

BCV



present
God's presence in every home

How to Prayer Journal

GETTING STARTED...

Keep it Simple

Journaling is simply writing your thoughts and prayers, recording your conversation with God and how He has been at work in your life.

Why Journal?

Writing can help you to focus, to become aware of your innermost thoughts, and to name your deepest feelings. As you process on the page and in God's presence clarity and new perspective come. Writing prayers helps to embed this spiritual practice within you so that over time you turn more naturally towards conversation with God. Writing also creates a record and reminder of what God has done, a source of encouragement and strength for the way ahead.

Different Approaches

From stream-of-consciousness writing, to more structured methods like SOAP, pretty much anything goes. You can direct your writing to God, or simply record your thoughts, feelings, and the events of your life in His presence. Try a few approaches and see what works for you.

Practicalities

You can write as much or as little as you like, in whatever time you have - it doesn't have to be lengthy! Decide on a rhythm (daily, weekly etc.) - or be completely spontaneous with it - but aim for a frequency you will be able to sustain. Make sure you have something to write with and on, and find a comfortable spot conducive to prayerful reflection and writing.

Taking it Further

- Read back through your journal regularly and trace the longer-term themes that God is weaving into your life, the larger-scale plans and purposes that He is unfolding.
- Record answers to prayer and the fulfilment of prophetic words - make separate lists of significant requests and prophecies so that you can easily date when they come to pass.
- Allow God to speak to you through your pen: try writing a letter to yourself from God, or writing a question and allowing Him to answer it through your pen. Don't worry if this feels strange at first - as you write you will eventually get into a flow and sense the Holy Spirit resting on and speaking through particular phrases.

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A GUIDE...

Settle

Start by reading a passage of scripture or listening to worship music to quieten your heart and focus your thoughts. Write about anything that stands out to you.

Say Thanks

Talk to God through your writing and tell Him what you are thankful for.

Heart Time

Pour your heart out to God through your pen - whatever is on your heart and anything you're struggling with. Don't worry if you find that this section and the next naturally merge into one.

Ask

Now spend some time writing down the prayer requests and questions that are on your mind.

Listen

Finally, is God speaking to you or prompting you about something?
