

OUR FATHER IN HEAVEN,
HALLOWED BE YOUR NAME
YOUR KINGDOM COME,
YOUR WILL BE DONE,
ON EARTH AS IT IS IN HEAVEN.
GIVE US THIS DAY OUR DAILY BREAD,
AND FORGIVE US OUR DEBTS,
AS WE ALSO HAVE FORGIVEN OUR DEBTORS.
AND LEAD US NOT INTO TEMPTATION,
BUT DELIVER US FROM EVIL.



Prayer Journal

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PRAYER DOES NOT
FIT US FOR THE GREATER WORK
PRAYER IS THE GREATER WORK

-OSWALD CHAMBERS



In times of trial and in times of comfort, in plenty and in want, in desert and drought and frailty – God’s people are called to prayer. We hope this prayer journal can be a helpful tool in developing a habit of daily intentional prayer through all the seasons of life.

To help guide you through your time in prayer, we’ve put together an outline to lead you through various aspects of prayer. We encourage you to start with a brief meditation on God’s word. There are countless free apps that can be used to help you start the day in the word, one we like is the youversion bible. Start your day with a verse of some sort, reflect on it and meditate upon what God may be saying to you through it.

Write down your verse for the day at the top of the page, and then proceed through the various areas to pray for: praises, confession, thanksgiving, requests, answered prayers, and anything else that may come to mind.

Then spend some time in a quiet place, free of distractions praying through what you wrote down. If you get distracted, that’s ok, we’re distractable people. Don’t judge yourself too harshly. Just keep going, day in and day out.

Let Oh Be Joyful be a church that prays. Through everything, about everything, for everything.

LORD, SAVE US FROM BEING SELF-CENTERED IN OUR PRAYERS, AND TEACH US TO REMEMBER TO PRAY FOR OTHERS. MAY WE BE SO BOUND UP IN LOVE WITH THOSE FOR WHOM WE PRAY THAT WE MAY FEEL THEIR NEEDS AS ACUTELY AS OUR OWN AND INTERCEDED FOR THEM WITH SENSITIVITY, WITH UNDERSTANDING, AND WITH IMAGINATION. WE ASK THIS IN CHRIST'S NAME.

- JOHN CALVIN

TODAY'S VERSE:

PRAISES

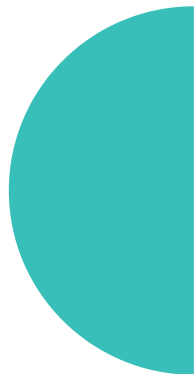
CONFESSION

THANKSGIVING

REQUESTS

OTHER

ANSWERED PRAYER



GIVE EAR TO MY PRAYER, O GOD, AND HIDE NOT YOURSELF FROM MY PLEA FOR MERCY! ATTEND TO ME, AND ANSWER ME; I AM RESTLESS IN MY COMPLAINT AND I MOAN, BECAUSE OF THE NOISE OF THE ENEMY, BECAUSE OF THE OPPRESSION OF THE WICKED. FOR THEY DROP TROUBLE UPON ME, AND IN ANGER THEY BEAR A GRUDGE AGAINST ME.

-PSALM 55: 1-3

TODAY'S VERSE:

PRAISES

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ANSWERED PRAYER





GIVE ME A DEEPER TRUST, THAT I MAY LOSE MYSELF TO FIND MYSELF IN YOU, THE GROUND OF MY REST, THE SPRING OF MY BEING. GIVE ME A DEEPER KNOWLEDGE OF YOURSELF AS SAVIOUR, MASTER, LORD, AND KING. GIVE ME DEEPER POWER IN PRIVATE PRAYER, MORE SWEETNESS IN YOUR WORD, MORE STEADFAST GRIP ON ITS TRUTH. GIVE ME DEEPER HOLINESS IN SPEECH, THOUGHT, ACTION, AND LET ME NOT SEEK MORAL VIRTUE APART FROM YOU.

