

MY PERSONAL PRAYER JOURNAL



Prayer changes things!

"Man shall not live by bread alone, but by every word that
comes out of the mouth of God."

Matthew 4:4 AMP



J. 24



BEFORE WE BEGAN... WHAT IS PRAYER?

Prayer is a powerful and intimate conversation with God. It allows us to share our thoughts, struggles, and gratitude, knowing that He is always listening. Through prayer, we trust in God's plan and invite His presence into our lives.

At its heart, prayer is an act of faith. It is not limited to specific words or rituals, but is a way to align ourselves with God's will. Prayer opens the door to His guidance, comfort, and peace.

Prayer also transforms us from within. It deepens our relationship with God, strengthens our faith, and brings peace in times of uncertainty. Through prayer, we are reminded that God is always with us, no matter what we face.



WHY PRAY?

1. Prayer Deepens Your Relationship with God

Prayer connects you with God, strengthening your personal relationship with Him.

2. Prayer Provides Guidance and Clarity

Prayer helps you seek God's direction and receive the clarity you need in uncertain times.

3. Prayer Brings Peace in Difficult Times

Through prayer, you release your worries to God and experience peace, even in challenging situations.

4. Prayer Strengthens Your Faith

Consistent prayer builds your faith as you witness God's presence and responses in your life.

5. Prayer Changes Things

Prayer has the power to bring transformation, healing, and change according to God's will.

6. Prayer Aligns You with God's Will

Prayer aligns your heart with God's purpose, shifting your focus toward His plans for you.

7. Prayer Provides Strength and Protection

Prayer gives you strength and divine protection as you face life's challenges.

ABOUT THIS JOURNAL

This Prayer Journal is designed to help us return to what we know works: Prayer. When the disciples asked Jesus, “Teach us to pray,” He began with these words: *“Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors. Lead us not into temptation, but deliver us from evil, for thine is the kingdom, the power, and the glory, forever.”* (Matthew 6:9-13)

Prayer is our lifeline. Even when we don’t know exactly what to pray for, there is always something to bring before God. Silence is not an option—the enemy would love for us to remain quiet. But prayer has the power to change things. Though we may grow impatient, waiting for instant results, we must trust in God’s timing. As God told Daniel, “Do not be afraid. From the first day that you set your heart to understand and humbled yourself before God, your words were heard, and I have come because of your words.” (Daniel 10:12)

God hears us from the moment we pray—so don’t stop PRAYING.

HERE’S WHAT YOU’LL FIND INSIDE:

DAILY GOALS TRACKER

DAILY BREAD SCRIPTURE
MEDITATIONS FOR EACH DAY.

DAILY AFFIRMATIONS FOR REFLECTION.



1/2 24'



31 Days of PRAYER

Day 1 Daily Journal

DAILY BREAD

*Seek first the kingdom of God and His righteousness
and all these things shall be add unto you (Matthew 6:33)*

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I Am the righteousness of God in Christ Jesus

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 2
Daily Journal

DAILY BREAD

Man shall not live by bread alone, but by every word
that proceedeth out of the mouth of God. (Matthew 4:4)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

Keep your head up

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 3

Daily Journal

DAILY BREAD

And Jesus answered and said, I am the bread of life; he that cometh to me shall never hunger, and he that believeth in me shall never thirst. (John 6:35)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I am an overcomer

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 4
Daily Journal

DAILY BREAD

If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you. (John 15:7)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I am creative because of my creator

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 5
Daily Journal

DAILY BREAD

Pray without ceasing. In everything give thanks: for this is the will of God in Christ Jesus concerning you. (1 Thessalonians 5:17-18)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I am thankful for all things

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 6
Daily Journal

DAILY BREAD

Confess your faults one to another, and pray one for another, that ye may be healed.

The effectual fervent prayer of a righteous man availeth much. (James 5:16)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I am loved

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 7
Daily Journal

DAILY BREAD

These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation; but be of good cheer; I have overcome the world. (John 16:33)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I will be of good cheer

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 8
Daily Journal

DAILY BREAD

Be strong and of good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee. (Deuteronomy 31:6)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

God walks with me and talks with me and tells me I'm his own

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 9
Daily Journal

DAILY BREAD

Our help is in the name of the Lord, who made heaven and earth. (Psalms 124:8)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I am made in the Image of God

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 10
Daily Journal

DAILY BREAD

Call unto me, and I will answer thee, and show thee great and mighty things, which thou knowest not. (Jeremiah 33:3)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I am fearfully and wonderfully made

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 11 Daily Journal

DAILY BREAD

For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. (Jeremiah 29:11)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

God has a plan for me

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 12
Daily Journal

DAILY BREAD

Trust in the Lord with all thine heart; and lean not unto thine own understanding.

