

Pause for Prayer

JOURNALING

A PRAYER 'HOW-TO'

WHAT IS JOURNALING?

Do you want to pray more but don't know how? Or do you start praying and get distracted by your thoughts? Journaling is a great way to focus your heart and mind to spend time with God.



HOW DO I BEGIN?

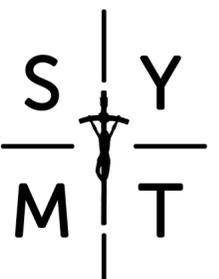
You'll need paper and a pen. You might want to start a notebook that you use just for journaling.

Sit comfortably in a place where you can write. You may want to safely light a candle or play some reflective music to help you focus.



HOW TO JOURNAL

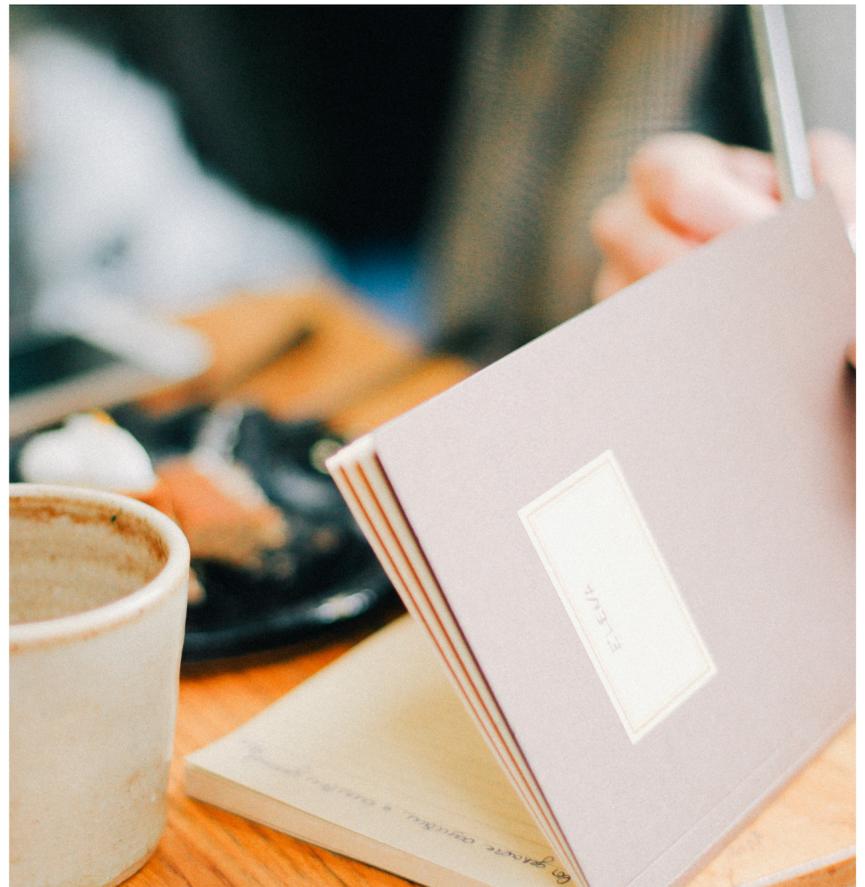
Simply write down your thoughts and prayers. God cares deeply about each one of us, so be honest with Him. This journal isn't going to be looked at, or marked, it doesn't need to be perfect. This is a place for you to be open with God and spend time with Him.



SOME JOURNAL PROMPTS

A good place to start is writing a letter to God.

You could write about something in particular that is on your heart. Or you could use one of these prompts:



- **HOW HAS GOD BEEN PRESENT IN MY LIFE RECENTLY?**
- **WHO IS GOD TO ME? WHAT IMAGE DO I HAVE OF HIM?**
- **DO I FEEL CLOSE TO GOD? WHAT CAN I DO TO STRENGTHEN MY FRIENDSHIP WITH HIM?**
- **WRITE A THANK YOU NOTE TO GOD FOR SOMETHING YOU ARE GRATEFUL FOR**
- **WRITE THE NAMES OF THE PEOPLE YOU WOULD LIKE TO PRAY FOR AND YOUR PRAYER FOR THEM.**

"Then you will call upon me and come and pray to me, and I will hear you."

(Jeremiah 29:12)