TODAY'S VERSE:

PRAISES

CONFESSION

THANKSGIVING

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ANSWERED PRAYER



SWEET HOUR OF PRAYER
SWEET HOUR OF PRAYER
THAT CALLS ME FROM A WORLD OF CARE
AND BIDS ME AT MY FATHER'S THRONE
MAKE ALL MY WANTS AND WISHES KNOWN
IN SEASONS OF DISTRESS AND GRIEF
MY SOUL HAS OFTEN FOUND RELIEF
AND OFT ESCAPED THE TEMPTER'S SNARE
BY THY RETURN, SWEET HOUR OF PRAYER

TODAY'S VERSE:

PRAISES

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ANSWERED PRAYER



LORD, SAVE US FROM BEING SELF-CENTERED IN OUR PRAYERS, AND TEACH US TO REMEMBER TO PRAY FOR OTHERS. MAY WE BE SO BOUND UP IN LOVE WITH THOSE FOR WHOM WE PRAY THAT WE MAY FEEL THEIR NEEDS AS ACUTELY AS OUR OWN AND INTERCEDED FOR THEM WITH SENSITIVITY, WITH UNDERSTANDING, AND WITH IMAGINATION. WE ASK THIS IN CHRIST'S NAME.

- JOHN CALVIN

TODAY'S VERSE:

PRAISES

CONFESSION

THANKSGIVING

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OTHER

ANSWERED PRAYER





“DO NOT BE ANXIOUS ABOUT ANYTHING,
BUT IN EVERYTHING BY PRAYER AND
SUPPLICATION WITH THANKSGIVING LET
YOUR REQUESTS BE MADE KNOWN TO GOD.”
- PHILIPPIANS 4:6

"OF ALL SPIRITUAL DISCIPLINES PRAYER IS THE MOST CENTRAL BECAUSE IT USHERS US INTO PERPETUAL COMMUNION WITH THE FATHER." - RICHARD J. FOSTER

TODAY'S VERSE:

PRAISES

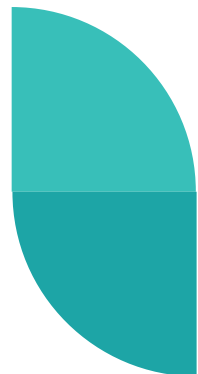
CONFESSION

THANKSGIVING

REQUESTS

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ANSWERED PRAYER



“PRAYER SHOULD NOT BE REGARDED AS A DUTY WHICH MUST BE PERFORMED, BUT RATHER AS A PRIVILEGE TO BE ENJOYED, A RARE DELIGHT THAT IS ALWAYS REVEALING SOME NEW BEAUTY.” – E.M. BOUNDS

TODAY'S VERSE:

PRAISES

CONFESSION

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ANSWERED PRAYER



PRAYER IS NOT MONOLOGUE, BUT DIALOGUE;
GOD'S VOICE IS ITS MOST ESSENTIAL PART.
LISTENING TO GOD'S VOICE IS THE SECRET
OF THE ASSURANCE THAT HE WILL LISTEN TO
MINE. - ANDREW MURRAY

TODAY'S VERSE:

PRAISES

CONFESSION

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ANSWERED PRAYER



"IF A MAN WISHES TO BE SURE OF THE ROAD HE TREADS ON, HE MUST CLOSE HIS EYES AND WALK IN THE DARK."
- ST. JOHN OF THE CROSS

TODAY'S VERSE:

PRAISES

CONFESSION

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ANSWERED PRAYER





"OUR FAILURE TO HEAR HIS VOICE WHEN WE WANT TO IS DUE TO THE FACT THAT WE DO NOT IN GENERAL WANT TO HEAR IT, THAT WE WANT IT ONLY WHEN WE THINK WE NEED IT."
- DALLAS WILLARD

TODAY'S VERSE:

PRAISES

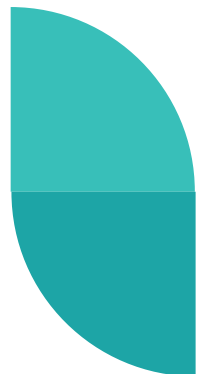
CONFESSION

THANKSGIVING

REQUESTS

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ANSWERED PRAYER



"I HAVE SO MUCH TO DO TODAY THAT I'M GOING TO NEED TO SPEND THREE HOURS IN PRAYER IN ORDER TO BE ABLE TO GET IT ALL DONE." - MARTIN LUTHER

TODAY'S VERSE:

