

REJOICE ALWAYS

PRAYER

1 Thessalonians 5:16-18

J O U R N A L

PRAY WITHOUT CEASING





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1 Thessalonians 5:16-18

BINDER

PRAY WITHOUT CEASING





REJOICE ALWAYS

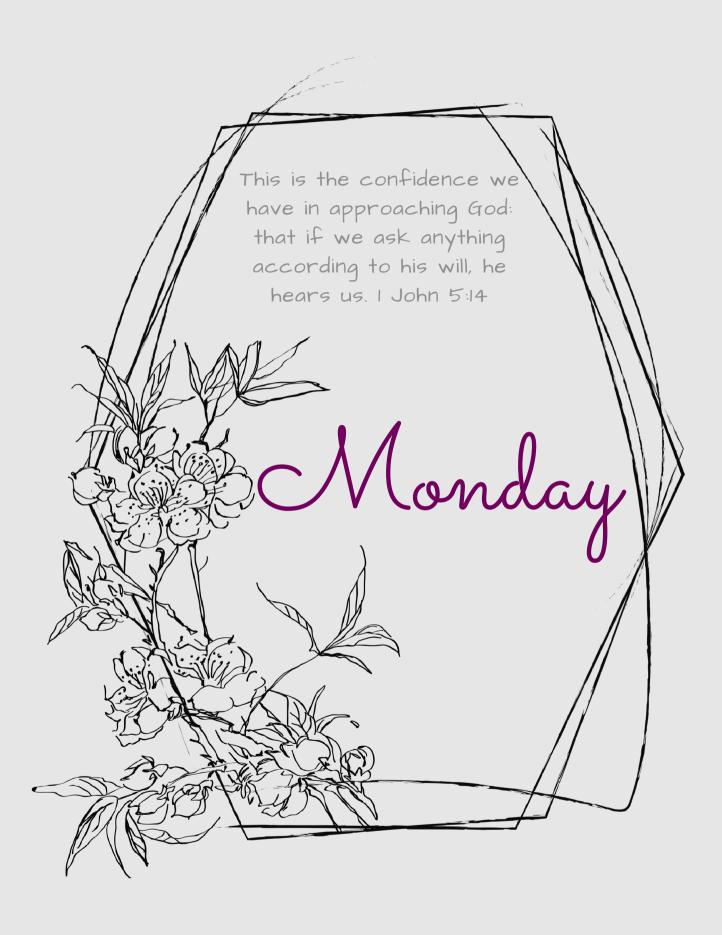
WAR

1 Thessalonians 5:16-18

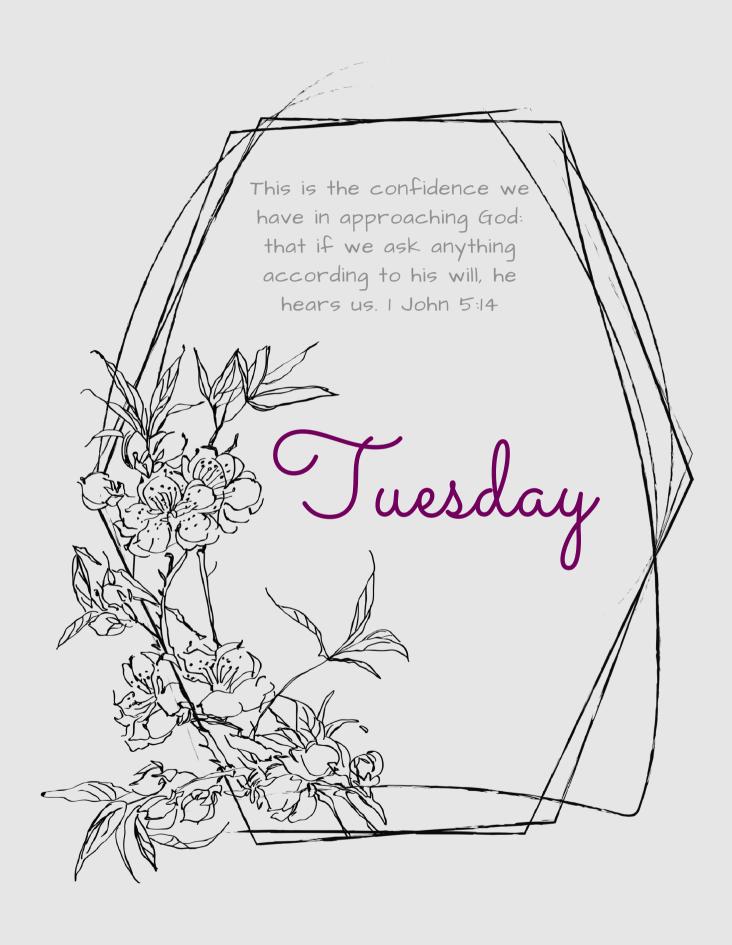
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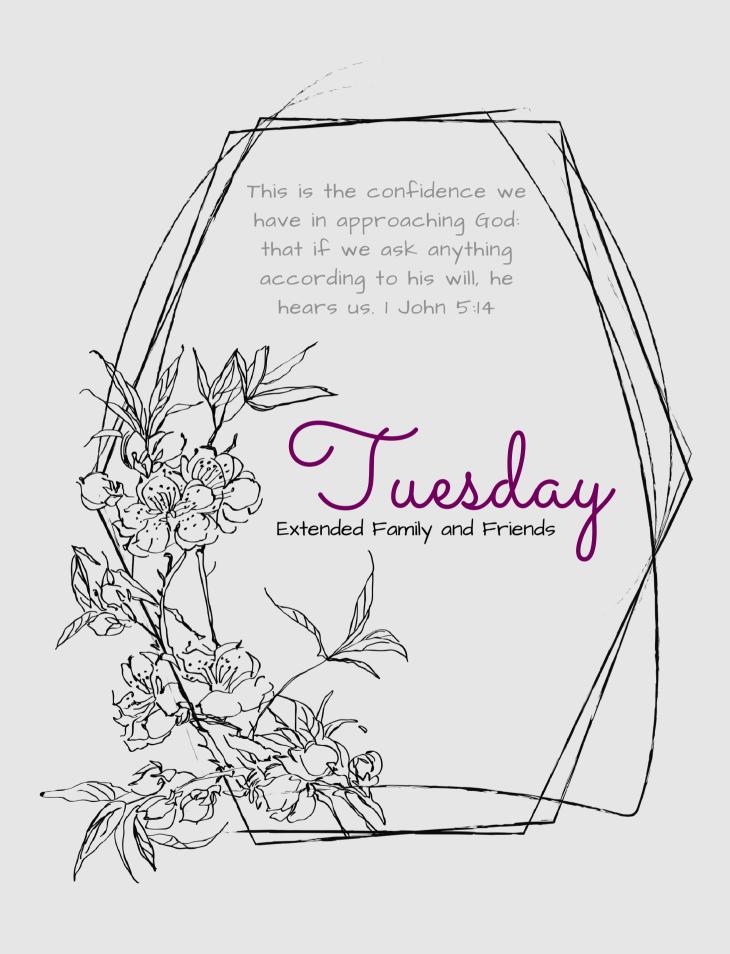
PRAY WITHOUT CEASING





