


the *Pray!*
prayer
Journal



daily steps
Toward
praying god's
Heart

Dean Ridings

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introduction

Taking God at His word transformed the life and ministry of a young man named Dawson Trotman. Dawson was deep into Scripture memory. One verse that captured his attention was Jeremiah 33:3, "Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not" (KJV).

Again and again he reviewed and meditated upon this verse. *Did God really mean it—call upon Me; I will answer you; I will show you great and mighty things?* Pondering this led to a 42-day "prayer meeting," in which Dawson and a few others with him got serious about praying for local youth and cities, and then expanded out to other cities in their state, other states in their nation, and finally the world.

The small band of brothers prayed for two hours every morning—three on Sundays! In six weeks' time, they had spent more than 100 hours in prayer, asking God to use them to win and train individuals for His glory around the world. They didn't know how, but they claimed Jeremiah 33:3 and trusted God to fill in the details.

"We didn't even know what we were praying," Dawson said. "I didn't realize that within four years, men from every state of the nation would walk into our front room and find the Savior. God answered our prayers abundantly, and there was the beginning of our work called today by the name, Navigators."

This prayer journal is especially designed to help you conduct an extended "prayer meeting" of your own. It is designed both to help you connect with God more deeply, and to learn to pray what is on God's own heart.

You will grow in intimacy with God as you take time out to talk with Him each day. In this journal you will find places to "carry on the conversation" as you write weekly and daily prayer requests. This will help you become more intentional as you approach the most important conversation of the day—with the Creator of the universe who is there, cares, and listens with an ear to respond both for His glory and your good.

You will grow in intimacy with God as you give prayerful consideration to the daily Bible readings. This journal includes "The Book-at-a-Time Bible Reading Plan," a fresh way to walk through God's Word in a year, developed by Mark Bogart and Peter Mayberry. From time to time you will find a call to reflect upon what you have read and how the Lord has led.

You will grow in intimacy with God as you tap into the helps included: weekly Scripture verses and select readings—mostly favorites adapted from *Pray!* magazine—to help guide you toward that deep, abiding relationship with God that Jesus spoke of in John 15, plus helpful resources in the back to guide you as you "continue the journey."

Through the years, using a prayer journal has been a personal blessing. I have grown in my passion for Christ through prayer, which is what *Pray!* magazine is all about. My prayer is that this will also be your experience as you allow the Holy Spirit to guide you on this journey.

weekly requests

"If my people, who are called by my name,

will humble themselves and pray

and seek my face and turn from their wicked ways,

then will I hear from heaven and will forgive their sin

and will heal their land."

(2 Chronicles 7:14)

The following pages provide space to write down the names of people and situations and circumstances for which you want to pray regularly. We have provided a format that focuses on a different category each day, but don't be bound by that if you desire to pray for a group on a daily basis. As you use this journal, go back to those lists as often as you are led. If God gives you a Scripture to pray for someone, jot it next to his or her name.

daily requests

"Give ear to my words, O LORD, consider my sighing.

Listen to my cry for help, my King and my God, for to you I pray.

In the morning, O LORD, you hear my voice;

in the morning I lay my requests before you

and wait in expectation."

(Psalm 5:1-3)

The secret of seeking is not in our human ascent to God, but in God's descent to us. We start out searching, but we end up being discovered. We think we are looking for something, we realize we are found by Someone. As in Francis Thompson's famous picture, "The hound of heaven" has tracked us down. What brings us home is not our discovery of the way home but the call of the Father who has been waiting there for us all along. His presence there makes home home.

January



seeking the Lord

"The secret of seeking is not in our human ascent to God, but in God's descent to us. We start out searching, but we end up being discovered. We think we are looking for something; we realize we are found by Someone. As in Francis Thompson's famous picture, 'the hound of heaven' has tracked us down. What brings us home is not our discovery of the way home but the call of the Father who has been waiting there for us all along, whose presence there makes home *home*."

—Os Guinness

Os Guinness, *The Call* (Nashville: Word Publishing, 1998), p. 14.

They all joined together constantly in prayer, along with the women and Mary the mother of Jesus, and with his brothers.

—Acts 1:14

January 1 • Genesis 1-2, Psalm 1

January 2 • Genesis 3-5, Psalm 2



Personal Awakening

True awakening begins in the heart of the individual. D. L. Moody suggested that every revival in history could be traced back to a single kneeling form. British Methodist scholar and historian Dr. A. Skevington Wood says that true revival always includes "an absorbing concentration on prayer."

