



PRAYER JOURNALING (19 Total)

Another tool we will be using this year is a prayer journal. Prayer journals slow us down and invite us to think about all different areas of our lives and our relationship with God. This is not a “dear diary” but an honest conversation with the God who runs and rules everything. That’s pretty incredible! We will ask for 1 prayer journal entry a week (more is always welcomed). Please write your prayers in your journal with a date attached to each one. This will be collected on the last class period of every month and then returned the following class period.

A – Adoration (What about God amazes you, what are characteristics of God, consider His names “King of Kings; Merciful Father; Beginning and End; My Fortress; Refuge and Strength; Redeemer; Savior; Prince of Peace; Creator; Lord of heaven; Lord of Armies; Light of the World)

C - Confession (Where have you struggled this week with doing wrong, thinking wrong, acting wrong, or failing to do what you know is right? Who have you hurt? How have you fallen short of being what God created you to be? How have things not gone the way you hoped.? What disappointments did you experience this week?

T - Thanksgiving (What are you thankful for this past week that you can thank and praise God for consider both physical things BUT also spiritual things. Has God answered a prayer? Has God given you something that is special? Has God used you to bless or encourage someone else? Has God protected you or someone you love from something. Has Jesus reminded you that you are loved or forgiven?)

S – Supplication (This is the place you make your request to God. Could be for school, sports, health for you or others, deepening of your faith, getting along with someone, learning how to love the people who are hard to love.)

An example of what is expected is below. Each part has a different format which corresponds to the above letter format so you can see where each part begins and each ends.

EXAMPLE: Lord what a great reminder that You are my fortress and shield. You protect me and keep me in ways I don’t even know. I come to You today recognizing that despite Your protection of me I have ignored You. I have not spent time with You as I should. I also know I have really been edgy and rude to my family the past couple days because I’m worn out. Lord, forgive me and change my attitude. *Also, Lord I want to thank you today for allowing me to go to work and make money to take care of my family. Thank you for laughter and for teaching me about the depths of Your work as I read my Bible today. You are amazingly gracious and kind. Lastly Lord I ask for You to be with our family as we deal with some health issues. Please Lord keep her healthy and strengthen her body. Allow me to be a patient and loving husband that can serve all the people I deal with daily. In Jesus name Amen*



Prayer Journal

1. **Date given:** September 3rd (3 ACTS Prayer journals-1 per week)
Due: September 24th
2. **Date given:** October 1st (3 ACTS Prayer journals-1 per week)
DUE: October 22nd
3. **Date given:** November 5th (4 ACTS Prayer journals-1 per week)
DUE: December 3rd
4. **Date given:** January 7th (3 ACTS Prayer journals)
DUE: January 28th
5. **Date given:** February 4th (3 ACTS Prayer journals-1 per week)
DUE: February 25th
6. **Date given:** March 4th (3 ACTS Prayer journals-1 per week)
DUE: March 25th