

the *Pray!*  
prayer  
**Journal**

daily steps toward  
praying God's heart

Compiled by Dean Ridings

This prayer journal belongs to

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and is for the year

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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)

# 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

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## January 2 • Genesis 3-5, Psalm 2

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### 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

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## January 4 • Genesis 10-11, Psalm 4

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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

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## January 6 • Genesis 15-17, Psalm 6

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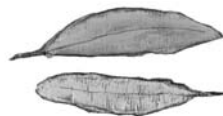
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Let us then  
approach the throne of  
grace with confidence, so  
that we may receive mercy  
and find grace to help us in  
our time of need.

—Hebrews 4:16

## January 7 • Reflection

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## come and P.R.A.Y.

Here's an acronym that will help guide you in prayer: P.R.A.Y. The letters stand for Praise, Repent, Access, and Yield, which captures the essence of prayer—to seek an audience with the King of the universe, the Holy One, who in the mystery of His character loves us and responds to our prayers.

*Praise:* We're to enter His gates with thanksgiving and His courts with praise (see Psalm 100:4). Sit quietly and thank

## January 8 • Genesis 18-20, Psalm 7

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## January 9 • Genesis 21-23, Psalm 8

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## January 10 • Genesis 24-26, Psalm 9

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God for who He is and what He has done.

*Repent:* A sober reminder comes from Psalm 66:18: “If I had cherished sin in my heart, the Lord would not have listened.” A spiritual cleansing is needed in order to come nearer to the throne of God.

*Access:* We’re not telling God anything new—“All my longings lie open before you, O Lord; my sighing is not hidden from you” (Psalm 38:9). Even so, He gives us access to talk to Him about our needs and frustrations.

*Yield:* The fact that we have brought our prayer list before God indicates our trust that He will, in His time and in His way, show us the way we should go (see Psalm 143:8).

—Jeanne Zornes

(*Pray!*, Issue 11, p. 11.)

## January 11 • Genesis 27-29, Psalm 10

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## January 12 • Genesis 30-32, Psalm 11

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"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you."

—Matthew 6:5,6

## January 13 • Genesis 33-36, Psalm 12

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## January 14 • Reflection

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## The quiet Place

The first time I heard about someone's "prayer closet," I was

## January 15 • Genesis 37-39, Psalm 13

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## January 16 • Genesis 40-42, Psalm 14

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amused. The thought of climbing into a closet among shoes and winter coats to pray seemed, well, ridiculous. But constant references by people of prayer to their “closets” kept me wondering if I might be missing something. So I decided to give it a try.

I selected the storage closet off my living room, a 3’ x 6’ space packed with boxes of old photos, blankets, and craft supplies. Soon all the boxes and cartons found new homes, and that’s when I began to feel God’s pleasure at having made Him a sole priority in this area of my home.

I still can—and do—pray anywhere. But real intimacy with God occurred when I came aside with Him to this quiet place.

—Sandra Higley

(*Pray!*, Issue 7, pp. 26-27.)

## January 17 • Genesis 43-46, Psalm 15

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## January 18 • Genesis 47-50, Psalm 16

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I want men  
everywhere to lift up  
holy hands in prayer,  
without anger or disputing.

—1 Timothy 2:8



## ALL of me

Did you know that your body can seek God along with your spirit and voice? God gave you your body, and He loves it when you use it to communicate with Him! You can use many different positions, or “postures,” when you pray. Each one is a way of showing God what is in your heart and asking Him to meet you there.

*Kneeling* shows God that you are entering into His presence or asking Him for something.

## January 19 • Mark 1-3, Psalm 17

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## January 20 • Mark 4-6, Psalm 18:1-24

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## January 21 • *Reflection*

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## January 22 • Mark 7-9, Psalm 18:25-50

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*Standing* shows God that you are ready for “marching orders.”

*Walking* shows God that you are “on the move” for Him, ready for His battle plans.

*Bowing* shows God that you honor Him and feel humble because of who He is.

*Prostrate*, lying flat on your face or back, shows God that you are in awe of Him and are desperate and hungry for Him to come and be with you.

*Uplifted hands* show God that you are reaching toward Him—in praise or asking for something with arms open to receive it.

—Lani C. Hinkle  
(*PrayKids!*, p. 7, *Pray!* Issue 36,  
p. 27.)

## January 23 • Mark 10-12, Psalm 19

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## January 24 • Mark 13-16, Psalm 20

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**"And foreigners  
who bind themselves**

to the Lord to serve him, to love the name of the Lord, and to worship him, all who keep the Sabbath without desecrating it and who hold fast to my covenant—these I will bring to my holy mountain and give them joy in my house of prayer. Their burnt offerings and sacrifices will be accepted on my altar; for my house will be called a house of prayer for all nations."

—Isaiah 56:6,7

**January 25 • Exodus 1-4, Psalm 21**

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**January 26 • Exodus 5-8, Psalm 22:1-11**

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**House of Prayer**

It's said that you can tell the popularity of the church by the number who show up on Sunday morning; you can tell the

**January 27 • Exodus 9-11, Psalm 22:12-31**

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## January 28 • Exodus 12-14, Psalm 23

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popularity of the church's pastor by the number who show up on Sunday night; and you can tell the popularity of Jesus by the number who show up to the prayer meeting.

What has happened to our churches? You call a prayer meeting today and very few people show up. I know of a church of 5,000 in Denver called a prayer meeting and only five people came.

## January 29 • *Reflection*

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That's a far cry from the day a century earlier when the entire city of Denver paused for prayer—"even at the high tide of business." The January 20, 1905, *Denver Post* reported: "Seldom has such a remarkable sight been witnessed—an entire great city, in the middle of a busy weekday, bowing before the throne of heaven and asking and receiving the blessing of the King of the Universe." Oh, that believers would seek the Lord similarly today!

—Jim Weidmann

National Day of Prayer Task Force

[www.nationaldayofprayer.org](http://www.nationaldayofprayer.org)

## January 30 • *Reflection*

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January 31 • *Reflection*



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## Monthly Reflection

What is the Spirit of God saying to me this month? What is my response?

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## Prayer for the month:

Lord God, I seek You with all my heart and soul. I glory in Your holy name. My heart rejoices in You. I'm seeking just one thing—let me dwell in Your presence all my life, let me gaze on Your beauty! My heart hears You say, "Come talk with Me" . . . oh, Lord, here I come! Thank You for Your love—it is evident to those who love You. I cling to Your promise that I will find You if I seek You (Deuteronomy 4:29; 1 Chronicles 16:10; Psalm 27:4,8; Proverbs 8:17).

