Prayer Journal

By Checklist.com

- [ ] **Begin with gratitude**
  Name one to three specific things you are grateful for. They can be small: a conversation, a kindness, an answered question, or a moment of rest. Your entry is for this session only.
- [ ] **Read and reflect on Scripture**
  Choose a short passage. You might begin with Psalm 23:1–3, Matthew 6:9–13, or Philippians 4:6–7. Read the surrounding context before choosing a single sentence. For ideas see [Bible verses to memorize](https://checklist.com/bible-verses-to-memorize).
- [ ] **Write a personal prayer**
  Write honestly about what's on your mind. You can express thanks, fear, uncertainty, hope, or a request. You do not need formal wording or a fixed length.
- [ ] **Remember others in prayer**
  Note people or circumstances you want to remember. Keep sensitive information private and avoid entering details about others that they would not want shared.
- [ ] **Pause for quiet reflection**
  Take a short quiet pause. You may reflect on the passage, sit in silence or consider what felt most important. This step is optional and has no prescribed outcome.
- [ ] **Record any changes or answers**
  If something changed since a previous session, note it. Acknowledge progress or an answered prayer without feeling obliged to report a result every day.
- [ ] **Close with one intention**
  Choose one practical action or thought to carry into today or tomorrow. Keep it realistic enough to remember.