

PRAYER JOURNAL IDEAS

These are a list of ideas to use with young people to help them think about developing a prayer journal. You might want to use one of these activities each week over a period of time or have a full event to create a journal together that they can use. Some of these activities are for them to complete in one go and some will kick start a prayer that they can continue.

PRAYER IDEA

Rainbow: Stick on strips of crepe/tissue paper in different colours to create a rainbow effect. Write over this Genesis 9v13 in your own words.



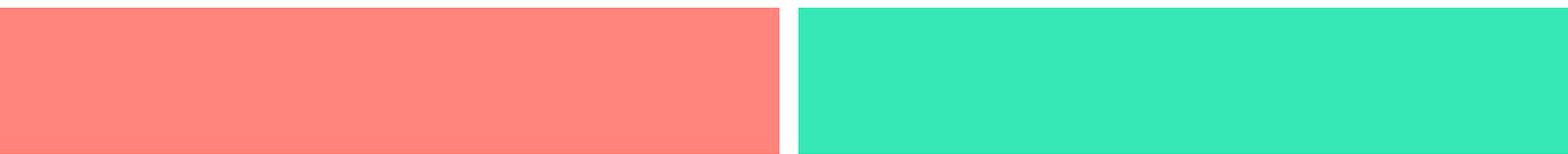
PRAYER IDEA

ACTS Praying: Divide a page into four sections. Write Adoration, Confession, Thanksgiving and Supplication, one word in each quarter of the page. Write an explanation of these four words so you know what types of things to pray for.



PRAYER IDEA

Creator God: Draw numbers 1-7, you can trace these or cut out large numbers to stick in. Decorate each number for what was created by God in Genesis 1 on each day.



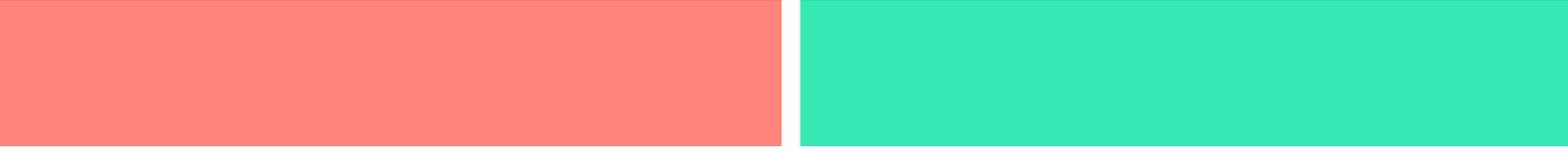
PRAYER IDEA

Promises: Draw a table with 3 columns. Write down the promises you find from God to you or his people. In the second column, write where you find it in the Bible and in the third, when it could be helpful in day to day life. How about starting with 2 Corinthians 4:15, Isaiah 43:1, Psalm 139:16 & Numbers 6:25.



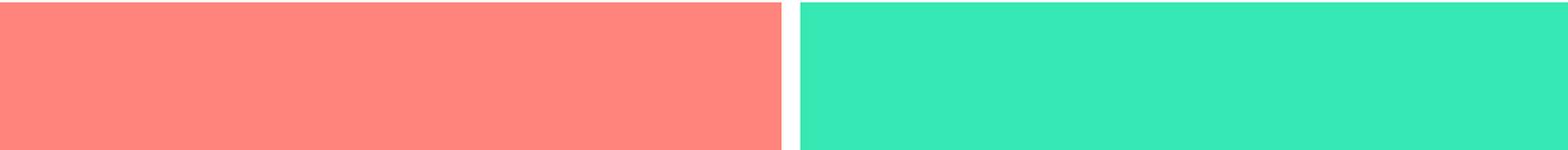
PRAYER IDEA

Treasure Map: Draw a treasure map showing the things which are most important to you and closest to your heart. How about having Matthew 6:21 at the centre. Pray for the things in this world which we treasure above God and ask him to help us understand more of his goodness.



PRAYER IDEA

VIP Requests: We want to show a list of those Very Important People in our lives who we want to pray for regularly. Write their names or initials down and commit to praying regularly. You can keep a tally as you do this to show each time you pray. You can keep adding names too! You can use paint samples for this to make a list on cool colours.



PRAYER IDEA

World & Nation: Draw a picture of the world or of Northern Ireland. You can make this really accurate or use some watercolours or crayons to make it less accurate but more fun! Write your prayers for our world/nation whether this be for justice, healing, environment, government or for other young people.

