

PRAYER JOURNAL

*MY DAILY GUIDE TO PRAYING
SPECIFICALLY & CONSISTENTLY*



OUR MISSIONARIES



Baptist Church
Planting Ministry
Worldwide



Bayanihan
Children's Home
Philippines



Bartley Family
St. Lucia



Beliveau Family
Duncan, BC



Bueckert Family
Calgary, BC



Bui Family
Indonesia



Burns Family
Quebec



Coco Chan
Grenada



Coates Family
Quebec



Colbourne Family
Creative Access Nation



Crevar Family
Ottawa, ON



Crumbaugh Family
Paul First Nation, AB



Roman Dejene
Ethiopia



Cathy Jo Demcak
Colombia



Dinsmore Family
Belize



Ellis Family
Rock of Ages
Prison Ministry



Freyer Family
New Zealand



Galindez Family
Porcupine Plain, SK



Goodman Family
Mexico



Hutchens Family
New Zealand



Johnson Family
South Africa



Kamps Family
Netherlands



Kroeker Family
Bolivia



Lalman Family
Chinese, San Jose, USA



Lane Family
Honduras



Lendvoy Family
Williams Lake, BC



Lester Family
Australia



Neufeld Family
India



Portillo Family
Nicaragua



Price Family
FirstBible International



Rojas Family
US Military Worldwide



Bill Smith Family
Worldwide



Joshua Smith Family
West Kelowna, BC



Stansford Family
Newfoundland



Towns Family
North Vancouver, BC



Turner Family
Uganda



Young Family
Russia

MAKING A PRAYER JOURNAL

Why Should Every Christian Have a Prayer Journal?

1. ***God commands us to pray for “all men.”***

- I Ti. 2:1-4 “I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men...”
- In 6 different letters to churches/individuals, the apostle Paul told his readers that he had “remembrance”/made “mention” of them in his prayers (Rom. 1:9, Eph. 1:16, Php. 1:3-4, I Th. 1:12, Phm. 4, II Ti. 1:3). Unless you have a perfect memory,..you will not consistently “remember” to make “mention” of all your loved ones in prayer. This is why a prayer journal is essential.

2. ***God wants our joy to be “full.”***

- Jn. 16:24 “Whatsoever ye shall ask the Father in my name, he will give it you.....ask, and ye shall receive, that your joy may be full.”
- Andrew Murray: “Answered prayer is the interchange of love between the Father & His child.”
- A prayer journal helps you keep track of how God is answering your prayers. This will bring immense joy to your life.

How Do You Make & Use a Prayer Journal?

1. Assign each day of the week to a particular prayer category. Example:

- **Daily:** My Family, Unsaved Loved Ones, & Church Staff
- **Sunday:** My Church & Its Ministries*
- **Monday:** My Classmates/Teachers or Coworkers/Boss
- **Tuesday:** My Church Family & Other Friends*
- **Wednesday:** My Church’s Missionaries*
- **Thursday:** My Nation & Its Leaders*
- **Friday:** My Needs/Wants/Dreams/Future
- **Saturday:** Unsaved People, Outreaches*

* Use the MBC Prayer Page and/or INTERCESSORS Lists.

2. Add as many specific/measurable requests as possible.

3. Let God’s promises motivate you and Bible prayers guide you.

4. Schedule daily prayer times; be consistent. “2 times to pray—when you feel like it and when you don’t.” “If you miss a day, don’t miss two!”

SUNDAY

Request

Date Added | Date Answered

But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. (Matthew 6:6)

Request

Date Added | Date Answered

MONDAY

Request

Date Added | Date Answered

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. (Matthew 6:33)

Request

Date Added | Date Answered

TUESDAY

Request

Date Added | Date Answered

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. (Matthew 7:7-8)

Request

Date Added | Date Answered

WEDNESDAY

Request

Date Added | Date Answered

If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him? (Matthew 7:11)

Request

Date Added | Date Answered

THURSDAY

Request

Date Added | Date Answered

He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father. And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. If ye shall ask any thing in my name, I will do it. (John 14:12-14)

Request

Date Added | Date Answered

FRIDAY

Request

Date Added | Date Answered

If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you. Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples. (John 15:7-8)

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Request

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Date Added | Date Answered

SATURDAY

Request

Date Added | Date Answered

Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you. (John 15:16)

Request

Date Added | Date Answered

DAILY

Request

Date Added | Date Answered

Verily, verily, I say unto you, Whatsoever ye shall ask the Father in my name, he will give it you. Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full. (John 16:23-24)

Request

Date Added | Date Answered

Request

Date Added | Date Answered

Request

Date Added | Date Answered

ADDITIONAL PRAYER HELPS

Visit our website for more prayer resources:

- INTERCESSORS Podcast
- INTERCESSORS Onboarding

Contact us for more info:

📞 604-527-4000

🌐 metrobaptistchurch.ca/programs/intercessors

