

WEEK 1

Prayer Journal

Practice praying to God each day using the prompts below.

Use the back if you need more space to write, or turn a notebook into your prayer journal

Thank you...

Notable bible verses:

Sorry...

Things I think God is saying to me:

Please...

Colour in a leaf for every day you chat to God this week



WEEK 2

Prayer Journal

Practice praying to God each day using the prompts below. Use the back if you need more space to write, or turn a notebook into your prayer journal

Praise God for who He is...

Praise God for what He has created...

Praise God for what He has done...

Colour in a leaf for every day you chat to God this week



WEEK 3

Prayer Journal

Practice praying to God each day using the prompts below. Write on the back of this sheet, or turn a notebook into your prayer journal.

Writing prayers down can help us see where God has answered.

Pause...

- Put on some Christian meditative music or try silence.
- Lie down or sit comfortably with your eyes closed.
- Focus on who God is and fix your mind on Jesus.
- Spend around 3-5 minutes doing this every day.

Notice...

- 3 things you can see right now that you are grateful for.
- 3 people that make a positive impact in your life.
- 3 moments or events from the past week that made you happy.

Give thanks to God for these.

Challenge...

Who could you pray with or for this week?

Plan...

When could you pray this week?

When worked best?

Where could you pray this week?

Where worked best?

Was there anywhere unexpected that you prayed this week?

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WEEK 4

Prayer Journal

Practice praying to God each day using the prompts below. Write on the back of this sheet, or turn a notebook into your prayer journal.

Prayers for myself...

Prayers for my family...

Prayers for my school/activities...

Prayers for my country...

Chat...

- Chat to God and tell Him everything that's on your mind... the praise (thank you), the please (ask) and the sorry.
- Remember, it's ok to pray the same prayer more than once.

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WEEK 5

Prayer Journal

Practice praying to God each day using the prompts below. Write on the back of this sheet, or turn a notebook into your prayer journal.

Rejoice!

What are some things you can celebrate and thank God for?

Read Psalm 23

- Read or listen to Psalm 23. Be still for a few moments and listen to God.
- Is God highlighting a particular word or phrase? Does something stand out? If you get an impression, picture or thought, you could write/draw it or spend some time later praying into it. This may well be God speaking to you in different ways.
- Ask God to tell you why He was highlighting those words and what they mean for you today.

Reflect

What are some things/areas in your life that you might take for granted?

Remember, God will only say things that build you up to be more like Jesus; it's normally encouraging, but it could also be challenging. Either way, it will always be in line with what He's already said in the Bible. Discuss these things with someone you trust.

Colour in a leaf for every day you chat to God this week



WEEK 6

Prayer Journal

Practice praying to God each day using the prompts below. Write on the back of this sheet, or turn a notebook into your prayer journal.

What would you like to tell God about your day?

What do you think God might be saying to you at the moment?

Check in with others...

- It's important to check in with others (& our Bibles!) about what we think God might be saying to us to see if it aligns with who God is & what he does in our lives.
- Write down or draw your thoughts so you don't forget and then have a 'God conversation' with a trusted family member, mentor, teacher, Emerge leader.

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WEEK 7

Prayer Journal

Practice praying to God each day using the prompts below.
Use the back if you need more space to write, or turn a notebook into your prayer journal

Yes! Things I believe God wants me to do. Practice listening to God and reading His word. Ask God to point something out to you.

No! Things God wants me to do and I need forgiveness for not doing them, or for doing other things I shouldn't have:

Colour in a leaf for every day you chat to God this week



WEEK 8

Prayer Journal

Practice praying to God each day using the prompts below.

Use the back if you need more space to write, or turn a notebook into your prayer journal

Prayer requests for me...

Prayer requests from an Emerge friend...

Prayer requests for school...

Prayer requests from family...

Prayer requests for our city...

Prayer requests from a school or sport friend...

Colour in a leaf for every day you chat to God this week



WEEK 9

Prayer Journal

Practice praying to God each day using the prompts below.
Use the back if you need more space to write, or turn a notebook into your prayer journal

B

Body: Pray for physical health & strength for yourself and others

L

Love: Pray to love God & love your neighbour as yourself

E

Emotions: Pray for love, joy, peace, patience, kindness, goodness, faith, gentleness & self-control

S

Social: Pray for healthy relationships & clear boundaries with friends and family.

S

Spiritual: Pray for spiritual growth and development for yourself and others.



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WEEK 10

Prayer Journal

Practice praying to God each day using the prompts below.
Use the back if you need more space to write, or turn a notebook into your prayer journal

P Pause -

Take time away from devices and distractions to focus on God. This doesn't have to be in stillness, perhaps go for a slow walk in nature!

R Rejoice & Reflect -

Give thanks to God for different areas of your life.

Look over scripture and listen to see if God is highlighting something to you.

A Ask -

Present your requests to God. Ask for what you need and help in areas of struggle. Share what is troubling you with God.

Y Yes -

Submit our life and actions to God. Follow his instructions no matter the cost. Saying yes to the things he says to us.

E Endure -

Don't give up! It's ok to pray the same prayer more than once. Sometimes God will say no, sometimes not yet, and sometimes yes!

R Repeat -

Create habits and rhythms that help us be consistent in prayer.

You can find all of our weekly prayer prompts on the Gateway website in the 'kids' tab!