

Prayer Journaling Prompts:

1. **Praise.** Write down what you appreciate about God. Use a Psalm if it helps you to move into a space of praise and adoration. Remember-it might feel awkward at first! No worries. Use David's words from the Psalms if you need to borrow.
2. **Thanksgiving.** Write down all the people, places things that you are thankful for.
3. **Repent.** What are you sorry for? What do you need to confess?
4. **Intercession.** Write down the people and situations that you are asking God to intervene in. If you want, you can pray Scripture over those you love (see Real Time Real Talk with Debbie Leiber, first session).

The app that inspired Anthony's prayer journaling process:

<https://www.24-7prayer.com/resource/lectio-365/>