



Do you keep a Prayer Journal?

by Susan Nickolson

I have tried but never have been successful. After reading *Praying in Color* by Sybil MacBeth, I decided some of her suggestions would work for me.

Below are some references for you if you are considering keeping a Prayer Journal:

10 Things You Should Start Tracking in Your Prayer Journal - <http://www.themodernmary.com/prayer-journal-tracking/>

Spring Clean Your Prayer Life: Using A Prayer Journal - <http://lynnaemccoy.com/spring-clean-prayer-life-using-prayer-journal/>

How to Create A Prayer Journal Notebook - <https://www.sparklesofsunshine.com/how-to-create-a-prayer-journal-notebook/>

How to Make a Simple Prayer Journal - <https://arabahjoy.com/how-to-make-a-simple-prayer-journal/>

5 Ways To Keep A Prayer Journal - <http://rachelwojo.com/ways-to-keep-a-prayer-journal/>

Prompts for Your First 30 Days of Prayer Journaling - <http://www.themodernmary.com/prayer-journal-prompts/>

Putting My Prayer Life in Order - [https://womenlivingwell.org/2013/02/putting-my-prayer-life-in-order/?:+WomenLivingWell+\(Women+Living+Well+\)](https://womenlivingwell.org/2013/02/putting-my-prayer-life-in-order/?:+WomenLivingWell+(Women+Living+Well+))

Why Pray in Color? - <https://prayingincolor.com/>



Cast all your anxiety on him because he cares for you.

1 Peter 5:7

Journal Instructions:

Your Prayer Instructions are to consider your prayer life and how you would like to strengthen it.

This page or page is your commitment to the choice(s) you've made.

1. Choose a page or page(s) close to the front of your Journal. Add a special bookmark or Washi Tape the edges so that you will see and remember your commitment OFTEN!
2. In large letters, write "My Commitment to Prayer in 2018". This might be at the top or the center. It's your page(s).
3. Designate an area for your promise. Highlight this area with Washi Tape, different colored paper, etc. be creative! Will you promise Him that you will pray more, learn a new type of prayer, start a prayer journal? Write it here then date and sign it!!!
4. Add your definition of prayer.
5. Add a favorite Bible Verse or two or more about prayer.
6. Decorate your page(s) as you wish.
7. Check back often to help you keep your promise to God, our Father.

Prayerfully yours, Susan