

My Prayer Journal

Name

Started on

Church or group

*“Be careful for nothing; but in every thing by prayer and
supplication with thanksgiving let your requests be made known unto God.”
Philippians 4:6 (KJV)*

How to use this journal

Each daily page follows the ACTS pattern:

A Adoration: praise God for who he is.

C Confession: name what you need forgiveness for.

T Thanksgiving: thank God for what he has done.

S Supplication: bring your requests for yourself and others.

Write the date and the verse you read at the top. Keep a running list of requests at the back, and record answers as they come.

Date _____ Scripture _____

Adoration

Confession

Thanksgiving

Supplication

Date _____ Scripture _____

Adoration

Confession

Thanksgiving

Supplication

Date _____ Scripture _____

Adoration

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Thanksgiving

Supplication

Date _____ Scripture _____

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Prayer requests

Answered prayers