

Prayer Journal Using the Lord's Prayer

When the Disciples asked that Jesus teach them to pray (Luke 11:1-4), he responded with the Our Father, or the Lord's Prayer. This prayer might be seen much more than a single prayer to be recited, but a pattern of prayer containing essential parts of a well-balanced prayer life. Consider it as a pathway on which there are five stops along the way. Pause at each and pray with that prayer stop in mind: praise, priorities, provision, pardon, and protection. At each of these stops there are more ideas to pray for than you might use in one setting. Select as you go along. Add your own. Personalize it. It works well to skip around in such a way that each prayer time will be a unique conversation.

Use this as an opportunity to slow down and write some of your thoughts and prayers as you pray. Stay as long or as brief as you feel led at the various stops along this pathway of prayer.

Perhaps you print out this journal on paper and write as you go along. Or perhaps you type and keep it in digital form. Make it fit your personality and preference.

Pray with Praise

“Our Father, Who art in heaven. Hallowed by Thy name.”

Here we come to Him as His children. We praise God for who He is and what He has done. Praise Him as the one true God and the one God in three Persons.

Use Scripture to Praise

O Lord, you are my God, I will exalt you and praise your name, for in perfect faithfulness you have done marvelous things, things planned long ago. Surely this is the LORD, we trusted him, let us rejoice and be glad in his salvation. Is 25:1,9

I will praise you, O Lord, with all my heart;
I will tell of all your wonders.
I will be glad and rejoice in you;
I will sing praise to your name, O Most High. Ps 9:1

Not to us, O Lord, not to us, but to your name be the glory, because of your love and faithfulness. Ps 115:1

Why are you downcast O my soul? Why are you so disturbed within me? Put your hope in God for I will yet praise him my Savior and God. Ps 42:11

Start recording your own scripture and thoughts of praise

Praise the One True God by Using Names of God

I praise you God for you are...

Yahweh. Self-existent One. Covenant name emphasizing God’s holiness, hatred of sin and love of sinners. Ex. 3:14

Elohim. Strong One. The true God but also used for false gods. Plural of majesty.

Adonai. Lord. Used in describing relationship between master and servant.

EI Elyon. Most High. The strongest strong One. Is 14:13-14

EI Roi. The Strong One who sees. Ge 16:13

EI Shaddai. Almighty God. Ge 17:1-20

EI Olam. Everlasting God. Is 40:28

EI Shaddai. Almighty God. Ge 17:1-20

EI Olam. Everlasting God. Is 40:28

When LORD is capitalized, it refers to the name Yahweh.

Yahweh Jireh. The LORD will provide. Ge 22:13-14

Yahweh Nissi. The LORD is my Banner. Ex 17:15

Yahweh Shalom. The LORD is Peace. Ju 6:24

Yahweh Sabaoth. The LORD of Hosts I Sa 1:3

Yahweh Maccaddescham. The LORD is your Sanctifier. Ex 31: 13

Yahweh Raah. The LORD is my shepherd. Ps 23:1

Yahweh Tsidkenu. The LORD our righteousness. Jr. 23:6

Yahweh EI Gmolah. The LORD God of recompense. Jr 51:56

Yahweh Nakeh. The LORD that smites enemies. Ez 7:9

Yahweh Shammah. The LORD is present. Ez 48:35.

Praise the Father

I praise you, Father, for...

The Father is seeking those who will worship him in Spirit and truth Jn 4

The Father is over all creation. Ac 17:29

The Father has provided all spiritual riches for us. Eph 1:3-6

The Father who accepts us with full status as children through Christ.

The Father who puts all things in the authority of Jesus.

The Father who sends the Son.

The Father who sends the Holy Spirit.

Praise the Son

I Praise you, Lord Jesus, for...

Jesus has laid down his life in my place.

I have a new identity in Christ:

Because He Is...

We are...

