

Prayer

30 PRAYER JOURNAL PROMPTS

NAME _____

DATE _____

- 1 Write one sentence of thanks to God for something you can see from where you are sitting right now.
- 2 How would you describe your prayer life this week in three words?
- 3 Name one person who came to mind today and write a short prayer for them.
- 4 What is one small worry you can write down and bring to God in prayer before your day begins?
- 5 Write a prayer for the next hour of your day, whatever it holds.
- 6 What moment from today are you most thankful for, and how would you say thank you for it in a single line?
- 7 What ordinary thing went well today that you can thank God for, like a meal that tasted good or a bus that came on time?
- 8 Write three short prayers that begin with "Thank you," "I'm sorry" and "Please," finishing each one in your own words.
- 9 Where are you as you pray today, and what do you notice around you before you begin?
- 10 What is one need in your neighborhood or town that you could pray about this week?

- 11 Write a one-line prayer you could repeat while waiting in line or washing dishes.
- 12 Who has prayed for you at some point in your life, and what would you like to thank God for about them?
- 13 What do you want to ask God for today, said plainly and without dressing it up?
- 14 Think of a request you wrote down some time ago. What has happened since then, and what do you notice as you look back?
- 15 Write a prayer for someone you find hard to love right now, asking only for their good.
- 16 Which comes more easily to you in prayer, giving thanks or making requests, and why do you think that is?
- 17 Sit in silence for three minutes before you write. What thoughts, memories or feelings came up while you were quiet?
- 18 Write a prayer for someone close to you who is carrying something heavy, naming the details you know.
- 19 What would you like to confess today, and what might it be like to write it out honestly?
- 20 When do you find it easiest to pray, and what about that time or place helps you?
- 21 Write a prayer for your work, your studies or the main tasks that fill your days.
- 22 What is a prayer you used to pray often but have stopped praying, and why did you stop?

- 23 Write a prayer for someone in the world you will never meet but whose story has stayed with you.
- 24 How do you usually pray: sitting, walking, kneeling, driving? What does that habit say about how you come to God?
- 25 Write a prayer for the people you live with or live closest to, naming each one.
- 26 What were you praying about a year ago, and how have your prayers changed since then?
- 27 Write a prayer of thanks for something difficult that also brought something good into your life.
- 28 Write a prayer of confession without hurrying, then write what you hope for as you set that weight down.
- 29 What have you prayed for over a long time without seeing the answer you hoped for? Write honestly about how the waiting has felt.
- 30 Read back through older journal pages. Where do you notice care, change or provision that you missed at the time?