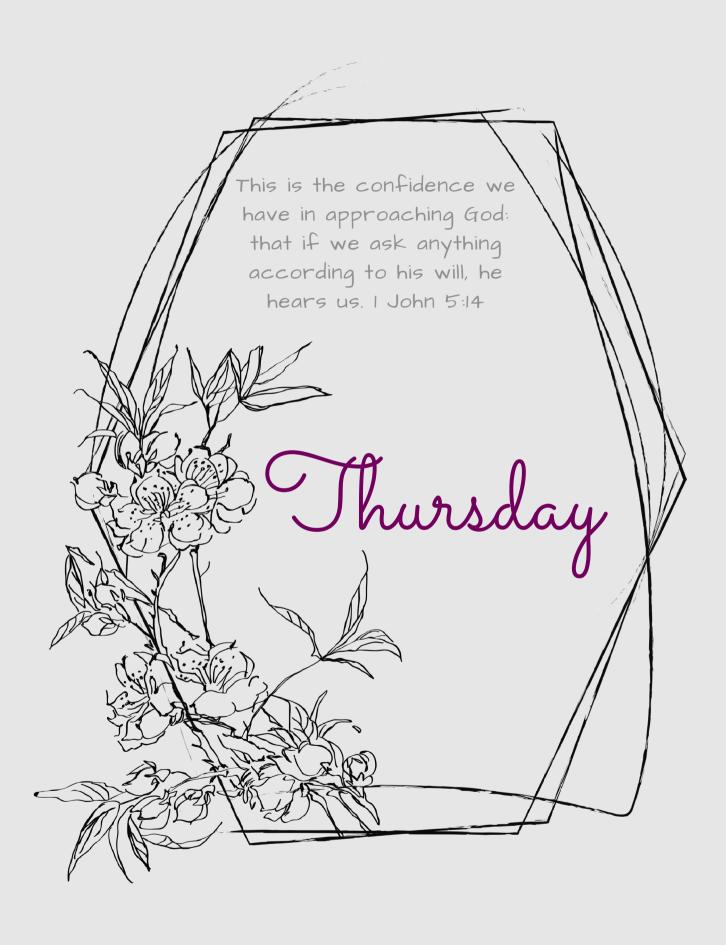


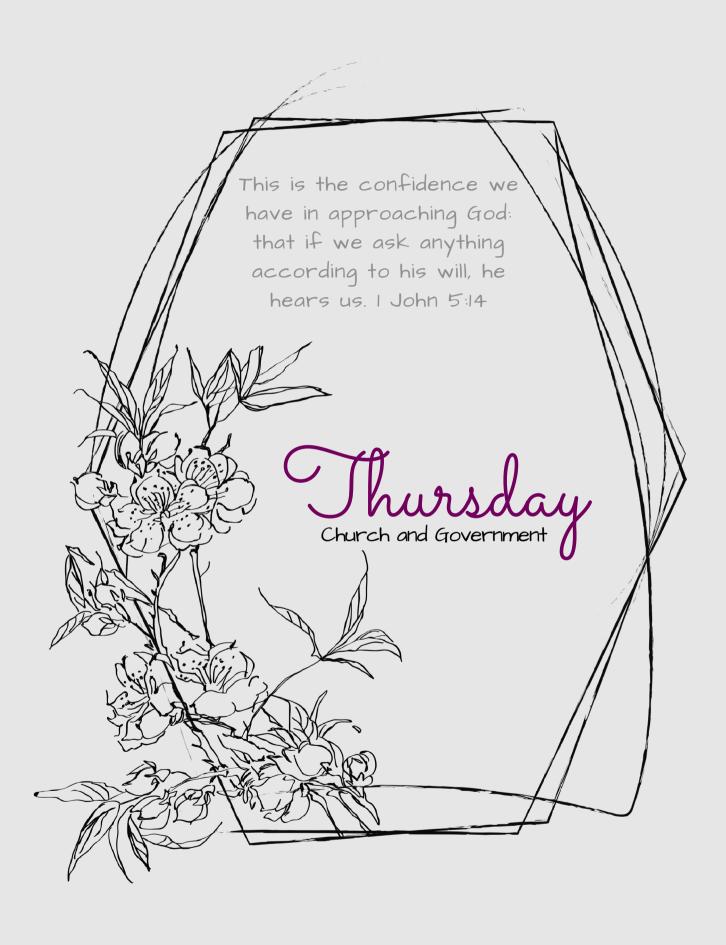




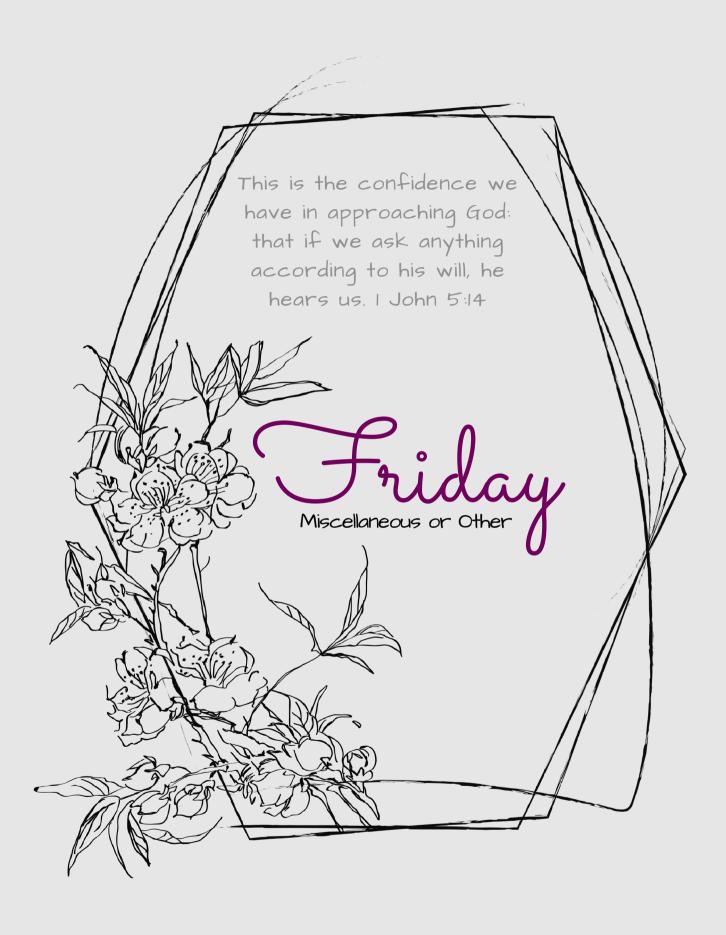










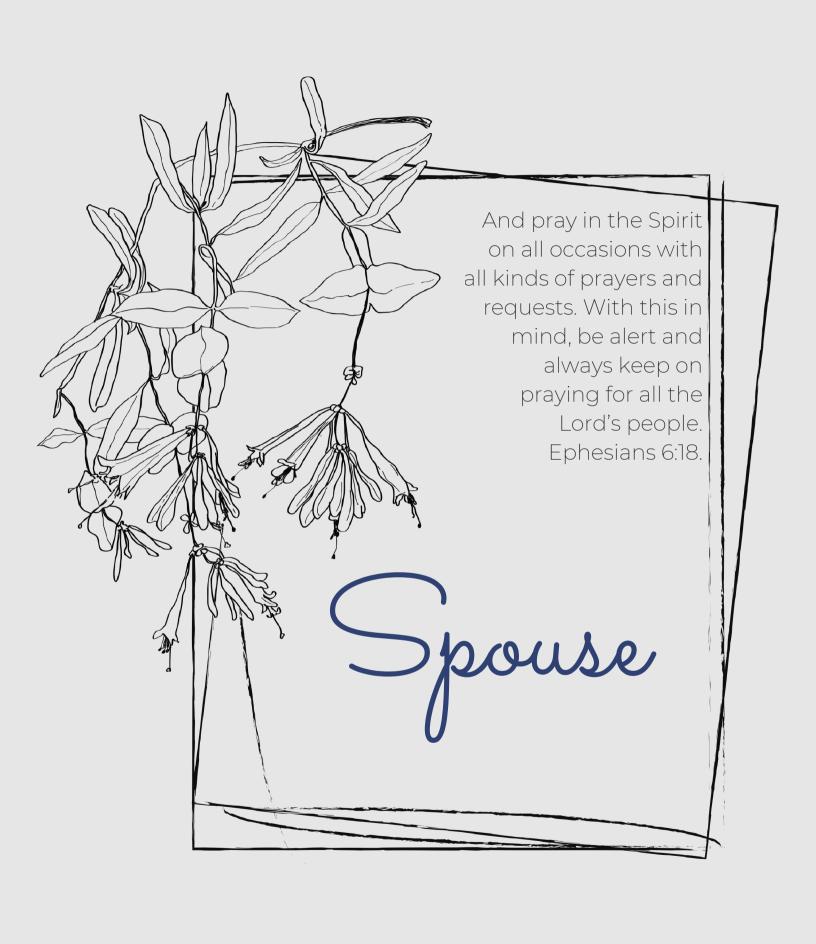


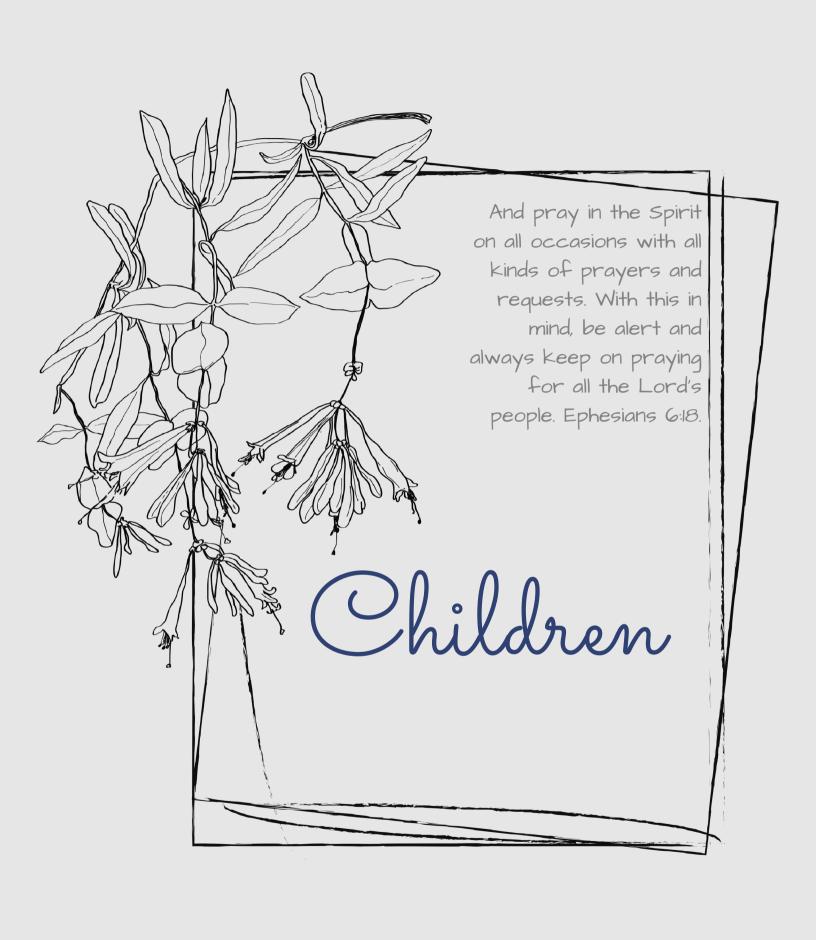




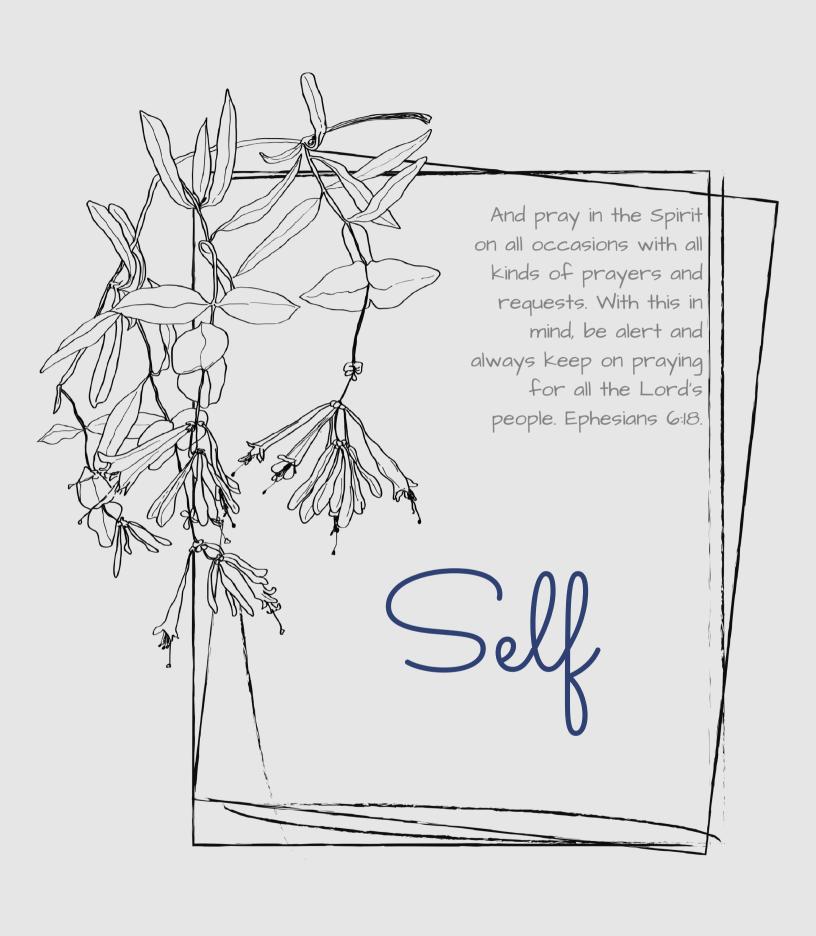


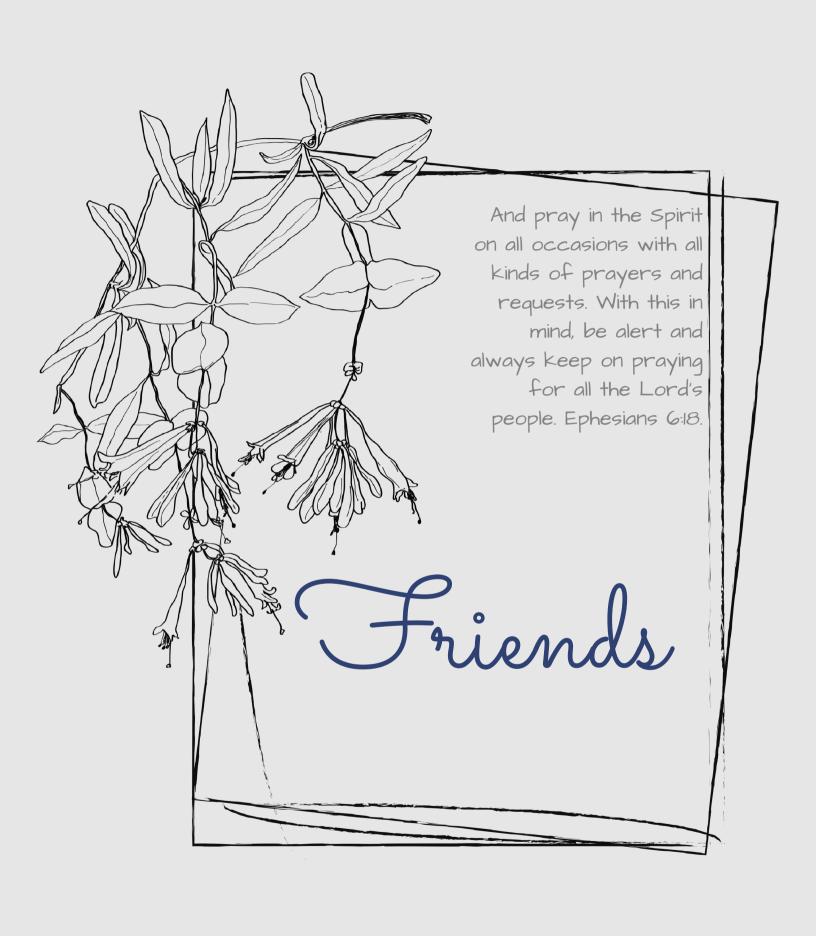


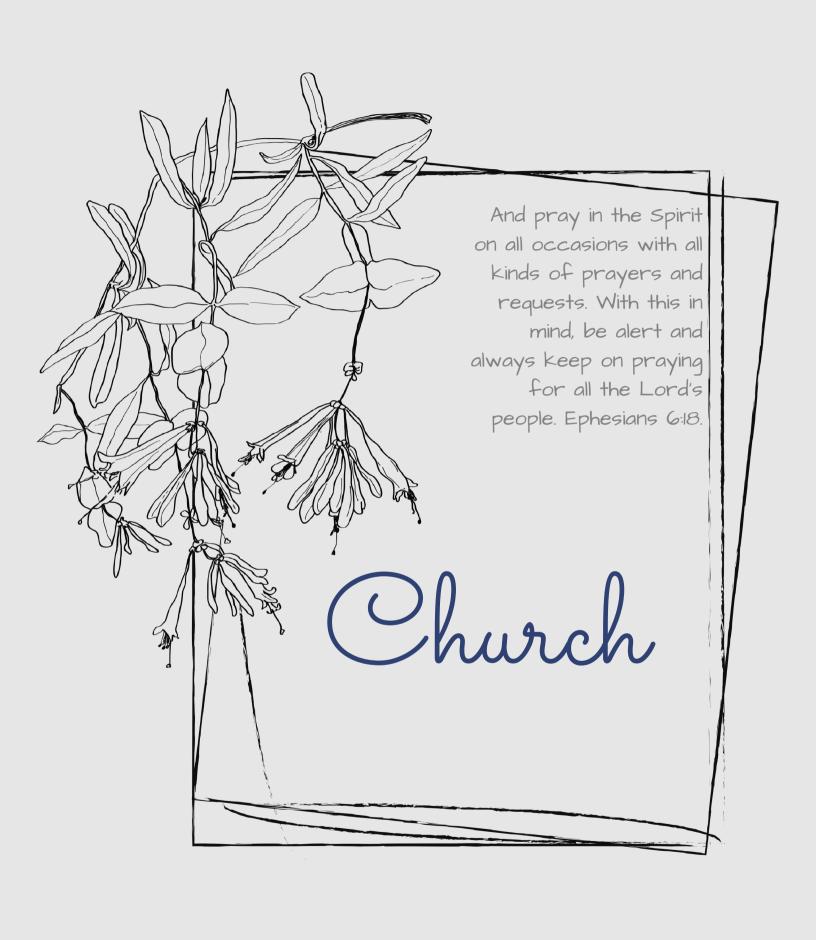


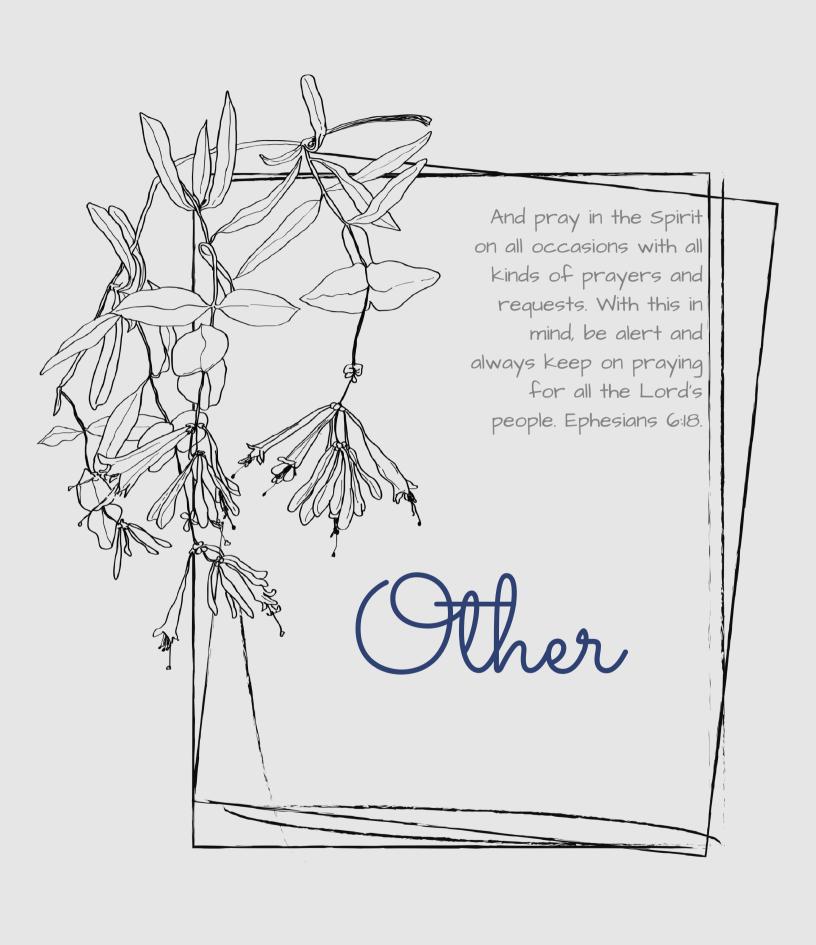




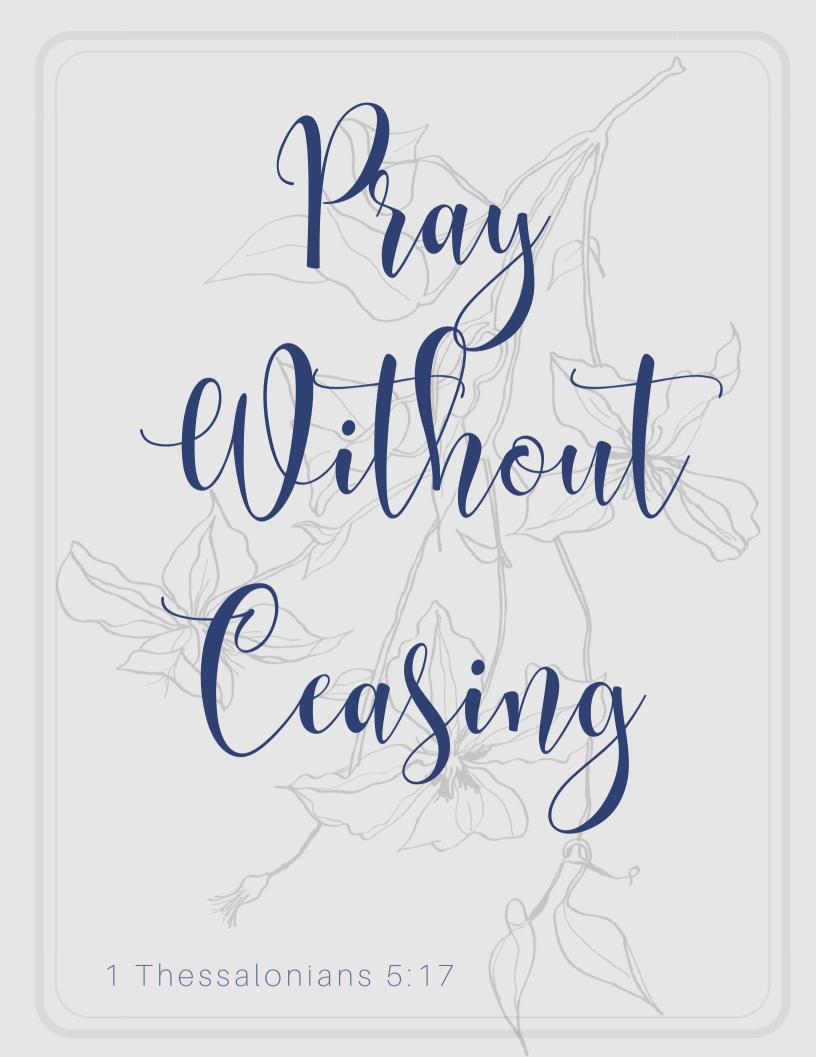


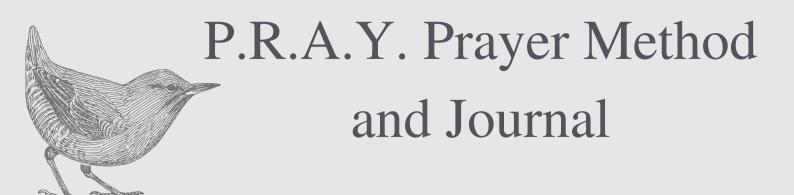












Praise – This is where we give glory to God for being God. Isaiah 61:3 tells us to put on a garment of praise. I like to meditate on either the names of God or the attributes of God.

