



50 PRAYER JOURNALING PROMPTS

A PLACE TO BEGIN

Choose a quiet moment, your favorite pen, and a fresh journal page, and begin with whatever thoughts are on your heart. There is no pressure to write well; grammar and spelling are not important. No one ever has to read what you write.

Use these prompts as a tool, a way to begin, a place to get started. Just be open and honest with God.

God speaks in the silence of the heart. Listening is the beginning of prayer. (Mother Teresa)

1. Jesus, I am grateful for ...
2. Lord, I need to forgive ...
3. Father, please help me with ...
4. God, show me how to ...
5. Jesus, I am struggling with ...
6. Lord, I feel Your joy when ...
7. Father, I feel Your hope when ...
8. Jesus, the loss that stings the most today is ...
9. Lord, my soul needs ...
10. God, the top two items on my Bucket List are ...
11. Jesus, I need to talk to you about ...
12. Father, I'm fascinated by ...
13. God, I am so excited about ...
14. Lord, what if ...
15. Jesus, I find humor in ...
16. Lord, I'm challenged by ...
17. Father, I didn't expect ...

18. Abba, I long for ...
19. God, I'm anxious about ...
20. Lord, I'm inspired by ...
21. Jesus, I am angry about ...
22. Father, I am drained by ...
23. God, I'm passionate about ...
24. Jesus, I'm frustrated over ...
25. God, I am overwhelmed by ...
26. Jesus, I have learned to ...
27. God, I need to let go of ...
28. Father, I am celebrating ...
29. Abba, I love to serve You ...
30. Lord, I've seen Your faithfulness in ...
31. God, I want to ask You ...
32. Jesus, I didn't sign up for ...
33. Lord, I see Your goodness in ...
34. Father, I'm looking forward to ...
35. Jesus, forgive me for ...
36. God, help me make time to...
37. Lord, I'm encouraged when ...
38. Father, my hearts hurts over ...
39. Jesus, I'm tempted by ...
40. God, the hardest part of my illness is ...
41. Lord, the thing I miss most is ...
42. Father, help me to ...
43. Jesus, I feel loved when ...
44. Lord, I'm afraid of ...
45. God, don't let me forget ...
46. Father, I'm delighted by ...
47. Lord, I am hungry for ...
48. Jesus, I'm ashamed of ...
49. God, my favorite memory is ...
50. Father, teach me to ...

My heart is stirred by a noble theme as I recite my verses for the king; my tongue is the pen of a skillful writer.

(Psalm 45:1)