The Advocate I Jn 2:1

The Lamb of God Jn 1:29

The Resurrection & the Life Jn 11:25

The Shepherd & Bishop of Our Souls I Pr 2:25

Man of Sorrows Is 53:3

Head of the Church Ep 5:23

Master Mt 8:19

Faithful and True Witness Rv 3:14

The Rock 1 Co 10:4

High Priest Hb 6:20

The Door Jn 10:9

Living Water

Bread of Life

Rose of Sharon SoS 2:1

Judge Ac 10:42

Lord of Lords I Tim 6:15

Alpha & Omega Rev 22:13

True Vine Jn 15:1

Messiah Jn 9:25

The Teacher Jn 3:22

Holy One Mk 1:24

The Beloved Ep 1:6

Branch Is 11:1

The Carpenter Mk 6:3

Good Shepherd Jn 10

Light of the World Jn 8:12

Image of the Invisible God Co 1:15

I am the defended one

I am covered by the blood

I am one living forever

I am one secured

I am not alone in sorrow

I am a member of His body

I am the secure servant

I am a witness

I am on solid ground

I am brought near

I am an insider

I am quenched

I am spiritually satisfied

I am a garden dweller

I am declared righteous

I am a royal heir

I am destined for eternity

I am a branch abiding

I am delivered at last

I am a learner enlightened

I am a worshipper

I am the delight his affection

I am the fruit of the harvest

I am a fellow worker

I am a sheep cared for

I am a light on a hill

I am a reflection-His image

The Word Jn 1:1
Chief Cornerstone Ep 2:20
Savior Jn 4:2
Servant Mt 12:18
Author & Finisher of Faith Hb 12:2
The Almighty Rv 1:8
Everlasting Father Is 9:6
Shiloh Gn 49:50
Lion of the tribe of Judah
I Am Jn 8:58
King of Kings I Tm 6:15
Prince of Peace Is 9:6

I am one listening to God
I am a stone in God's bldg.
I am the rescued one
I am a fellow servant
I am a victor in the end
I am the humbled one
I am His child forever
I am a peace dweller
I am a warrior clansman
I am the sent one
I am a prince in his kingdom
I am a citizen of peace

Praise the Holy Spirit

I praise you, Holy Spirit, for...

The Holy Spirit leads me to worship. "We who worship by the Spirit of God and glory in Christ Jesus..." Phil 3:3

The Holy Spirit gives me a guarantee of some day being clothed in heavenly glory. 2 Cor 5:4

The Holy Spirit leads me to faith...

The Holy Spirit equips me for every good work

The Holy Spirit produces fruits of the Spirit in my life. Gal 5

The Holy Spirit gives a spirit of Joy.

Pray for Priorities

“Thy kingdom Come, Thy will be done, on earth as it is in heaven.”

Here we pray for His spiritual priorities that his kingdom would reign in our lives and the lives of others we intercede for. We pray for his working personally, then for those closest to us like family, then others like friends, church, community, and certainly those who are far from God and need a restored relationship with him.

In my life may your kingdom come...

In my life I pray you would show me more how I might continue to be shaped in the likeness of Christ. Show me scripture that speaks to my need for your kingdom's reign in my heart.

May your kingdom be advanced by your Holy Spirit being in full control. 1 Corinthians 2:12

May your kingdom be advanced in our lives as we understand and do Your will... 1 John 5:14-15

Journal themes God leads you to pray for his shaping you.

In my closest relationships and family may your kingdom come...

May your kingdom be advanced in our marriages or in our single life:

Love as Christ loved... Ephesians 5:25-28

May your kingdom be advanced in our relationships with children or parents:

Honor one another... Ephesians 6:1-4

Specific intercessions for each person.

With my friends and acquaintances may your kingdom come...

May your kingdom be advanced in our friendships:

Live a life of love... Ephesians 5:2

May your kingdom be advanced in our city through our witness... Acts 1:8

May your kingdom be advanced through our influence in our workplace... 1Thes 4:11

Specific intercessions for each person.

In my church may your kingdom come...

May Your kingdom be advanced in our local congregation...what does that look like?

May your kingdom be advanced in different churches across our community...and in our denomination.

Pray to the Lord of the Harvest that he would send laborers...let us see the harvest is ready...

With those who may be far from you or searching, Lord may your kingdom come...

Pray for opportunities to share the love and the message of Jesus...

Pray for specific needs of these people.

Pray for the broken and marginalized.