PRAYER IDEA

Thankful Heart: Draw a big heart the size of your page. You can paint or colour the heart. Around the outside of the heart write the verse 1 Chronicles 16:34. Inside the heart start to write a few things which you are thankful for. Allow for space so you can continue to add more things in the future.

PRAYER IDEA

I am Beloved: Get or draw a small picture of yourself. Stick it in the middle of a page. Around your picture, write the things you know that God thinks about you or how he sees you. It may be things you struggle to accept or things he believes which help you follow him. EG: You are loved. You are strong. You have a beautiful character. You are creative.

PRAYER IDEA

As he taught us: Look up Matthew 6:9-13 for the Lord's Prayer. Write this out in your own words, you can explain what the prayer means to you. Why not pray your version of this prayer each day or week at home?

PRAYER IDEA

Empty Place at the Table: You can draw a place setting, with your plate & cutlery & name tag. This is to help us remember the people we miss, it may be someone we loved who left or died. You can write their name on their place or thank God for the good memories you have with this person.

PRAYER IDEA

Being Persistent: We read in the Bible about prayer that we should keep praying again and again! So allocate a page for your persistent prayers. The one thing you pray for every day or every time you pray. You can write the prayer at the top of the page and every time you pray for this person/situation/idea you can write the date on the page. As you keep praying, the page will fill with dates.

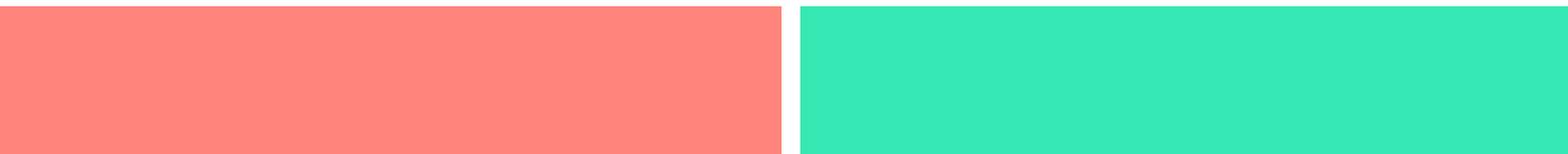
PRAYER IDEA

God is...: We want to think about attributes of God. What he is like and inspiring us to thank him for what he is like. Why not draw or write some of the attributes of God which you love most.



PRAYER IDEA

Psalms: Many of the Psalms show David crying out or calling on God. Why not re-write a Psalm in your own words, explaining your own worries. You might want to start with Psalm 55 which talks about being betrayed or with Psalm 56 which talks about being trapped.



PRAYER IDEA

Not sure: Sometimes we can feel like we don't have the words to pray. We want to share something with God but we can't capture it, or our emotions are taking over and we can't process everything. Why not write these verses on a page which will help remind you of the Holy Spirit when you feel you don't have the words.

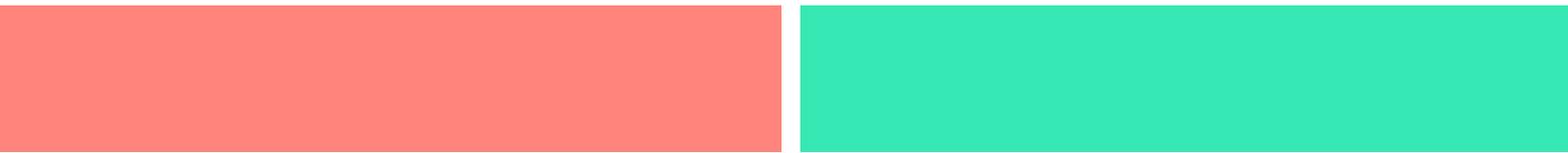


Romans 8:26-28 (The Message)

“Meanwhile, the moment we get tired in the waiting, God’s Spirit is right alongside helping us along. If we don’t know how or what to pray, it doesn’t matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans. He knows us far better than we know ourselves, knows our pregnant condition, and keeps us present before God. That’s why we can be so sure that every detail in our lives of love for God is worked into something good.”

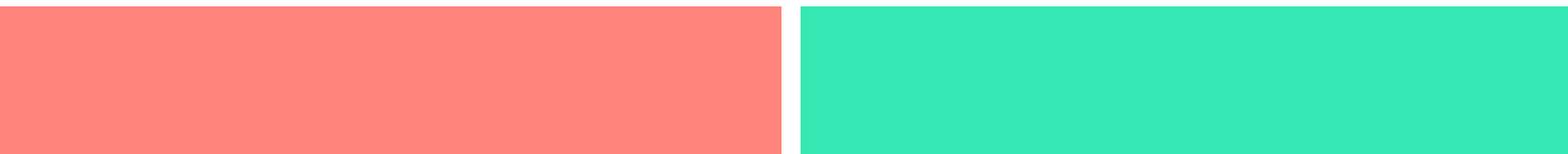
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Rest: You can write in large letters, or bubble letters the word rest. Around or inside it you can write things which help you rest. This may be things you enjoy and so it fills you up spiritually. It may be ways you connect with God. It may be things you feel good at or accomplished in, which helps you understand how God sees you. Think about how you can keep adding to these things and practice them more.



