



Activity 72

Prayer Journal

Spiritual Development: Prayer Exploration.

To explore prayer by creating a prayer journal.

You will need – selection of felt tip pens, pens, pencils and a prayer journal.

Activity – Keeping a prayer journal can remind us how God is faithful, as He answers our requests over time. You can buy prayer journals from a range of places. We designed and made our own and decorated them. We added colouring, quotes, bible passages and different styles of how we wrote our prayers. We designed pages that included: places where you could add bible quotes; space to say thank you to God; space to pray for others and the world. Also space to pray for yourself and your family. We then photocopied a number of the pages and the made them into a booklet. You can add as many pages to your prayer journal as you wish.

