

# *30-Day Prayer Journal*

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*A Month of Honest Conversation with God*

Name: \_\_\_\_\_

Start Date: \_\_\_\_\_

# How to Use This Journal

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**Welcome.** This journal is an invitation to thirty days of intentional prayer. Each day offers a short theme, a reflection prompt, and space for you to write — to listen, to pour out, to praise, and to receive.

**There are no rules.** Some days you may write a single sentence; other days several pages. Come as you are. God meets us in honesty, not polish.

**A simple rhythm.** Find a consistent time and place — morning coffee, a lunch break, or the quiet before bed. Even ten minutes of focused attention can transform a day.

**Don't skip ahead.** Each prompt builds on a growing conversation. Trust the arc of the thirty days.

**Come back.** This journal does not end on Day 30. Return to entries that stirred something in you. Notice how God has moved.

*"Call to me and I will answer you, and will tell you great and hidden things that you have not known." —  
Jeremiah 33:3*





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**DAY 05 - SCRIPTURE**

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# Scripture

*Choose a verse that has stayed with you lately. Write it out, then reflect on what it means for your life today.*

**DATE**

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**MY PRAYER**

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**ONE WORD FOR TODAY**

**MOOD** ■ Peaceful ■ Struggling ■ Grateful ■  
Uncertain

**SCRIPTURE REFERENCED**

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# Courage

*Where is God calling you to be brave? Write an honest prayer about your fears, then ask for strength beyond your own.*

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MY PRAYER

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ONE WORD FOR TODAY

MOOD ■ Peaceful ■ Struggling ■ Grateful ■  
Uncertain

SCRIPTURE REFERENCED

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## Half-Way Check-In

*You are halfway through! Reflect on what God has been teaching you in this journal. Write what you notice.*

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MY PRAYER

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ONE WORD FOR TODAY

MOOD ■ Peaceful ■ Struggling ■ Grateful ■  
Uncertain

SCRIPTURE REFERENCED

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# Humility

Where have pride or self-sufficiency crept in? Ask God for a humble and teachable spirit.

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MY PRAYER

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ONE WORD FOR TODAY

MOOD ■ Peaceful ■ Struggling ■ Grateful ■  
Uncertain

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# Justice

*Where do you see injustice in the world? Ask God to stir your heart and show you your part in healing it.*

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MY PRAYER

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ONE WORD FOR TODAY

MOOD ■ Peaceful ■ Struggling ■ Grateful ■  
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# Continuing the Conversation

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You have completed thirty days of prayer. That is not a small thing.

Look back through these pages. Notice the threads — the recurring fears, the growing trust, the moments of unexpected grace. God has been present in every entry, even the ones that felt dry or distant.

Carry what you have learned into the next season. Return to a theme that felt unfinished. Share a prompt with a friend. Begin again.

Prayer is not a practice you complete. It is a relationship you inhabit.

*"Pray without ceasing."* — 1 Thessalonians 5:17