# A Private Prayer Journal

Only to be opened by:

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Dear God,
These are my memories of times when I was really blessed.

*Loving God,*
*Where were you in my life today?*
Think of the places, people, and events that have drawn you into an awareness of the presence of God.

Compassionate God,
I need to tell you
about the part of
me that is really
struggling and in
need of renewal.

Jesus,
How did you find the strength to overcome all the difficulties you faced?

God, if I could have a face to face conversation with you these are all the questions I'd ask.

*God of Hope,*
*These are my hopes and dreams.*

Listen in your heart and God will guide you on how to make them happen. Write your dreams, and then write what you hear God say in your heart.

God of New Life,
I want to tell you
about what I think
might be growing
and coming to life
for me right now.

*Spirit of God,*
*I need your help to break through boundaries in my life now.*

Tell the Holy Spirit what seems too hard in your life at the moment.

*Ever present God,*
*These are the things*
*I'd like to be able to*
*change in our world.*

After writing, listen in your heart. Ask God how you could help bring about these changes.

Faithful God,
These are the blessings I have received. These are the blessings I now need.

Listening, listening, and listening. What is God saying in your heart right now? Take some time to listen, and then write what you hear God say.

*God of Wisdom,*
*Help me discern*
*directions in my life.*

Tell God about your choices or challenges and write what you hear God say in response.

*God of Mercy,*
*Losing someone through death is really hard.*
Tell God about your feelings, your grief and your inner pain.

Forgiving God,
I know if I cannot forgive it will be like a poison growing inside me. What do I really need to let go, and who do I still need to forgive, to be the person you call me to be?

God of Mercy,
How can I draw on the strength of my inner self? Alone I can't do it, but with you I can. What do I need to do?

Images of God – who is God for you?

God, this is what happened today.

God, I just want to say thanks for these things in my life.

God, this is something I really struggle with.

## Create your own Prayer Journal page.

(Write, draw, paste pictures – anything to help you use this page to communicate with God.)

God, this is what I love about the world you created.

God, if I were listening to you, what would I change in my life?

God, if there was one thing I could change about myself it would be...

God, you call me to care for the earth.

God, you call me to treat others with dignity and respect.

God, you call me to use my own gifts to make the world a better place.

God, you love me beyond my wildest imagination.