Pray for Provision

“Give us this day our daily bread.”

This section includes prayers for physical blessing: Provision. Health. Trust in Him to provide. Intercession for the physical needs of others.

In my life provide for material needs and healing...

Increase a day to day trust in you, Lord, that replaces worry with faith.

We ask for wise investment of our time... Psalm 90:12

We ask for help if we have overspent and are in too much debt... Philippians 4:12-13

We ask for those who live under the threat of worry... Matthew 6:33-34

With my friends and acquaintances provide for material needs and healing...

May your kingdom be advanced in our friendships:

 Live a life of love... Ephesians 5:2

May your kingdom be advanced in our city through our witness... Acts 1:8

May your kingdom be advanced through our influence in our workplace... 1Thes 4:11

Specific intercessions for each person.

In my church provide for material needs and healing...

We ask for financial provision of our church... 2 Corinthians 9:6-8

We ask for financial provision of missions we support... Colossians 4:3

With those living in poverty and marginalized provide for material needs and healing...

We ask for those who have lost jobs... Matthew 7:7

We ask for healing for those we know who are sick... James 5:14-15

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Pray for Pardon

“Forgive us our sins as we forgive the sins of others.”

Confess our sin, both of commission and omission. Surrender bitterness and retaliation we might hold against those who sin against us. Receive His grace and give His grace. Pray for others with whom your relationships are broken. Pray for reconciliation.

I confess my sin of...(reflect and take inventory)

Bitterness of unforgiveness... Matthew 5:43-44

Thoughts of envy or jealousy... Galatians 5:26

Quickness to judge others harshly... Matthew 7:1

Fantasies of lust... Matthew 5:28-29

Rage of unholy anger... 1 Corinthians 13:5

Pursuit of materialism... 1 Timothy 6:10

Attitudes of “getting even”... Matthew 5:38-39

Lack of compassion for the needy... James 1:27

Indifference toward those who need to hear the Gospel... Ephesians 5:15

I confess patterns of sin...

Help me identify areas in our lives that we are “stuck” in sinful patterns and need to confess. I confess those sins to you now... John 8:36

I confess corporate sin...

We as a church...or as a community...or as a nation pray forgiveness of corporate sin...
2 Chronicles 7:14

I receive God’s forgiveness through Christ’s blood paid for me...

Help us live in freedom of forgiveness, no longer under condemnation or burdened by guilt for which You have forgiven. Help us forgive ourselves... Romans 5:1

Release the debt held against others who have hurt you...

Help us identify people whom we are holding a grudge against and are bitter toward. Help us release the debt we are holding against that person. We name some of the people now... Ephesians 4:32

Pray for relationships broken by hurt to be healed by forgiveness and healthy resolve...

What sins against me do I need to lay at the foot of the cross...

What ways can I set new boundaries with that person and talk with them how we can continue in a better relationship...

Ask that we share the grace of God by sharing with others the message of reconciliation and forgiveness in Christ. We mention them now... 2 Corinthians 5:18-20

Pray for Protection

“Lead us not into temptation, but deliver us from evil.”

Pray for spiritual protection. Identifying the areas we have surrendered to the enemy. Ask for discernment to know the lies of the enemy that we are believing. Claim the victory of Jesus over the enemy. Ask for power to be victorious in the testing we are going through.

Protect us mentally from the lies of the enemy...

The enemy suggests thoughts in our mind that are contrary to Christ and hinder our growth in him... John 8:44

“You can do it on your own...” Philippians 4:13

“Being right is the most important thing...” Matthew 7:1-2

“My identity is my work...” Matthew 6:33

“I must impress others...” Galatians 6:4

“My private world is none of God’s concern...” Matthew 6:18

Help us to put on the full armor of God...

We put on the full armor with prayer...Ephesians 6:10-17

the belt of truth

breastplate of righteousness

sandals of the gospel of peace

shield of faith

helmet of salvation

sword of the Spirit (Word of God)

Help us live in the truth of the victory that we have in Christ...

Redeemed... I Peter 1:18-19

Righteous... Romans 4:5

Brought near to God... Ephesians 2:13

Given new life... Romans 6:4

In Christ... John 14:20