



Prayer Journaling Guide

1. Get into a space that makes you comfortable and happy. Turn your phone on silent and remove any other distractions.
 2. Do a heart check with God.
 - a. Is there anything between us that I need to correct? _____
 - b. Anyone to forgive? _____
 - c. Any offenses to lay down? _____
 3. Then write down whatever is going on and your feelings about it.
 - a. "God, I need to know what you think about _____
 - b. I feel like _____
 - c. I'm afraid of _____
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4. Now, wait for Him to speak. Engage your will to be quiet and actually listen. Don't worry about the details while you're writing, go back and read it once He is done speaking.

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5. Continue the conversation if you have more to say. _____

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6. God's response. _____

 7. Process what was said and thank God for meeting with you. _____

