



My Prayer *Journal*

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Journal Prompt #1

God places people in our lives who motivate us, inspire us, and teach us. Who is someone that God has led into your life and how has this relationship helped your spiritual and personal growth?

Journal Prompt #2

Anxiety can creep up on us when we least expect it and absorbs our mental space. When do you feel the most anxious? What verse(s) do you reflect on to help overcome those anxious moments?

Journal Prompt #3

What are 3 blessings you received this week that you weren't expecting?

Journal Prompt #4

What is your favorite scripture and why?

Journal Prompt #5

Write about your relationship with God. What would you like to change about it? What are some ways you can improve your relationship with God?

Journal Prompt #6

How do you use your God-given talents to bless others?

Journal Prompt #7

Find 3 verses that relate to your current situation.
Write them out below.

Journal Prompt #8

Isaiah 41:10 - Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

How does this verse speak to you?

Journal Prompt #9

Write a love letter to God.

Journal Prompt #10

Write about a time God didn't give you what you wanted but it turned out to be a blessing.

Journal Prompt #11

Psalm 31:24 - Be strong and take heart all you who hope in the Lord.

What does hope mean to you? Do you have hope in the Lord?
Why or why not?

Journal Prompt #12

Find 5 scriptures that relate to your current circumstance and write them as affirmations.

Example: I Peter 5:7 - I cast all my anxiety on Christ for he cares for me.