In all thy ways acknowledge him, and he shall direct thy paths. (Proverbs 3:5-6)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I can and will do great things

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 13
Daily Journal

DAILY BREAD

Let us not be weary in well doing: for in due season
we shall reap, if we faint not. (Galatians 6:9)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I shall walk and not faint

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 14
Daily Journal

DAILY BREAD

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. (Philippians 4:6-7)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I have victory over every area in my life.

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 15
Daily Journal

DAILY BREAD

In everything give thanks: for this is the will of God in Christ Jesus concerning you. (1 Thessalonians 5:18)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I am an ambassador for Christ

Goals for Tomorrow

1

2

3



1/2 24'

Pray without ceasing. In everything give thanks: for this
is the will of Christ concerning you.
1 Thessalonians 5:17,18



31 Days of PRAYER

Day 16
Daily Journal

DAILY BREAD

Be strong in the Lord, and in the power of his might. (Ephesians 6:10)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I am courageous

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 17
Daily Journal

DAILY BREAD

The joy of the Lord is your strength. (Nehemiah 8:10)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I am capable

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 18
Daily Journal

DAILY BREAD

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. (Hebrews 11:6)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I Chose to believe God

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 19
Daily Journal

DAILY BREAD

*Now faith is the substance of things hoped for,
the evidence of things not seen. (Hebrews 11:1)*

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I am blessed rising up and lying down

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 20

Daily Journal

DAILY BREAD

For God hath not given us the spirit of fear; but of power,
and of love, and of a sound mind. (2 Timothy 1:7)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I can make a difference

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 21
Daily Journal

DAILY BREAD

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Take my yoke upon you, and learn of me; for I am meek and lowly in heart:

and ye shall find rest unto your souls. (Matthew 11:28-30)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

Goodness and mercy are following me

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 22
Daily Journal

DAILY BREAD

Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ. (Philippians 1:6)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

God is still working on me

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 23
Daily Journal

DAILY BREAD

Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth. (2 Timothy 2:15)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I can always go to God for answers

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 24
Daily Journal

DAILY BREAD

I can do all things through Christ which strengtheneth me. (Philippians 4:13)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I possess God given talent

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 25
Daily Journal

DAILY BREAD

Thy word is a lamp unto my feet, and a light unto my path. (Psalms 119:105)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I will not grow weary in well doing.

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 26
Daily Journal

DAILY BREAD

Therefore being justified by faith, we have peace
with God through our Lord Jesus Christ. (Romans 5:1)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I will mount up on eagle's wings.

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 27
Daily Journal

DAILY BREAD

*He that dwelleth in the secret place of the most High shall abide
under the shadow of the Almighty. I will say of the Lord, He is my refuge
and my fortress: my God; in him will I trust. (Psalms 91:1-2)*

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I will abide under the shadow of the Almighty

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 28
Daily Journal

DAILY BREAD

For the Lord is a great God, and a great King above all gods. (Psalms 95:3)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I will fight the good fight of faith.

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 29
Daily Journal

DAILY BREAD

For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace. (Isaiah 9:6)

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I will sing unto the Lord a new song

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 30
Daily Journal

DAILY BREAD

*But they that wait upon the Lord shall renew their strength;
they shall mount up with wings as eagles; they shall run, and not be weary;
and they shall walk, and not faint. (Isaiah 40:31)*

TODAY'S PRAYER

DATE: ____/____/____

Things I will do to move forward are:

DAILY AFFIRMATION

I will walk and not faint.

Goals for Tomorrow

1

2

3

31 Days of PRAYER

Day 31
Daily Journal

DAILY BREAD

Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; and your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God. (Ephesians 6:10-17)

TODAY'S PRAYER DATE: ____/____/____ Things I will do to move forward are:

DAILY AFFIRMATION

I will run the race with grace

Goals for Tomorrow

1

2

3



“Cast your cares on Him, for he cares for
you.”

1/2 24

1 Peter 5:7 AMP

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