

WEEK 9

Prayer Journal

Practice praying to God each day using the prompts below. Use the back if you need more space to write, or turn a notebook into your prayer journal

P Pause -

Take time away from devices and distractions to focus on God. This doesn't have to be in stillness, perhaps go for a slow walk in nature!

R Rejoice & Reflect -

Give thanks to God for different areas of your life.

Look over scripture and listen to see if God is highlighting something to you.

A Ask -

Present your requests to God. Ask for what you need and help in areas of struggle. Share what is troubling you with God.

Y Yes -

Submit our life and actions to God. Follow his instructions no matter the cost. Saying yes to the things he says to us.

E Endure -

Don't give up! It's ok to pray the same prayer more than once. Sometimes God will say no, sometimes not yet, and sometimes yes!

R Repeat -

Create habits and rhythms that help us be consistent in prayer.

You can find all of our weekly prayer prompts on the Gateway website in the 'kids' tab!