Repent – We start by thanking God for His promises to forgive sins and cleanse us from all unrighteousness. I invite the Holy Spirit to search my heart and bring to mind any sins I need to deal with. I then ask God to forgive me of the sins I cannot see.

Ask – This is probably the most known and used part of prayer. It is good to come before God with a clean heart, having dealt with repentance. This is where we spend time talking to God about EVERYthing and ANYthing. Nothing is off the table. It is also the time to intercede (praying on behalf of others) for our friends and family.

Yield – Every prayer we offer up to God is an act of us yielding our will to Gods. When we can come to the place in our heart where we recognize Gods will for our life as the most important, we can genuinely yield our ways and see a change in our lives.

Prayer Journal

PRAISE

REPENT

ASK

YIELD



Januray



- 1. Lord, I dedicate this year to you
- 2. My voice worships you this year
- 3. Hear my prayers of love for you
- 4. I praise you for new beginnings
- 5. Thank you for 2018
- 6. Surround my friends with love
- 7. Quiet my inner voice
- 8. Be the Lord of my decisions
- 9. I surrender all to you
- 10. Let my praise be authentic
- 11. Forgive my pride fullness
- 12. Help me to focus on what matters
- 13. I choose to let go of hurt
- 14. Today I choose courage
- 15. Protect the helpless

- 16. Let me be resilient
- 17. Make me healthy and strong
- 18. I confess my sin of _____
- 19. I give you my challenges for today
- 20. Give me patience for my day
- 21. Today I choose happiness
- 22. I am the daughter of a King
- 23. You define my worth