PRAYER IDEA

Turn Around: Draw a U-Turn Road Sign. In the future you can add verses from the Bible or what more you know about God to add to what he thinks of us when we turn from our sinful ways and seek after him. What do you want to pray forgiveness from? What things in your life would you like to say sorry to God for and make a u-turn from?



PRAYER IDEA

Changing clothes: when we are following God we often need to 'put off' the things of our sinful nature and 'put on' the things of God.

Why not look through the list below and choose one and draw it out.



Help me to put off pride (Proverbs 16:5) and put on humility (James 4:6)

Help me to put off my critical nature (Galatians 5:15) and put on kindness (Colossians 3:12)

Help me to put off lack of love (John 4:7, 8, 20) and put on unconditional love (John 15:12)

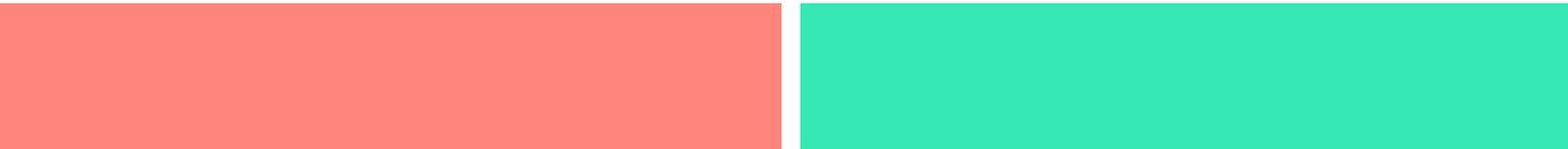
Help me to put off worry (John 14:1a) and put on faith and trust in God (John 14:1b)

Help me put off unbelief (Hebrews 3:12) and put on faith (Hebrews 11:1, 6)

Help me put off neglecting study of the Bible (2 Timothy 3:14-17) and put on regular Bible study (Psalm 1:2)

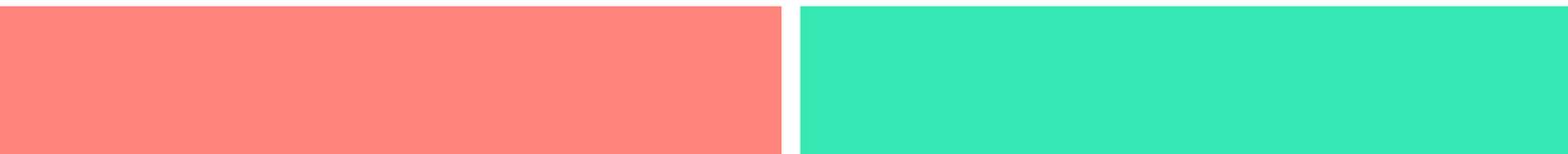
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Daily Bread: Draw a big loaf of bread and write a prayer of thanks that God gives us each day what we need.



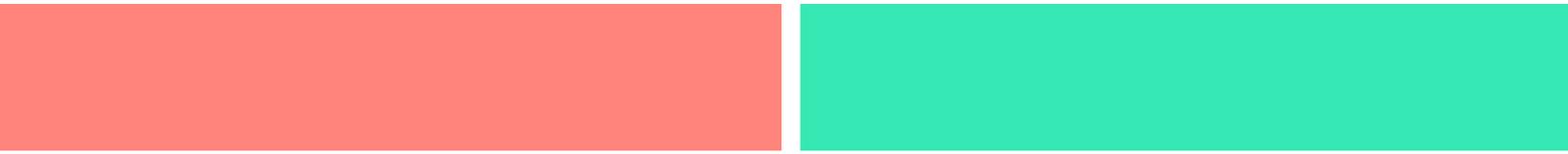
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Pictures of Truth: Think about the parables or verses in the Bible which give us a picture to think about, then draw them out. You might want to start with John 15:7-8 or Mark 11:22-23 or Psalm 119:105.



