

## **Make a Prayer Journal**

Making a prayer journal can be a good way to focus on your relationship with the Lord, since prayer is conversation with Him. Whether you purchase a blank book that you use just for this purpose or make your own, you may find that you cherish this special kind of journal.

### ***Suggested Materials***

bound journal with blank pages

OR

sheets of paper that can be assembled into a book later (paper can be all of one kind or varied)

pens in a variety of colors

gold metallic markers

optional: staples, a binder, or other materials for binding pages into a book

### ***Possible Procedures***

- Think about whether you would like to use a journal book (purchased in a book store) for your prayer journal or whether you would prefer to collect and write prayers on sheets of paper that you can later bind into a book.
- Would you prefer to write your prayers on a computer and print them on special paper or do you want to use a pen or pencil to write your prayers to the Lord?
- Would you like to add colorful borders to your pages (by hand or on computer) or perhaps insert photographs or other pictures to go with your prayers?

### ***Kinds of Prayers***

Find prayers in the Word that you like especially and write them in your journal.

Write your own personal prayers to the Lord and put them in the journal.

Write in your journal as if you are having an ongoing conversation with the Lord. Be sure to include whatever answers you feel the Lord has given you..

Write (or adapt from verses in the Word) these four kinds of prayer:

- ❖ a prayer that praises the Lord
- ❖ a prayer that acknowledges your tendencies toward bad habits or evil actions
- ❖ a prayer that asks the Lord for help
- ❖ a prayer that thanks the Lord for His blessings

*Optional:* Add prayers that others have written (such as the Serenity Prayer).

*Optional:* Remember that being kind to your neighbor is another form of praying, so you might want to include reflections about ways to show your love to your neighbor.