

# How to Prayer Journal



***“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).***

- Begin to write - There are so many ways you can journal. God will give you creativity. Some examples are prayers, poetry, your dreams, goals, burdens, delights, joys, Scripture, songs, letters, or whatever God is saying to you.
- Journal regularly but not out of duty - You may journal daily, weekly, or as often as you like. It is really up to you. It is important not to look at prayer journaling as a heavy burden or a duty. It's a friend and will help you in life rather than weigh you down with another responsibility.
- Record prayer requests and date them - You can look back at how God answered your prayers. This will build your faith in prayer. It will also remind you of requests that need more intercession.
- Record God's answers to your prayers - My husband recorded the dates of answered prayer while living overseas, and he saw how faithfully God answered his prayer requests. It is a testimony of God's goodness.
- Watch for the progress you are making in your spiritual life - I always look back in my prayer journals and see how I develop spiritually from year to year. It helps me so much to see spiritual progress in my life and how God is working.
- Write out what God is saying to you - This is important so that you can look at your journal during the quiet seasons in your spiritual life. Ask yourself, “How is God personally revealing Himself to me?”
- Write out key Bible verses that speak to you during times of prayer - God will guide and help you in important times of decision-making by using Scripture.

Make prayer journaling a regular part of your life. It will help you to see real growth in your life. Prayer journaling helps us to grow quickly because we are bringing to God the things that concern us. It's excellent for extended times of prayer. Through journaling, we see our lives more clearly through God's eyes. I believe that you, too, will find it to be an irreplaceable blessing in your prayer and devotional life.

God has so much to say when we give Him time and seek His face. It's important to write it down and not miss out on the wisdom He wants to share with us.

***“Look to the LORD and his strength; seek his face always. Remember the wonders he has done, his miracles and the judgments he pronounced” (1 Chronicles 16:11-12).***

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Intercessors Arise International

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