- 24. Today I intercede for _____
- 25. I know your plans are good
- 26. Forgive me for my unbelief
- 27. Show me the blessing in everything
- 28. Thank you that I am forgiven
- 29. Be my confidence
- 30. Let me be a blessing others
- 31. Lord, I dedicate this year to you





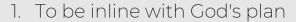
- Lord, I love the way you made me
- My heart yearns for you
- Show me how to love my spouse
- I praise you for my health
- Thank you for romance
- Surround my friends with love
- Hear my heartbeat
- Be the Lord of my choices
- I surrender all to you
- 10. Let my praise be authentic
- Forgive my doubt
- 12. Make my vision clear
- 13. I choose to let go of regret
- 14. Today I choose healing
- 15. Give me a heart to serve



- 17. Make me healthy and strong
- 19. I give you my fears
- 20. Give me patience for my day
- 21. Today I choose to be brave
- 22. I am the daughter of a King
- 23. Love conquers all fear
- 24. Today I intercede for _
- 25. I am a child of God
- 26. Hove who God created me to be
- 27. Show me the blessing in everything
- 28. Thank you that I am worthy



March



- 2. My Family
- 3. For new endeavors
- 4. I praise you for my friends
- 5. Thank you for new life
- 6. Surround my friends with love
- 7. A prayer for worship
- 8. Help me show others kindness
- 9. I surrender all to you
- 10. Let my praise be authentic
- 11. Let me not be jealous or boastful
- 12. Make my goals clear
- 13. I choose to let go of regret
- 14. Give me a gentle and quiet spirit
- 15. Give me a heart to love others