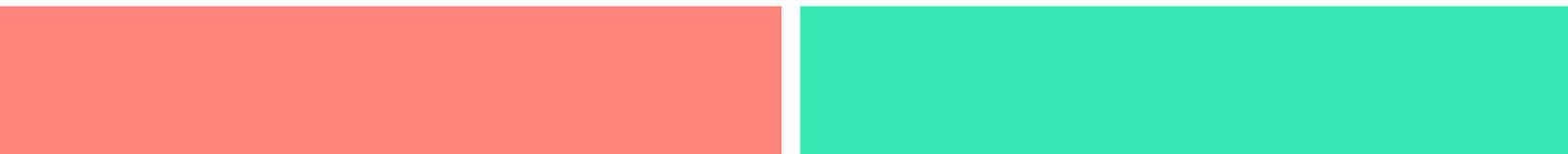
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In Jesus Name: When Jesus died & rose again, he allowed us to have a personal relationship, to directly speak with God. Jesus advocates, speaks on our behalf to God. That is why we often say 'In Jesus Name' at the end of a prayer. Why not write 'In Jesus Name' on a page in your journal so you remember why we say this.



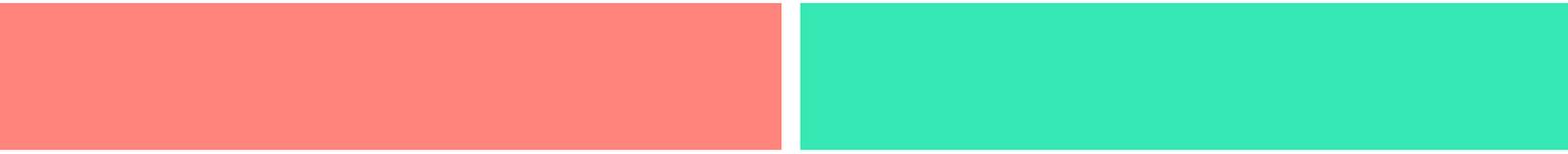
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Guest Speaker: Why not give a page for your friend or leader to write a prayer on?



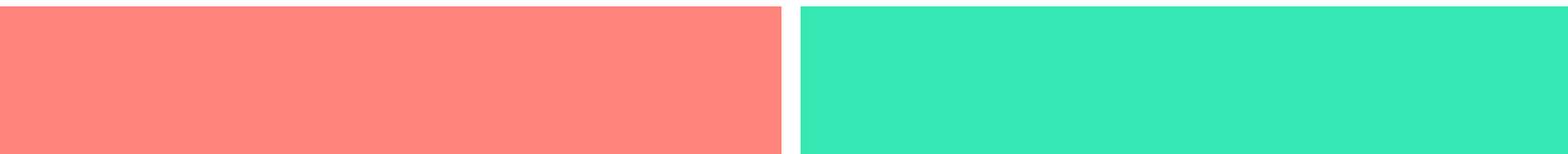
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Songs of Praise: Think about your favourite Hymn or Christian praise song. Why not write some of the lyrics on a page and make them your prayer.



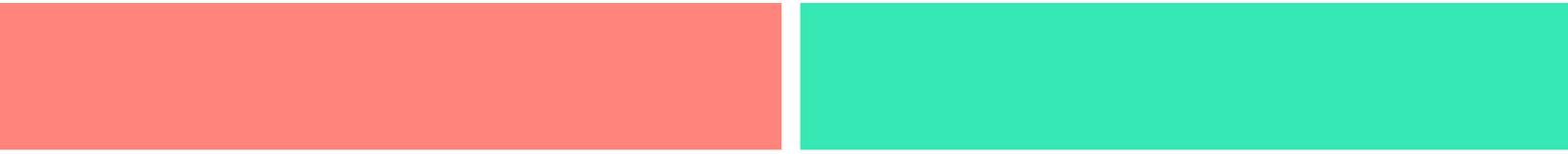
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Big Fish Prayer: Read Jonah 2:2-9. Draw an ocean or a big fish. Read over Jonah 2:2-9 again. Write down the words/phrases that you like or that help you think about who God is.



PRAYER IDEA

Mary: Read Luke 1:46-55. Think about how Mary describes truth passing from generation to generation. Pray and thank God for those people who have explained to you about what true faith is.



PRAYER IDEA

Tree Time: Draw a big tree with lots of branches. Read John 15:5 and write this alongside your tree. Draw some fruit. In future you can come back and add words to describe what you think the fruit has been from knowing God.



PRAYER IDEA

Big Questions: This page is for questions we have for God about the big and little things in life. You can write on your page 'If I had a question for God today, what would it be?' You can add to this month to month and even highlight questions which you feel you have got an answer to.