



*A Prayer Journal*  
FOR CHALLENGING TIMES

Today's Verse: ISAIAH 41:10

Write It:



*On My Heart:* How are you doing today? Name the worries and feelings you're having. Give them to God.

*On God's Heart:* What's God saying to you through today's verse? What's one way you can lean into this verse today?

*One Person I Can Bless:* Who can you bless or pray for today?

*One Thing I'm Thankful For:* What's one blessing you enjoyed in the past 24 hours?



Day  
2

Today's Verse: ROMANS 8:27-28

Write It:

*On My Heart:* How are you doing today? Name the worries and feelings you're having. Give them to God.

*On God's Heart:* What's God saying to you through today's verse?  
What's one way you can lean into this verse today?

*One Person I Can Bless:* Who can you bless or pray for today?

*One Thing I'm Thankful For:* What's one blessing you enjoyed in the past 24 hours?

Today's Verse: PSALM 61:1, PSALM 62:5-6

Write It:

*On My Heart:* How are you doing today? Name the worries and feelings you're having. Give them to God.

*On God's Heart:* What's God saying to you through today's verse?  
What's one way you can lean into this verse today?

*One Person I Can Bless:* Who can you bless or pray for today?

*One Thing I'm Thankful For:* What's one blessing you enjoyed in the past 24 hours?



Day  
3



Day  
4

Today's Verse: PHILIPPIANS 4:6-7

Write It:

*On My Heart:* How are you doing today? Name the worries and feelings you're having. Give them to God.

*On God's Heart:* What's God saying to you through today's verse?  
What's one way you can lean into this verse today?

*One Person I Can Bless:* Who can you bless or pray for today?

*One Thing I'm Thankful For:* What's one blessing you enjoyed in the past 24 hours?

Today's Verse: 2 CORINTHIANS 12:9A,  
PSALM 73:25-26

Write It:

*On My Heart:* How are you doing today? Name the worries and feelings you're having. Give them to God.

*On God's Heart:* What's God saying to you through today's verse?  
What's one way you can lean into this verse today?

*One Person I Can Bless:* Who can you bless or pray for today?

*One Thing I'm Thankful For:* What's one blessing you enjoyed in the past 24 hours?



Day  
5



Day  
6

Today's Verse: ISAIAH 40:28-31

Write It:

*On My Heart:* How are you doing today? Name the worries and feelings you're having. Give them to God.

*On God's Heart:* What's God saying to you through today's verse?  
What's one way you can lean into this verse today?

*One Person I Can Bless:* Who can you bless or pray for today?

*One Thing I'm Thankful For:* What's one blessing you enjoyed in the past 24 hours?



Day  
7

Today's Verse: JOHN 14:26-27

Write It:

*On My Heart:* How are you doing today? Name the worries and feelings you're having. Give them to God.

*On God's Heart:* What's God saying to you through today's verse?  
What's one way you can lean into this verse today?

*One Person I Can Bless:* Who can you bless or pray for today?

*One Thing I'm Thankful For:* What's one blessing you enjoyed in the past 24 hours?



Day  
8

Today's Verse: 1 PETER 5:7-8

Write It:

*On My Heart:*

How are you doing today? Name the worries and feelings you're having. Give them to God.

*On God's Heart:*

What's God saying to you through today's verse?  
What's one way you can lean into this verse today?

*One Person I Can Bless:*

Who can you bless or pray for today?

*One Thing I'm Thankful For:*

What's one blessing you enjoyed in the past 24 hours?

Today's Verse: PSALM 62:5-7

Write It:

*On My Heart:*

How are you doing today? Name the worries and feelings you're having. Give them to God.

*On God's Heart:*

What's God saying to you through today's verse?  
What's one way you can lean into this verse today?

*One Person I Can Bless:*

Who can you bless or pray for today?

*One Thing I'm Thankful For:*

What's one blessing you enjoyed in the past 24 hours?



Day  
9



Day  
10

Today's Verse: ROMANS 5:3-6

Write It:

*On My Heart:* How are you doing today? Name the worries and feelings you're having. Give them to God.

*On God's Heart:* What's God saying to you through today's verse?  
What's one way you can lean into this verse today?

*One Person I Can Bless:* Who can you bless or pray for today?

*One Thing I'm Thankful For:* What's one blessing you enjoyed in the past 24 hours?

Today's Verse: PSALM 23:1, ISAIAH 40:11

Write It:

*On My Heart:* How are you doing today? Name the worries and feelings you're having. Give them to God.

*On God's Heart:* What's God saying to you through today's verse?  
What's one way you can lean into this verse today?

*One Person I Can Bless:* Who can you bless or pray for today?

*One Thing I'm Thankful For:* What's one blessing you enjoyed in the past 24 hours?



Day  
11



Day  
12

Today's Verse: MATTHEW 6:33-34

Write It:

*On My Heart:* How are you doing today? Name the worries and feelings you're having. Give them to God.

*On God's Heart:* What's God saying to you through today's verse?  
What's one way you can lean into this verse today?

*One Person I Can Bless:* Who can you bless or pray for today?

*One Thing I'm Thankful For:* What's one blessing you enjoyed in the past 24 hours?

Today's Verse: EPHESIANS 3:20-21

Write It:

*On My Heart:* How are you doing today? Name the worries and feelings you're having. Give them to God.

*On God's Heart:* What's God saying to you through today's verse?  
What's one way you can lean into this verse today?

*One Person I Can Bless:* Who can you bless or pray for today?

*One Thing I'm Thankful For:* What's one blessing you enjoyed in the past 24 hours?



Day  
13



Day  
14

Today's Verse: JEREMIAH 29:11-13

Write It:

*On My Heart:* How are you doing today? Name the worries and feelings you're having. Give them to God.

*On God's Heart:* What's God saying to you through today's verse?  
What's one way you can lean into this verse today?

*One Person I Can Bless:* Who can you bless or pray for today?

*One Thing I'm Thankful For:* What's one blessing you enjoyed in the past 24 hours?

Today's Verse: PROVERBS 3:5-6

Write It:

*On My Heart:* How are you doing today? Name the worries and feelings you're having. Give them to God.

*On God's Heart:* What's God saying to you through today's verse?  
What's one way you can lean into this verse today?

*One Person I Can Bless:* Who can you bless or pray for today?

*One Thing I'm Thankful For:* What's one blessing you enjoyed in the past 24 hours?



Day  
15