PRAISES

CONFESSION

THANKSGIVING

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ANSWERED PRAYER





“PRAYER MEANS KEEPING COMPANY WITH
GOD WHO IS ALREADY PRESENT.”
- PHILIP YANCEY



"PEOPLE ON SINKING SHIPS DO NOT COMPLAIN OF DISTRACTIONS DURING THEIR PRAYER." - PHILIP YANCEY

TODAY'S VERSE:

PRAISES

CONFESSION

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ANSWERED PRAYER





"I PRAY BECAUSE I CAN'T HELP MYSELF. I PRAY BECAUSE I'M HELPLESS. I PRAY BECAUSE THE NEED FLOWS OUT OF ME ALL THE TIME, WAKING AND SLEEPING. IT DOESN'T CHANGE GOD. IT CHANGES ME."
- CS LEWIS

TODAY'S VERSE:

PRAISES

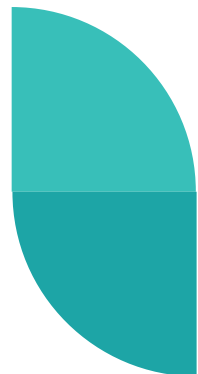
CONFESSION

THANKSGIVING

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ANSWERED PRAYER



"THE CRISIS OF OUR PRAYER LIFE IS THAT OUR MINDS MAY BE FILLED WITH IDEAS OF GOD WHILE OUR HEARTS REMAIN FAR FROM HIM." - HENRI NOUWEN

TODAY'S VERSE:

PRAISES

CONFESSION

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ANSWERED PRAYER



"TRUE PRAYER IS MEASURED BY WEIGHT NOT LENGTH. A SINGLE GROAN BEFORE GOD MAY HAVE MORE FULLNESS IN PRAYER IN IT THAN A FINE ORATION OF GREAT LENGTH"
- C. H. SPURGEON

TODAY'S VERSE:

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ANSWERED PRAYER



“SPOKEN PRAYER IS NOT ALWAYS NEEDED,
FOR PRAYER CAN OFTEN BE TOO INTENSE
FOR WORDS”
- C.H. SPURGEON

TODAY'S VERSE:

PRAISES

CONFESSION

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ANSWERED PRAYER





"GOD SPEAKS TO THOSE WHO LISTEN.
AND HE LISTENS TO THOSE WHO
TAKE TIME TO PRAY."
- UNKNOWN

TODAY'S VERSE:

PRAISES

CONFESSION

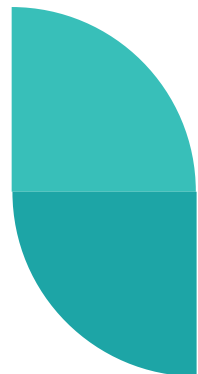
THANKSGIVING

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OTHER

ANSWERED PRAYER







"OUR PRAYERS MAY BE AWKWARD. OUR ATTEMPTS MAY BE FEEBLE. BUT SINCE THE POWER OF PRAYER IS IN THE ONE WHO HEARS IT AND NOT IN THE ONE WHO SAYS IT, OUR PRAYERS DO MAKE A DIFFERENCE."
- MAX LUCADO



"THERE ARE PARTS OF OUR CALLING, WORKS OF THE HOLY SPIRIT, AND DEFEATS OF THE DARKNESS THAT WILL COME NO OTHER WAY THAN THROUGH FURIOUS, FERVENT, FAITH-FILLED, UNCEASING PRAYER."
- BETH MOORE

TODAY'S VERSE:

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ANSWERED PRAYER





"THE REALITY IS, MY PRAYERS DON'T CHANGE GOD. BUT, I AM CONVINCED PRAYER CHANGES ME. PRAYING BOLDLY BOOTS ME OUT OF THAT STALE PLACE OF RELIGIOUS HABIT INTO AUTHENTIC CONNECTION WITH GOD HIMSELF."
- LYSA TERKEURST

TODAY'S VERSE:

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OTHER

ANSWERED PRAYER





“TO BE A CHRISTIAN WITHOUT PRAYER IS NO MORE POSSIBLE THAN TO BE ALIVE WITHOUT BREATHING.”

