

PRAYER ON A PAGE: CREATIVE JOURNALING PROMPTS

Prayer journaling can take many forms. Start with one of these creative prompts to discover a fresh way to turn your attention to God.

THE WEATHER REPORT OF YOUR SOUL TODAY: sunny, foggy, stormy, still, changing? Tell God why.

THREE WORDS that describe where you are today. Write a short prayer for each one.

FINISH THE SENTENCE: *God, today I need You to know...* Then keep your pen moving.

NOTICE FIVE THINGS: a sound, kindness, frustration, beauty, interruption. Notice where God is present.

FIVE-MINUTE PRAYER: Set a five-minute timer and write whatever comes to mind.

BORROW A PSALM. Read it slowly, then rewrite it in your own words.

TWO-COLUMN PRAYER. in one column, write: *What I'm carrying*. In the other, write: *What I'm entrusting to God.*

ONE QUESTION FOR GOD that keeps circling in your mind. Jot down any thoughts that come to mind.

MAKE A PRAYER LIST: beside each name, write a word or two, or a short prayer.

PERMISSION GRANTED: write the prayer you have been hesitant to pray.

SENSES: what you see, hear, touch, taste, and remember from an ordinary or difficult day.

A VERSE A WEEK JOURNAL PROMPTS

These 52 Scripture passages provide a simple rhythm for spending a year listening to, reflecting on, and responding to God's Word. Choose one verse each week. Read it slowly, sit with it prayerfully, and notice the word, phrase, question, or truth that captures your attention. By year's end, your journal will be a beautiful record of how God's Word has spoken into your life.

1. 1 Peter 5:7
2. Isaiah 35:4
3. John 14:27
4. Philippians 4:6-7
5. Proverbs 22:6
6. Matthew 21:22
7. Hebrews 4:2
8. Luke 11:8-10
9. Psalm 56:3

7. Hebrews 4:2
8. Luke 11:8-10
9. Proverbs 22:6
10. John 1:4
11. Isaiah 66:13
12. Luke 2:51
13. Romans 8:26
14. Nehemiah 1:11
15. Matthew 6:9-13
16. Psalm 145:15
17. Proverbs 16:32
18. Mark 3:5
19. Ecclesiastes 7:9
20. Ephesians 4:26
21. Job 5:11
22. Romans 8:18
23. Psalm 34:18
24. Matthew 5:4
25. 2 Corinthians 9:7
26. Luke 6:38
27. Proverbs 3:27
28. Matthew 6:3-4
29. Mark 10:27
30. Jeremiah 29:11
31. Hebrews 11:1
32. Romans 15:13
33. Matthew 6:13
34. Mark 14:38
35. Luke 22:40
36. 1 Corinthians 10:13
37. John 3:16
38. Ephesians 5:25
39. 1 John 4:19
40. 1 Corinthians 16:14
41. Luke 6:37
42. Mark 11:25
43. Colossians 3:14
44. Matthew 6:14
45. Matthew 11:28
46. Deuteronomy 31:8
47. Isaiah 41:10
48. Psalm 40:1
49. Isaiah 61:10-11
50. Galatians 5:22-23
51. Psalm 28:7
52. Psalm 34:8

10 BIBLE PRAYERS TO USE AS JOURNAL PROMPTS

Sometimes the simplest prayers are the most honest: *Lord, help me. Have mercy on me. Show me Your ways.* Scripture is filled with prayers from real lives and real circumstances. From the list below, choose a prayer, write it in your journal, linger over it, and let it foster a new conversation with God.

1. *Lord, save me!* (Matthew 14:30)
2. *Lord, remember me when you come into your kingdom.* (Luke 23:42)
3. *Jesus, Son of David, have mercy on me!* (Mark 10:47)
4. *O, Lord of hosts, if you will indeed look on the affliction of your servant...* (1 Samuel 1:11)
5. *Answer me, Lord, answer me...* (1 Kings 18:37)
6. *I cried out to the Lord because of my affliction...* (Jonah 2:2)
7. *Lord, help me.* (Matthew 15:25)
8. *Show me your ways, Lord, teach me your paths.* (Psalm 25:3)
9. *God, be merciful to me because of your faithful love. Because of your great compassion, erase all the wrongs I have done. Scrub away my guilt. Wash me clean from my sin*. (Psalm 51:1-2 ERV)
10. *When I am afraid, I will trust in You.* (Psalm 56:3)

Over time, the pages of a prayer journal become a testimony to conversations with God and His presence in our lives. So, pick up a pen, open to a fresh page, and begin. God is waiting for you.