

GRACE
in Prayer

Prayer Journal

Dear Grace,

Thank you for joining us on this journey when we, together as a church family, seek God through prayer. Our hope is this prayer journal will be a help and a blessing as we commit to focus on prayer.

It's comforting to know Jesus himself prayed for each of us.

I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. I have given them the glory that you gave me, that they may be one as we are one—I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me. —John 17:20–23

Let's make a commitment to pray as one church for the next 42 days.

HOW TO USE THE GUIDE

Step 1: Prepare your heart. When we look at the life of Christ, we often see Jesus withdraw to lonely places to pray. In light of this, find a quiet place where you can calm your heart, tune out the noise of daily life, and spend time reflecting on Scripture which will lead you to prayer. Take a moment to breathe slowly, and turn off all devices that could distract you. Choose a place like a chair or a room where you will meet with God each day. Make a list of things that regularly interfere with your thoughts, and commit to set them aside for the next 15 to 30 minutes.

Step 2: Engage with Scripture and allow it to direct your prayer. Each passage has been chosen to help you reflect on God's goodness and his desires for you. Consider what God is revealing to you about himself.

Step 3: Respond in prayer. This is the heart of our guide. You have an opportunity to talk to your God who desires to hear from you. Pray with honesty. He knows you. Give him praise, confess your sins, offer your thanks, and lift up your requests.

Step 4: End your time by solemnly reading the closing prayer. Know these are God's words from scripture for his people.

"Prayer does not fit us for the greater work; prayer is the greater work." —Oswald Chambers

October 15

Praise

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 8:1-5

Revelation 15:3-4

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you. May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones. 1 Thessalonians 3:12-13

October 16

Praise

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 19:1-6

Luke 1:46-50

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

Blessed is the one who trusts in the Lord, who does not look to the proud, to those who turn aside to false gods. Psalm 40:4

October 17

Praise

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 36:5-9

Romans 11:33-36

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

May your unfailing love be with us, Lord, even as we put our hope in you. Psalm 33:22

October 18

Praise

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 66:1-4

Matthew 21:9-10

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

But I cry to you for help, Lord; in the morning my prayer comes before you. Psalm 88:13

October 19

Praise

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 96:1-9

Philippians 2:9-11

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life.

Psalm 143:8

October 20

Praise

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 100

Colossians 1:15-20

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

Lord, be gracious to us; we long for you. Be our strength every morning, our salvation in time of distress. Isaiah 33:2

October 22
Confession

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 51:10-12

1 John 1:8-10

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrews 4:16

October 23
Confession

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 51:1-2

Hebrews 12:3-11

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.

Numbers 6:24-26

October 24
Confession

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 130:1-6

2 Corinthians 13:5

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Philippians 4:19

October 25
Confession

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 103:9-13

1 Corinthians 10:13

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

Grace to all who love our Lord Jesus Christ with an undying love. Ephesians 6:24

October 26
Confession

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 119:36-40

2 Corinthians 7:10-11

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you. 2 Corinthians 13:11

October 27
Confession

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 38:18

James 5:16

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen. Hebrews 13:20-21

October 29
Thanksgiving

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 95:1-6

1 Thessalonians 5:18

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

...God, the blessed and only Ruler, the King of kings and Lord of lords, who alone is immortal and who lives in unapproachable light, whom no one has seen or can see. To him be honor and might forever. Amen. 1 Timothy 6:15-16

October 30
Thanksgiving

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 138:1-2

Romans 6:17-18

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God.

2 Corinthians 4:15

October 31
Thanksgiving

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 69:30

Ephesians 5:19-20

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do it. 1 Thessalonians 5:23-24

November 1
Thanksgiving

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 107:1-2

Colossians 3:15-17

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

*Praise be to the name of God for ever and ever;
wisdom and power are his. He changes times and
seasons; he deposes kings and raises up others. He
gives wisdom to the wise and knowledge to the
discerning. He reveals deep and hidden things; he
knows what lies in darkness, and light dwells with
him. Daniel 2:20-22*

November 2
Thanksgiving

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 106:1

1 Corinthians 15:57

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all. 2 Corinthians 13:14

November 3
Thanksgiving

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 75:1

Colossians 4:2

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

*Amen! Praise and glory and wisdom and thanks
and honor and power and strength be to our God
for ever and ever. Amen! Revelation 7:12*

November 5
Personal Requests

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 9:7-11

Ephesians 6:18

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

*Yet this I call to mind and therefore I have hope:
Because of the Lord's great love we are not
consumed, for his compassions never fail. They are
new every morning; great is your faithfulness.
Lamentations 3:21-23*

November 6
Personal Requests

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 50:14-15

Philippians 4:6

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's people, to grasp how wide and long and high and deep is the love of Christ... Ephesians 3:16-18

November 7
Personal Requests

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 5:1-3

Hebrews 7:25

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

See, I am setting before you today a blessing and a curse-the blessing if you obey the commands of the Lord your God that I am giving you today; the curse if you disobey the commands of the Lord your God and turn from the way that I command you today by following other gods, which you have not known. Deuteronomy 11:26-28

November 8
Personal Requests

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 55:16-19

James 1:5

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

Simon Peter answered him, "Lord, to whom shall we go? You have the words of eternal life. We have come to believe and to know that you are the Holy One of God." John 6:68-69

November 9

Personal Requests

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 71:1-5

1 John 5:15

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life.

Psalm 143:8

November 10
Personal Requests

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 40:1-3

Matthew 6:5-8

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word. 2 Thessalonians 2:16-17

November 12
Requests for Others

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

1 Chronicles 16:11

1 Timothy 2:1-3

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you. 2 Thessalonians 3:16

November 13
Requests for Others

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 4:1

Philippians 1:3-6

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

*May these words of my mouth and this meditation
of my heart be pleasing in your sight, Lord, my
Rock and my Redeemer. Psalm 19:14*

November 14
Requests for Others

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 3:4

Matthew 5:43-45

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Proverbs 3:5-6

November 15
Requests for Others

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 34:4-6

James 5:13-16

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior. The Sovereign Lord is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights. Habakkuk 3:18-19

November 16
Requests for Others

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 9:9-10

Romans 10:1

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing. Zephaniah 3:17

November 17
Requests for Others

Prepare Your Heart

List distractions in your life today

Read and Meditate on Scripture

Psalm 17:1

Ephesians 3:14-19

Respond in Prayer

God, I praise you for _____

I confess _____

I thank You for _____

I ask You for _____

I ask You on behalf of _____

Closing Prayer

The grace of our Lord Jesus Christ be with your spirit, brothers and sisters. Amen. Galatians 6:18

