



Create a Prayer Journal in 5 Meaningful Steps

Do you want to be more intentional with your prayer life?

Are you looking for deeper ways to connect with God?

Have you been curious about how God is moving in your life?

Creating a prayer journal helps you grow deeper in your relationship with God. By writing your prayers, you keep a record and can look back to see where God has been faithful to answer them and where He is still working.

If you want to create a prayer journal but aren't sure how to start, here are five meaningful steps you can take to start a prayer journal today.

Step One: [Purchase a blank journal.](#)

While there are pre-designed prayer journals available, you can make your prayer journal more personal to you by starting with a blank page and designing it how you'd like.



Be sure to choose a journal you *love*. Whether that means it has a beautifully designed cover or is personalized for you, you will be more inclined to stay consistent with prayer journaling when you enjoy the journal you are using.



Step Two: **Pick a verse or passage of scripture to read.**

Starting your prayer time in God's Word is a powerful way to connect with Him right away. Whether you read from a specific book of the Bible or choose various scriptures relevant to your current situation, pick a verse to read and write it in your prayer journal.

Step Three: **Pray over your time.**

Before you begin writing your prayers, take a moment and ask God to be with you. Pray for Him to speak to you and guide you through your time.

Prayer is not only about requesting from God, it is also about listening to God for wisdom, direction, and discernment. When you begin writing, be sure to create space to *ask* in prayer, as well as *receive* in prayer.



Step Four: **Write from the heart.**

Before you start writing, get in the habit of recording the date at the top of each page in your prayer journal. This way, a few months or even years down the road, you can look back at your prayers from specific times in your life and see how God has moved in that situation.

Then, when you are ready, start writing.

There are no grammatical rules to follow or spell-check needed when you are writing in your prayer journal. Instead, let the words flow from your heart to



your pen without worrying about whether or not it is right or correct. God wants to hear all your thoughts--the good and the bad--so open up your heart in prayer to Him.

Step Five: **Conclude with gratitude.**

Ending your prayer journal by listing out at least three things you are grateful for is powerful. Practicing gratefulness positively affects our attitude, mood, and outlook on life.



While practicing gratitude, you may also consider thanking the Lord for the prayers He *has* answered. Remembering how God was faithful to you in the past will give you strength, hope, and faith to remain confident He will be faithful again.

[GET STARTED BY PURCHASING A PERSONALIZED JOURNAL TODAY.](#)