- MARTIN LUTHER

TODAY'S VERSE:

PRAISES

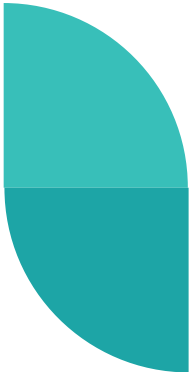
CONFESSION

THANKSGIVING

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ANSWERED PRAYER



"TRUE PRAYER IS NEITHER A MERE MENTAL EXERCISE NOR A VOCAL PERFORMANCE. IT IS FAR DEEPER THAN THAT - IT IS A SPIRITUAL TRANSACTION WITH THE CREATOR OF HEAVEN AND EARTH."
- C.H. SPURGEON

TODAY'S VERSE:

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ANSWERED PRAYER



"PRAYER IS NOT ASKING. PRAYER IS PUTTING ONESELF IN THE HANDS OF GOD, AT HIS DISPOSITION, AND LISTENING TO HIS VOICE IN THE DEPTH OF OUR HEARTS."
- MOTHER TERESA

TODAY'S VERSE:

PRAISES

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ANSWERED PRAYER



"REJOICE ALWAYS, PRAY WITHOUT CEASING, GIVE THANKS IN ALL CIRCUMSTANCES; FOR THIS IS THE WILL OF GOD IN CHRIST JESUS FOR YOU" - 1 THESSALONIANS 5:16-18

TODAY'S VERSE:

PRAISES

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ANSWERED PRAYER







“THIS IS THE CONFIDENCE WE HAVE IN
APPROACHING GOD: THAT IF WE ASK
ANYTHING ACCORDING TO HIS WILL, HE
HEARS US.”
- 1 JOHN 5:14



"ONLY GOD CAN MOVE MOUNTAINS, BUT
FAITH AND PRAYER MOVE GOD."
- E.M. BOUNDS

TODAY'S VERSE:

PRAISES

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ANSWERED PRAYER



"THE GREATEST USE OF YOUR WORDS IS PRAYER. TALK TO GOD ABOUT EVERYTHING, ALL THE TIME. MAINTAIN A RUNNING CONVERSATION."
- RICK WARREN

TODAY'S VERSE:

PRAISES

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ANSWERED PRAYER



"CALL TO ME AND I WILL ANSWER YOU, AND WILL TELL YOU GREAT AND HIDDEN THINGS THAT YOU HAVE NOT KNOWN."
- JEREMIAH 33:3

TODAY'S VERSE:

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ANSWERED PRAYER





"THEN YOU WILL CALL UPON ME AND
COME AND PRAY TO ME, AND I WILL HEAR
YOU".
- JEREMIAH 29:12

TODAY'S VERSE:

PRAISES

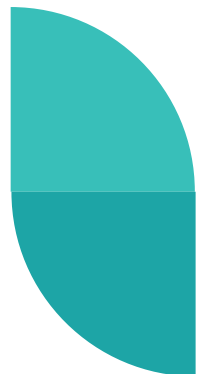
CONFESSION

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ANSWERED PRAYER



“AND THAT’S THE CORE OF PRAYER:
ADMITTING THAT JUST MAYBE, THERE’S
SOMETHING GOING ON THAT WE CAN’T SEE.
SO WHEN I’M AFRAID, I PRAY, AND I ASK FOR
GOD’S HELP, THAT I WILL BE ABLE TO SEE
SOMETHING I WASN’T ABLE TO SEE BEFORE,
OR AT LEAST TRUST HIM TO DO THE SEEING.”
- SHAUNA NIEQUIST

TODAY’S VERSE:

PRAISES

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ANSWERED PRAYER



"PRAY ON IT,
PRAY OVER IT,
PRAY THROUGH IT"
- UNKNOWN

TODAY'S VERSE:

PRAISES

CONFESSION

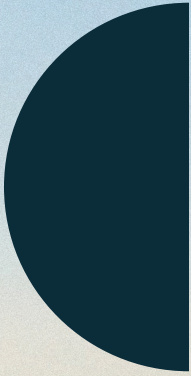
THANKSGIVING

REQUESTS

OTHER

ANSWERED PRAYER





"PRAYERS TO GOD AND PRAISES FOR GOD
RELEASE THE POWER OF GOD"
-LYSA TERKEURST



“REJOICE ALWAYS, PRAY WITHOUT CEASING,
GIVE THANKS IN ALL CIRCUMSTANCES; FOR
THIS IS THE WILL OF GOD IN CHRIST JESUS
FOR YOU” -1 THESSALONIANS 5:16-18

