

Prayer Journal Template

(For use with *Times of Grace*)

A prayer journal is a written record of how you experience God each day. It can take the form of long paragraphs or short bullets. Spelling and grammar don't matter as it is a reflection of your heart and your conversation with God. The examples below provide some insight into the things you might write. These are very brief statements. You might expand on them so that you remember the specifics of the day when you review in the future.

This journal template can help you become more aware of the movements of God and the spiritual attacks you face each day. As you increase your awareness, you will be more fruitful in your prayer life and make progress on your spiritual journey.

Each day, reflect on these questions:

- **What emotions did I feel today (positive and negative)? What were the circumstances?**
(For example, *"I felt overwhelmed today. There is too much to do and not enough time. Things have been building up for months and it came to a head today. I'm frustrated, angry, and exhausted."*)
- **How did I experience God today?**
(For example, *"Most of the day I didn't give a thought to God. But at one point I remember stopping to pray and it gave me a moment of peace. He calmed me."*)
- **What spiritual attacks did I face?**
(For example, *"I had many critical thoughts about all the people who needed me. That affected my ability to respond with charity in couple of situations. I wish I had rejected the lies I heard in my head."*)
- **Were there any fruits from the day?**
(For example, *"I cannot see any fruits today, but I could have if I had recognized the attacks earlier and rejected the lies of the enemy."*)

Each month you can review the journal entries and draw conclusions:

- *What season am I living?*
- *What are the challenges I have faced, if any?*
- *How has God been moving in my life in the past month?*
- *What are the most common spiritual attacks I faced? How did I respond?*
- *What can I learn from my experiences this past month?*