- 16. New mercies every morning
- 17. Make me healthy
- 18. I confess my sin of _____
- 19. I give you my hopes and dreams
- 20. Give me patience for my day
- 21. Enable me to hear your voice
- 22. Lord, help me love you more
- 23. Love conquers all
- 24. Today I intercede for _____
- 25. I am a child of God
- 26. I know my worth
- 27. Show me the blessing in everything
- 28. Thank you for rest
- 29. Find my lost passions
- 30. Let me remember your grace
- 31. Thank you for Spring











- 1. I will praise Him in the storms
- 2. My Co-workers
- 3. For new endeavors
- 4. I praise you for the song of birds
- 5. Thank you for new life
- 6. Surround my family with love
- 7. A prayer for worship
- 8. Help me show others love
- 9. I surrender all to you
- 10. Let my praise be authentic
- 11. Let me not be easily angered
- 12. Bring joy into my house
- 13. I choose to let go of fear
- 14. Give me ears to hear your word
- 15. Give me a heart to love others

- 16. New mercies every morning
- 17. Help me to make healthy choices
- 18. I confess my sin of _____
- 19. Today I intercede for _____
- 20. Give me patience for my day
- 21. Enable me to hear your voice
- 22. Lord, help me love you more
- 23. I know my worth
- 24. Thank you for the rain
- 25. I am a child of God
- 26. Heal my wounds
- 27. Show me your purpose for me
- 28. Thank you for music
- 29. Today I lay my burdens at your feet
- 30. May my heart beat to your love

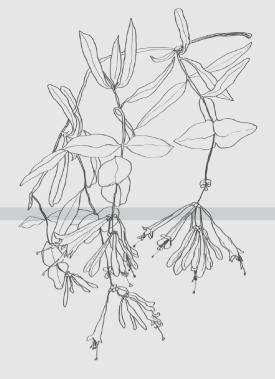




- 1. Praise God for all my blessings
- 2. My Neighbors
- 3. For the newness of spring
- 4. I praise you for the song of birds
- 5. Thanks for the beauty of nature
- 6. Fill my heart with love for others
- 7. A prayer for my best friend
- 8. Help me forgive my enemies
- 9. Lord, show me my purpose
- 10. Let my praise be authentic
- 11. Give me boldness
- 12. Bring peace into my house
- 13. I choose to let go of envy
- 14. Help me in my diet and exercise
- 15. Give me a generous heart

- 16. Praise You for your holiness
- 17. Help me to have self-control
- 18. I confess my sin of _____
- 19. Today I intercede for _____
- 20. Give me freedom in my thoughts
- 21. For my child's future spouse
- 22. Lord, guard my heart
- 23. Praise you that you are mighty
- 24. Thank you for the sunshine
- 25. I am a child of God
- 26. Bless my finances
- 27. Pray for your Church
- 28. I am a daughter of the King
- 29. Lord, I love the way you made me
- 30. Hear my heartbeat





June



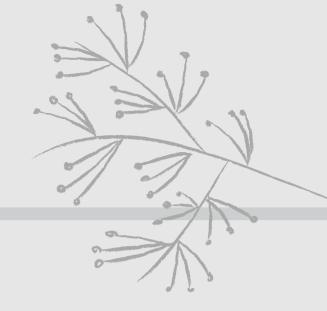
- 1. Praise God for the rain
- 2. My Pastor
- 3. For the sunshine
- 4. I praise you for the rainbows
- 5. Thanks for the comfort of home
- 6. Fill my heart with love for others
- 7. A prayer for my postman
- 8. Help me forgive my enemies
- 9. Lord, I give you glory for.....
- 10. Let my heart be authentic
- 11. Give me courage
- 12. Lord, show me why....
- 13. I choose to let go of fear
- 14. Help me in my diet and exercise
- 15. Lord, deliver me from.....

- 16. Praise You for your power
- 17. Help me be kinder
- 18. I confess my sin of _____
- 19. Today I intercede for _____
- 20. Give me healing
- 21. For my child's protection
- 22. Lord, guard my mouth
- 23. Praise you that you are Holy
- 24. Thank you for rest
- 25. I am a child of God
- 26. Bless my friends and neighbors
- 27. Pray for your Church
- 28. Pray for the Body of Christ
- 29. Lord, I trust in you
- 30. I surrender all to you





July



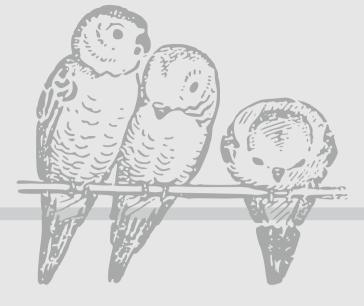
- 1. Thank you for the sunshine
- 2. Give me self-control
- 3. Friends
- 4. Education
- 5. My Friend
- 6. Peace and contentment
- 7. The next best thing
- 8. Help me show kindness
- 9. Wisdom and knowledge
- 10. Help me to heal
- 11. Thank you for my job
- 12. Joy in the uncertain
- 13. I choose to let go of hate
- 14. Give me a servants heart
- 15. Thank You for mercy

- 16. The children in my life
- 17. Help me to make healthy choices
- 18. My thought life
- 19. Laughter
- 20. Help me believe
- 21. Talents
- 22. I want to trust you more
- 23. I know my worth
- 24. I surrender all to you
- 25. I am a child of God
- 26. Heal my wounds
- 27. Organize my finances
- 28. Thank you for music
- 29. The weather
- 30. My neighborhood
- 31. What I love most about summer





August



- 1. I want to abide in You
- 2. God's Grace
- 3. Family
- 4. Our Freedom
- 5. My Friend
- 6. Wisdom & Knowledge
- 7. The truth
- 8. Help me show others love
- 9. Time in the Word of God
- 10. Help me to change
- 11. To grow in faith
- 12. Bring joy into my house
- 13. I choose to let go of envy
- 14. To hear the Lord's voice
- 15. Thank You for mercy