TODAY'S VERSE:

PRAISES

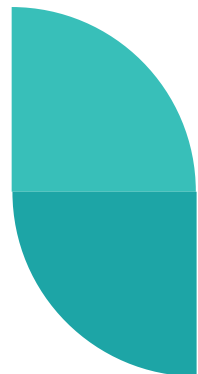
CONFESSION

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ANSWERED PRAYER



DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERY SITUATION, BY PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD. AND THE PEACE OF GOD, WHICH TRANSCENDS ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS.
- PHILIPPIANS 4:6-7

TODAY'S VERSE:

PRAISES

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ANSWERED PRAYER



BE JOYFUL IN HOPE, PATIENT IN AFFLICTION,
FAITHFUL IN PRAYER.
- ROMANS 12:12

TODAY'S VERSE:

PRAISES

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THANKSGIVING

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ANSWERED PRAYER



BUT WHEN YOU PRAY, GO INTO YOUR ROOM,
CLOSE THE DOOR AND PRAY TO YOUR FA-
THER, WHO IS UNSEEN. THEN YOUR FATHER,
WHO SEES WHAT IS DONE IN SECRET, WILL
REWARD YOU.
- MATTHEW 6:6

TODAY'S VERSE:

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ANSWERED PRAYER





IN MY DISTRESS I CALLED TO THE LORD;
I CRIED TO MY GOD FOR HELP.
FROM HIS TEMPLE HE HEARD MY VOICE;
MY CRY CAME BEFORE HIM, INTO HIS EARS.
- PSALM 18:6

TODAY'S VERSE:

PRAISES

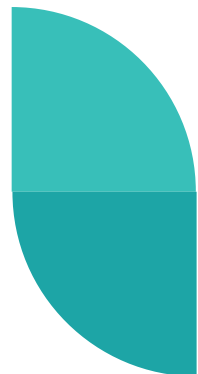
CONFESSION

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ANSWERED PRAYER



GIVE ME A DEEPER TRUST, THAT I MAY LOSE MYSELF TO FIND MYSELF IN YOU, THE GROUND OF MY REST, THE SPRING OF MY BEING. GIVE ME A DEEPER KNOWLEDGE OF YOURSELF AS SAVIOUR, MASTER, LORD, AND KING. GIVE ME DEEPER POWER IN PRIVATE PRAYER, MORE SWEETNESS IN YOUR WORD, MORE STEADFAST GRIP ON ITS TRUTH. GIVE ME DEEPER HOLINESS IN SPEECH, THOUGHT, ACTION, AND LET ME NOT SEEK MORAL VIRTUE APART FROM YOU.

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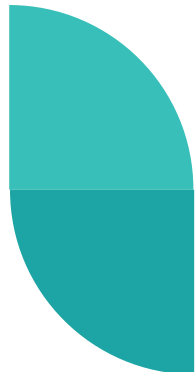
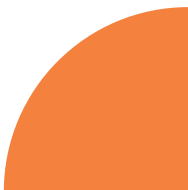
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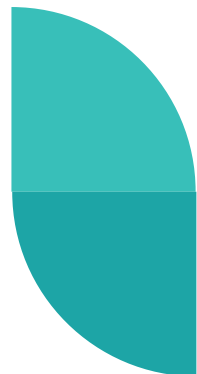
CONFESSION

THANKSGIVING

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ANSWERED PRAYER



SWEET HOUR OF PRAYER
SWEET HOUR OF PRAYER
THAT CALLS ME FROM A WORLD OF CARE
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MAKE ALL MY WANTS AND WISHES KNOWN
IN SEASONS OF DISTRESS AND GRIEF
MY SOUL HAS OFTEN FOUND RELIEF
AND OFT ESCAPED THE TEMPTER'S SNARE
BY THY RETURN, SWEET HOUR OF PRAYER

TODAY'S VERSE:

PRAISES

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ANSWERED PRAYER







Pray then like this:

“Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from evil.



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