My Prayer Journal

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Name: _________________________________
Monday, Class 3: What is Prayer?
What does it mean to you to be “in a relationship” with God? Is this hard or easy for you? In your own words, ask God to help you learn how to pray.

Monday, Class 4: Praying with Scripture
What did you think about praying with Scripture in this way? Did Jesus say anything to you personally? What was it? What do you want to tell Jesus right now in the boat? Are you afraid of anything? Do you believe he can help you?
Tuesday, Class 2: Adoration and Praise

Finish this sentence with as many words and phrases as you can. “God, you are…”

Tuesday, Class 3: Our Father, who art in heaven…

What do you think of when you pray to God the Father? How has God provided for you as a Father? What does it mean that you are His son or daughter?
Tuesday, Class 4: Thy name, thy kingdom, thy will...
Do you want to do God’s will in your life? Why or why not? What is easy about doing God’s will? What is difficult? Ask God to help you do what He wants in your life.

Wednesday, Class 2: Petition and Intercession
What are some petitions that you have?
Who in your life needs prayers?
Wednesday, Class 3: Give us…
Are you really hungry for God? Do you remember that He is really present in the Eucharist? What do you need from God today? Ask Him for all of your needs. Do you trust He will give them?

Wednesday, Class 4: Forgive us…
Is it hard or easy for you to believe that God forgives everything for which you ask forgiveness? Why? Is it hard or easy for you to forgive others? Why? Compose a prayer asking God to forgive you and help you forgive others.
Thursday, Class 2: Thanksgiving
Write a “thank you” letter to God for what you are most thankful for today.

Thursday, Class 3: Lead us not… Deliver us…
When are most tempted? How could you ask for God’s help in these moments?