

Step by Step Instructions to Make Your Prayer Journal

*Praise
THE Lord*

Create 5 Sections

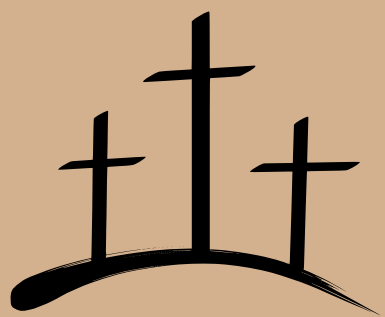
You can divide your sections using the post-its provided on your table.

Praises
Mental Health
Companionship
Gifting

Praises Section

What can you thank God for right now?

Lord I thank you for the breath in my lungs. I know that because I am still breathing you are still using me and you still have a plan for my life!



Mental Health

Whether you deal with warring in the mind or not, we all need to pray for protection around our mind. Find verses you can cling to about peace and make them personal.

Lord I thank you that you guard my mind, I ask you to place the helmet of salvation over my mind that will deflect every arrow of the enemy. Help me to identify the lies of the enemy and reject them immediately

Companionship

Think friendships, boyfriends, husbands, etc. Being yoked and aligned to the correct people is essential. Pray for your relationships that exist and those you are hoping for.

Lord show me anyone in my life that you haven't ordained to pour into my life. Place mentors in my path that will point me to you and cover those friendships that speak life.



Gifting

Do you know what you were created for? What about your specific gifting and call? Use this section to pray about these things and ask the Lord to speak to you specifically and directly about what He has for you in your life.

Big Dreams

You know I'm coming for your Big Prayers! Use this section to dream with the Lord! We long to dream with you and create with you. You are the apple of His eye friend. Dream away!

PRAY
big

A Personal Note from Me



Prayer is the key that will unlock so much in your life! It is not hard, but rather a beautiful way that we get to communicate with the creator of the Universe! Isn't that amazing?

I do not claim to know it all, by any means but I am excited to share with you things that have worked for me over the years.

I love the ability to just talk to God about any and everything. However there is a necessity in the Body of Christ to flip from casual prayer to bold and pointed prayers.

You have to remember that your words and your prayers are powerful. When you live cosecrated and covered your prayers become spiritual arrows that penetrate the darkness. If you can grasp ahold of that, hell will go running.

I love to encourage myself in the Lord through scripture just like David did.

have a problem? The Bible has a solution! When we immerse ourselves in the solution of the Word of God, and we begin to pray those things over our life, hell backs up. This isn't a name it and claim it Gospel. but it is a Gospel of Truth. And when we line our mind up with the truth of Gods word, nothing shall be impossible.

God's word reflects God's character and when we start to wrap our minds around the depth of His love we understand that he truly did come so that we can have abundant life, not a life bound.

The anointing breaks every yoke.
And you are meant to carry the anointing.

xo-Crystal K

