

52 PRAYER JOURNALING PROMPTS

Choose a quiet moment, your favorite pen, and a fresh journal page, then write whatever thoughts are on your heart. There is no pressure to write well; grammar and spelling do not matter. No one ever has to read what you write.

What if the words don't come? Use these prompts as invitations, not assignments, but as tools, a way to begin, a place to get started. Allow the words to flow from heart to page and meet with God on the page in your journal

Choose a prompt that speaks to you today, or linger with one prompt each week, returning to it as God brings new thoughts to mind. Just be open and honest with God. Perhaps this will be a year of prayer journaling, *one prompt at a time.*

1. Jesus, I am grateful for ...
2. Lord, I need to forgive ...
3. Father, please help me with ...
4. God, show me how to ...
5. Jesus, I am struggling with ...
6. Lord, I feel Your joy when ...
7. God, I am so excited about ...
8. Jesus, the loss that stings the most today is ...
9. Lord, my soul needs ...
10. God, the top two items on my Bucket List are ...
11. Jesus, I need to talk to You about ...
12. Father, I'm fascinated by ...
13. Father, I feel Your hope when ...
14. Lord, what if ...
15. Jesus, I find humor in ...
16. Lord, I'm challenged by ...
17. Father, I didn't expect ...
18. Abba, I long for ...
19. God, I'm anxious about ...

20. Lord, I'm inspired by ...
21. Jesus, I am angry about ...
22. Father, I am drained by ...
23. God, I'm passionate about ...
24. Jesus, I'm frustrated over ...
25. God, I am overwhelmed by ...
26. Jesus, I have learned to ...
27. God, I need to let go of ...
28. Father, I am celebrating ...
29. Abba, I love to serve You ...
30. Lord, I've seen Your faithfulness in ...
31. God, I want to ask You ...
32. Jesus, I didn't sign up for ...
33. Lord, I see Your goodness in ...
34. Father, I'm looking forward to ...
35. Jesus, forgive me for ...
36. God, help me make time to...
37. Lord, I'm encouraged when ...
38. Father, my hearts hurts over ...
39. Jesus, I'm tempted by ...
40. God, the hardest part of my illness is ...
41. Lord, the thing I miss most is ...
42. Father, help me to ...
43 Jesus, I feel loved when ...
44. Lord, I'm afraid of ...
45. God, don't let me forget ...
46. Father, I'm delighted by ...
47. Lord, I am hungry for ...
48. Jesus, I'm ashamed of ...
49. God, my favorite memory is ...
50. Father, teach me to ...
51. Jesus, help me notice ...
52. Father, I'm holding onto ...

My heart is stirred by a noble theme as I recite my verses for the king; my tongue is the pen of a skillful writer.
(Psalm 45:1)