

Annual

Prayer Journal

by Carrie Daws

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Welcome!

Can I tell you something? I hate journaling. Yes, I know. I'm a writer. I love writing. But, I have always hated the discipline of journaling.

What frustrates me the most, though, is that I know the wonderful benefits of taking the time to log my thoughts. And I love going back to read my notes about times when God's spoken to me. It's a blessing and an incredible reminder of His faithfulness.

When I've thought about journaling my prayers, I've always wanted a place to record God's answers along with the prayers. But that's been tough to find! One day, while discussing this with my daughter, God gave me a picture, a glimpse of the pages you now hold.

As you turn the page, you'll find several options in your journal:

- A monthly devotion to encourage you to think about prayer, perhaps challenging your beliefs and encouraging you to think differently.
- The left hand journal page includes a verse about prayer and lines to record your prayers.
- The right-hand journal page includes a quote about prayer and lines to record the answers you received to the prayers on the left page.
- The back pages of each month are space for longer-term prayers, those requests you've been thinking about for months or years. You'll find pages dedicated to your family, your friends, your church, your country, and yourself.
- Finally, the last page of each month includes a prayer straight from the Bible. If you're not sure what to pray or if you want to practice praying

Scripture, these pages are for you. Additionally, we've included a bit of a fancy font, not just to make them look nice but to give those of you who like to color a place to do that. We've included lots of space around the verses too, so feel free to doodle and add your own artwork!

It's my prayer that you will join me in my efforts to journal more prayers, to record God's answers, and to exponentially increase our faith in the One who loves us more deeply than we can understand or imagine.

Carrie

Month One

E.M. Bounds wrote in his book *The Necessity of Prayer* that "trust grows nowhere so readily and richly as in the prayer chamber."

Most of us understand that we need to increase our trust in God. Faith and trust are inseparable. You cannot have faith in something you do not trust, and as trust grows, so does faith.

So, we must ask this question: Is trust tied to prayer? Is increasing faith in God truly as simple as focusing more on prayer?

The Gospels spend a lot of time telling stories of when Jesus healed people. Sometimes, people approached Jesus with humility, as the leper did in Matthew 8: *Lord, if you are willing*. Occasionally, Jesus said something similar to what He told the blind men in Matthew 9: *According to your faith will it be done to you*. Every once in a while, He bluntly told the person exactly why they had been healed, like the bleeding woman in Luke 8: *Your faith has healed you*.

Clearly, faith is a large and rather obvious component of these healings, but we miss another equally important component of these healings: trust. Consider this: Who asks something of another without first trusting that the person can deliver? Would the leper have approached Jesus without trusting that Jesus could heal his leprosy?

You may think I'm skipping over hope. Maybe, instead of trusting that Jesus would heal, the blind man merely hoped that Jesus could heal. I agree! But isn't hope the beginning of trust? And doesn't hope fulfilled lead to greater hope?

lord, you alone are my
portion and my cup;
you make my lot secure.
The boundary lines have fallen for me in
pleasant places;
surely I have a delightful inheritance.
I will praise the Lord,
who counsels me;
even at night my heart instructs me.
I keep my eyes always on the Lord.
With him at my right hand, I will not be shaken.
Therefore my heart
is glad and my tongue rejoices;
my body also will rest secure,
because you will not
abandon me to the realm of the dead, nor will you let your
faithful one see decay. You make known to me the path of
life; you will fill me with joy in your presence, with
eternal pleasures
at your right hand.

Psalm 16:5-11

For more information about

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