



Prayer Journal



The Spiritual Journey...That Lasts For Eternity


For Kids,
Teenagers,
and Those
Who Seek
To Improve
Their
Prayer Life


D

Dearest Parents, Family, and Friends:

I believe it is our Lord's desire that children and teenagers grow spiritually. Part of spiritual growth is that they learn to pray. This prayer journal is a simple way that these precious young people can pray like Jesus did in the Lords' Prayer in Matthew 6:9-13. Adoration, Confession, Thanksgiving and Supplication prayers are just a tool to encourage writing of prayers yet give direction. I encourage 9-12 year olds to begin with this journal. It's simple but a powerful way to pray. Lord bless you in your spiritual journey.

Seek Christ First,

Jennifer Hope Webster

Jennifer Hope Webster

Prayer Journal Layout and Design by Brenda Peterson • Huntington Beach, CA

† This Journal Belongs To:

† Journal Was Given To Me By: _____

† Date Given To Me On: _____





One Year Prayer Journal

"TEACH CHILDREN TO PRAY; BUILD STRONG CHRISTIAN
LEADERS FOR OUR FUTURE" - Jennifer Hope Webster

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The following is a brief description of each type of prayer to give more understanding and motivation to pray. A Bible scripture is added to assist you to know what to write. When it is your turn to write, don't forget to include the date. It's fun to see our spiritual growth and answered prayers.

**You might want to know
some of the benefits of prayer:**

to know and love Jesus more deeply, to receive forgiveness of sins, to have hope and strength to keep going, to receive wisdom and direction for every day life, to become more like Christ, and eternal life with the King. The benefits are numerous! 🙏

Don't forget! Prayer goes hand in hand with bible reading.



 **A**doration

 **C**onfession

 **T**hanksgiving

 **S**upplication




A

“a worshipping or paying homage; great love or devotion.” (Webster’s Dictionary)

Adoration

Psalm 145:1-5 “I will exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name for ever and ever. Great is the Lord and most worthy of praise; his greatness no one can fathom. One generation will commend your works to another; they will tell of your mighty acts. They will speak of the glorious splendor of your majesty, and I will meditate on your wonderful works...” (The New International Version of the Holy Bible) ☁


Other references:
Psalm 29:2; 95:6
Daniel 4:2-3




“admission of guilt or sin.”
(Webster's Dictionary)

Confession

Psalm 51:1-4 “Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions, wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight...” (NIV)

1 John 1:9 “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (NIV) 

Other references:
Proverbs 28:13; Psalm 86:15;
Ephesians 2:8,9; James 5:16;
1 Peter 2:4-5.



"a giving of thanks."
(Webster's Dictionary)

Thanksgiving

I Thessalonians 5:16-18

"Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus." (NIV)

Psalms 95:1-2

"Come let us sing for joy to the Lord; let us shout aloud to the Rock of our Salvation. Let us come before him with thanksgiving and extol him with music and song." (NIV) ❁

Other references:
Psalm 118:1;
Colossians 4:2



“to ask for humbly, as by prayer.”
(Webster's Dictionary)

Supplication

Psalm 142:1-3 “I cry aloud to the Lord; I lift up my voice to the Lord for mercy. I pour out my complaint before him; before him I tell my trouble. When my spirit grows faint within me, it is you who know my way...” (NIV)

Psalm 143:1-2 “O Lord, hear my prayer, listen to my cry for mercy; in your faithfulness and righteousness come to my relief. Do not bring your servant into judgment for no one living is righteous before you.” (NIV) †

Other references:
Psalm 5; James 5:13-18

ABC's of Praise: Available, Beautiful, Concerned, Delightful, Example, Faithful, Giver,


Date:  Circle day of the week: Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Adoration I love you Jesus. I praise you for being... _____

Confession I'm sorry Lord. Forgive me for... _____

Thanksgiving I am grateful to you Father. Thank you for... _____

Supplication Jesus, you provide all my needs. I ask in prayer... _____


Extra Stuff To Talk To God About:  _____


Helpful, Instructor, Justice, Knowledgeable, Loving, Minister, Never Failing, Observant, Provider, Quick to Respond, Resourceful, Supplies All My Needs,


Trustworthy, Understanding, Victorious, Watching, Expert, Yahweh, Zealous...Create your own.





A Answered Prayers

 Thank you for... _____
_____ Date: _____

 Thank you for... _____
_____ Date: _____

 Thank you for... _____
_____ Date: _____

 Thank you for... _____
_____ Date: _____

Extra stuff to talk to God about:  _____

B
O
O
K
M
A
R
K
E
R

Remember to pray for:


- mom
- dad
- grandparents
- sister
- brother
- family
- Pastor
- teachers
- principals
- school
- church
- church leaders
- missionaries
- Country
- World
- city
- community
- neighbors
- friends
- non-believers
- sick
- hungry
- homeless
- disabled
- elderly
- poor
- widows
- President
- leadership
- World
- Christians
- and other needs
- and remember
- Jesus...



