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Daily Prayer Journal

Four movements, in your own plain words. If you can talk to God, you can write to God.

TODAY I AM PRAYING ABOUT

DATE

A Adoration

Something true about God, not about your situation. One line is a complete thought.

C Confession

Name it plainly. You are not writing this for anyone else to read.

T Thanksgiving

Something from the last day or two. Small counts, and small is easier to remember.

S Supplication

What you are actually asking for, for yourself and for others. Be specific enough to recognise the answer.

You do not have to do all four. A page with one honest line on it counts as a prayer journal.

Keep a private prayer journal free at rockreader.com