January 3 • Genesis 6-9, Psalm 3

January 4 • Genesis 10-11, Psalm 4

From the outset of the birth of the early church, prayer has been foundational to every awakening in history. The early church was born out of 10 days in prayer and was sustained through its formative years by prayer (see Acts 1:14; 4:31; 12:1-5).


A. T. Pierson wrote: "Prayer has been starting point and goal to every movement in which are the elements of personal progress. Wherever the church has been aroused and the world's wickedness arrested, somebody, somewhere, has been praying." Pray for a new consistency and fervency in seeking God in personal prayer.

—Dick Eastman
(*Pray!*, Issue 1, p. 26.)

January 5 • Genesis 12-14, Psalm 5

January 6 • Genesis 15-17, Psalm 6





Devote yourselves
to prayer, being watchful
and thankful.
—Colossians 4:2

November 1 • Ezekiel 20-23, Psalm 123-124



November 2 • Ezekiel 24-26, Psalm 125

An Attitude of gratitude

Thankfulness means “to express gratitude.” Sometimes we feel glad because someone did something nice, but we never get around to telling that person. Thankfulness is being so full of thanks that we can’t keep it inside! We just have to tell God “thank You” or we’ll burst!

November 3 • Ezekiel 27-30, Psalm 126

November 4 • Ezekiel 31-34, Psalm 127

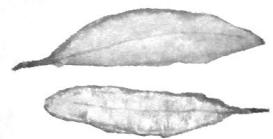
Sometimes people confuse praising God with thanking Him. What's the difference? When we praise God, we celebrate Him for who He is. When we thank God, we celebrate Him for what He does. For instance, we praise God because He is love. We thank Him for loving us so much that He sent Jesus!

When we pray, let's be sure to have an attitude of gratitude, praising God for who He is, and thanking Him for what He's done and is doing, and what He has promised to do.

—Sandra Higley
(*PrayKids!*, p. 1, *Pray!*
Issue 26, p.21.)

November 5 • Ezekiel 35-39, Psalm 128

November 6 • Ezekiel 40-42, Psalm 129





Be joyful always;
pray continually; give
thanks in all circumstances,
for this is God's will for you
in Christ Jesus.

—1 Thessalonians 5:16-18

November 13 • John 10-12, Psalm 137

November 14 • *Reflection*



in ALL
circumstances

Praying during times of tragedy
can be difficult. Sometimes we
just don't know how to pray. And
that's when we take comfort that
the Holy Spirit intercedes on
our behalf "with groans that

November 15 • John 13-15, Psalm 138

November 16 • John 16-18, Psalm 139

words cannot express" (Romans 8:26). How might we thank God during difficult times?

We can thank God that the enemy has made a tactical error, since God will use for good what Satan has intended for harm (Genesis 50:20-21). Thank Him for the people who will be drawn to seek God's face because the overwhelming nature of the tragedy leaves them nowhere else to turn (John 2:1-9).

November 17 • John 19-21, Psalm 140

Thank God for a vivid reminder of your own mortality and vulnerability, asking Him to prepare your heart and spirit for a faithful response when you are faced with tragedy.

—Lani Hinkle
and Sandra Higley
(*Pray!*, Issue 27, p. 51.)

November 18 • Daniel 1-3, Psalm 141





Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men, for he satisfies the thirsty and fills the hungry with good things.

—Psalm 107:8,9

November 19 • Daniel 4-6, Psalm 142

November 20 • Daniel 7-9, Psalm 143



November 21 • *Reflection*

HOliday
Thankfulness

Every Thanksgiving, our family heads outdoors for a walk and a talk with God. As we walk beside each other, we express our thanks to God. We usually designate a place to begin: "When

November 22 • Daniel 10-12, Psalm 144

we get to the top of the hill, Bob, will you start our prayer time?" And we always designate a place to end: "I'll conclude our thanks when we get to the railroad."

At the designated starting place, my husband begins, "Good morning, Heavenly Father, our family wants to express our gratitude to You. I will begin by thanking You for _____. Your kindness has been a blessing to me." Then I pray. I thank God for something specific, followed by our children in birth order.

When each of us has covered the things we want to mention to God, we say, "I pass." Why not encourage your family to go for a walk and talk with God this week?

—Brenda Poinsett
(*Pray!*, Issue 33, p. 11.)

November 23 • 1 Thessalonians 1-2, Psalm 145

November 24 • 1 Thessalonians 3-5, Psalm 146