How to become a Christian

For God so love the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."
John 3:16 NIV

"Jesus I love you and have a need for you in my life. I believe that what the bible teaches is true. I believe that you lived, died, and three days later rose again. You have gone to heaven to prepare a place where there is no suffering or tears. I accept you as the Lord of my life. I ask that you forgive me of my bad behavior known as sin. It is Your blood that cleanses me from all unrighteousness. Thank you for loving me back and accepting me as your child. Amen."

Welcome into the family of God! Pray, read your bible, and  fellowship with other Christians in a bible believing church.

Adoration
Confession
Thanksgiving
Supplication

"A.C.T.S." is a tool often used in Sunday sermons, Christian College's and Universities, and Christian books on prayer yet the author is never noted."

H How to Use the Bible.

The Bible: There is no place God can not touch in your life or in the world. He is the great creator of all things. Do you know that few Christians chose to read the bible when Jesus said it is the "bread of life."

I challenge you to accomplish three goals. Check them off when you complete them.

- Begin by reading "Luke" and "Acts" in the New Testament part of the Bible. This will teach you of the life of Jesus and more. Pray.
- Second, Finish reading the New Testament all the way to Revelation, the last book of the New Testament one chapter or more each day. Pray.
- Lastly, Begin reading the Old Testament to the New Testament as many times as one can in a lifetime. Pray.

Highlight scriptures that are meaningful to you on your Bible journey. God speaks to me in this way. Pick a life verse and memorize it.

Jesus is my Lord and best friend. May He be yours too!

Deuteronomy 31:8

"The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."



D Deuteronomy 6

- 1 These are the commands, decrees and laws the LORD your God directed me to teach you to observe in the land that you are crossing the Jordan to possess,
- 2 so that you, your children and their children after them may fear the LORD your God as long as you live by keeping all his decrees and commands that I give you, and so that you may enjoy long life.
- 3 Hear, O Israel, and be careful to obey so that it may go well with you and that you may increase greatly in a land flowing with milk and honey, just as the LORD, the God of your fathers, promised you.
- 4 Hear, O Israel: The LORD our God, the LORD is one.
- 5 Love the LORD your God with all your heart and with all your soul and with all your strength.
- 6 These commandments that I give you today are to be upon your hearts.
- 7 Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.
- 8 Tie them as symbols on your hands and bind them on your foreheads.
- 9 Write them on the doorframes of your houses and on your gates.
- 10 When the LORD your God brings you into the land he swore to your fathers, to Abraham, Isaac and Jacob, to give you—a land with large, flourishing cities you did not build,
- 11 houses filled with all kinds of good things you did not provide, wells you did not dig, and vineyards and olive groves you did not plant—then when you eat and are satisfied,
- 12 be careful that you do not forget the LORD, who brought you out of Egypt, out of the land of slavery.
- 13 Fear the LORD your God, serve him only and take your oaths in his name.
- 14 Do not follow other gods, the gods of the peoples around you;
- 15 for the LORD your God, who is among you, is a jealous God and his anger will burn against you, and he will destroy you from the face of the land.
- 16 Do not test the LORD your God as you did at Massah.
- 17 Be sure to keep the commands of the LORD your God and the stipulations and decrees he has given you.
- 18 Do what is right and good in the LORD's sight, so that it may go well with you and you may go in and take over the good land that the LORD promised on oath to your forefathers,
- 19 thrusting out all your enemies before you, as the LORD said.
- 20 In the future, when your son asks you, "What is the meaning of the stipulations, decrees and laws the LORD our God has commanded you?"
- 21 tell him: "We were slaves of Pharaoh in Egypt, but the LORD brought us out of Egypt with a mighty hand.
- 22 Before our eyes the LORD sent miraculous signs and wonders--great and terrible--upon Egypt and Pharaoh and his whole household.
- 23 But he brought us out from there to bring us in and give us the land that he promised on oath to our forefathers.
- 24 The LORD commanded us to obey all these decrees and to fear the LORD our God, so that we might always prosper and be kept alive, as is the case today.
- 25 And if we are careful to obey all this law before the LORD our God, as he has commanded us, that will be our righteousness." Or The LORD our God is one LORD; or The LORD is our God, the LORD is one; or The LORD is our God, the LORD alone

Receive the Blessing of the Lord. †

Scripture quotations are taken from the New International Version Bible.

Instructions for Printing and Binding

(Please remember to honor the copyright law of this project.
Print from the PDF only the number of journals you have ordered.)

For each journal:

1. Print the project from PDF. You may need to load www.adobeacrobat.com (free software to your computer) prior to printing this project.
2. Print 90 additional journal writing pages & 10 "Answered Prayer" pages.
3. Easy binding option A: Buy a 3 ring notebook 8 1/2 x 11". Punch 3 holes in each page. Place the journal in notebook.

Binding option B: After printing from your PDF, go to your local printer. Cut to your desired size (8 1/2" x 5 1/2"). Request that front and back cover be printed on a thick, glossy card stock or place a clear plastic over the front cover with a black vinyl covering. Bind in spiral O or your desired binding.

Dedication and thank you to:

My Lord, Jesus Christ
Chat with God Team
Brenda J. Peterson
My family - Bradley, Morgan & Austin
Club Rock @ Rock Harbor Church
June Russi
Family & Friends
Global Prayer Warriors
and my four-footed Pal, "Snickers".

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