

# PRAYER JOURNAL

*MY DAILY GUIDE TO PRAYING  
SPECIFICALLY & CONSISTENTLY*



METRO BAPTIST CHURCH



# OUR MISSIONARIES

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Baptist Church  
Planting Ministry  
Worldwide



Bartley Family  
St. Lucia



Bayanihan  
Children's Home  
Philippines



Beliveau Family  
Duncan, BC



Bueckert Family  
Calgary, BC



Bui Family  
Southeast Asia



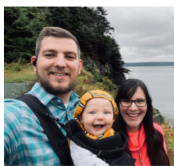
Burns Family  
Quebec



Coco Chan  
Grenada



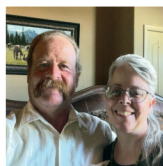
Coates Family  
Quebec



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*

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# MAKING A PRAYER JOURNAL

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## Why Should Every Christian Have a Prayer Journal?

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

- o I Ti. 2:1-4 “I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men...”
- o 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.”**

- o 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.”
- o Andrew Murray: “Answered prayer is the interchange of love between the Father & His child.”
- o 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:

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





































# ADDITIONAL PRAYER HELPS

***Visit our website for more prayer resources:***

- *INTERCESSORS Podcast*
- *INTERCESSORS Onboarding*

***Contact us for more info:***

☎ *604-527-4000*

🌐 *[metrochristianchurch.ca/programs/intercessors](https://metrochristianchurch.ca/programs/intercessors)*