- 16. The season of life I am in
- 17. Diet and exercise
- 18. Guard my tongue
- 19. Joy in the mundane
- 20. A heart for the hurting
- 21. Boldness
- 22. A heart that trusts
- 23. A peaceful home
- 24. Put a song in my heart
- 25. Joy in hard times
- 26. Heal my body
- 27. Obedience
- 28. Thank you for my car
- 29. Joy in the moment
- 30. Prayers for the new school year







- 1. Thank you for harvest
- 2. Pray for your local schools
- 3. Changing seasons
- 4. Education
- 5. My Friend
- 6. Hope
- 7. Make me courageous
- 8. Help me show love
- 9. Physical healing
- 10. Thank you for my family
- 11. Praise you for the earth
- 12. Guard my thoughts
- 13. Prayers for our nation
- 14. Show me how to serve others
- 15. Thank You for grace

- 16. Help me be diligent
- 17. Develop a good diet
- 18. Guard my tongue
- 19. Make me a good listener
- 20. A heart for the homeless
- 21. Teachers
- 22. Make me prudent
- 23. A peaceful home
- 24. Make me a worshiper
- 25. The beautifully broken
- 26. Bring joy to my heart
- 27. Obedience
- 28. Help me not to envy
- 29. The future of my family
- 30. Prayers for the new school year





October

- 1. Thank you for falling leaves
- 2. Pray for your Pastor
- 3. America
- 4. Your Local School
- 5. My Friend
- 6. Peace
- 7. Make me brave
- 8. Help me show how to forgive
- 9. Mental healing
- 10. Thank you for my home
- 11. Praise you for the moon and stars
- 12. Show me how to serve others
- 13. Pray for your neighborhood
- 14. Bless my In-laws
- 15. Thank You for mercy

- 16. Give me wisdom
- 17. Let me see myself as you do
- 18. Hope for tomorrow
- 19. Make me a good woman
- 20. A heart for the poor
- 21. Protect our local law enforcement
- 22. Give me a generous heart
- 23. Thank you for my spouse/friend
- 24. Give me comfort in your plans
- 25. The beautifully broken
- 26. May my words be kind today
- 27. Help me be ready for the holidays
- 28. Help me not to envy
- 29. Give me boldness
- 30. Prayers for our government
- 31. Thank you for October





November



- 1. Thank you for the harvest
- 2. Thank you for hope
- 3. My friend.....
- 4. Your City
- 5. Praise you for change
- 6. Love
- 7. Make me strong
- 8. Help me be brave
- 9. Spiritual growth
- 10. Make me hospitable
- 11. Show me how to rest
- 12. Help me to serve others
- 13. Your favorite charity
- 14. A heart for the hurting
- 15. Thank You for mercy



- 16. I confess the sin of
- 17. Show me how to be patient
- 18. Hope for tomorrow
- 19. Make me a good woman
- 20. Your spouse or best friend
- 21. Protect our local fire fighters
- 22. Give me a humble heart
- 23. Bless my In-laws
- 24. Show me how to build others up
- 25. Help me live fiercely
- 26. May I listen and learn today
- 27. Help me be ready for the holidays
- 28. Hold my tears today
- 29. Give me victory
- 30. Thank you for November





December

- 1. Thank you for the gift of Jesus
- 2. Thank you for unending mercy
- 3. Father, you are my hope
- 4. I praise you for the manger
- 5. Thanks for the beauty of nature
- 6. Fill my heart with love for others
- 7. A prayer for my church
- 8. Help me forgive my enemies
- 9. Bless this season with fun
- 10. Let my praise be authentic
- 11. Give me boldness
- 12. Bring peace into my house
- 13. I choose to let go of perfection
- 14. Help me in my diet and exercise
- 15. Give me a generous heart

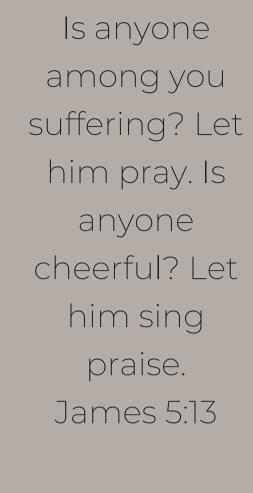
beautifully broken
LAURIE HAMPTON

- 16. Praise You for your holiness
- 17. Help me to have self-control
- 18. I confess my sin of _____
- 19. Today I intercede for _____
- 20. Give me freedom in my thoughts
- 21. For my child's future spouse
- 22. Lord, guard my heart
- 23. Praise you that you are mighty
- 24. Thank you for this season
- 25. I am a child of God
- 26. Bless my finances
- 27. Praise to the King of Kings
- 28. Thank you for grace
- 29. Lord, I love the way you made me
- 30. Hear my heartbeat
- 31. Thank you for Christmas



Mhat we need is a desire to know the whole will of God, with a fixed resolution to do it.

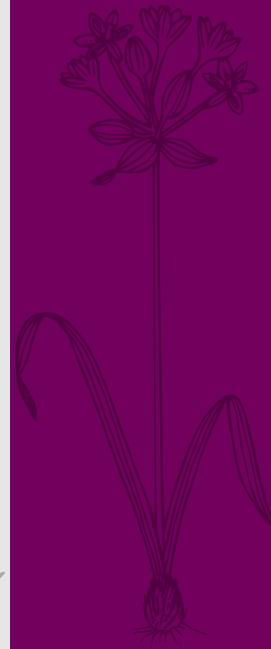
Continue
steadfastly in
prayer, being
watchful in it with
thanksgiving.
Colossians 4:2







Blessed be God, because he has not rejected my prayer or removed his steadfast love from me! Psalm 66:20





Thank you and God bless you!

W W W . L A U R I E H A M P T O N . C O M

