 items under each section, but don't feel limited to just this amount. It is only an example.

Prayer Journal Example

Adoration: A Character of God to focus on

- God's Power to speak creation into existence (from our Day 1 reading)

Our Nation & The World

- Our Leaders
- The Election
- Israel

Community: Pray for needs in your neighborhood and city

- The Homeless
- Local Schools and Teachers
- Homes to be focused on Jesus

Church: Pray needs in the church, ministries, etc.

- Life Groups
- Student Ministry
- Children's Ministry

Family: Pray for your spouse, children, etc.

- Spouse
- Child
- Grandchild

Friends: Pray for those closest to you

- John (health)
- Carol (family needs)

Forgiveness: Ask God to help you forgive hurts and the hard to love

- Paul
- Timothy

Salvation: Pray for people in your life to come to know Christ

- Tommy

Personal: Ask God for His will and to provide for your needs

- Job
- Better Spiritual leader