

PRAYER JOURNAL

One of the best ways to heal is doing a DAILY PRAYER JOURNAL. A daily prayer journal is writing your prayers instead of saying them. Why write? Writing gives less time for our minds to wander. Writing allows the Holy Spirit to minister to us in a deeper way. Writing puts our thoughts on paper and helps RELEASE them to God. We strongly encourage you to spend 10-15 minutes a day doing a DAILY PRAYER JOURNAL. Here's how:

i) Sit down with a pen, paper, and Bible. Start by saying this prayer EACH TIME:

Father, I come to You through the blood of Your Son, Jesus Christ.

I thank You that You died for me and that I am Your child.

Forgive me for (confess your sins).

Now, come and fill me with Your Holy Spirit.

Father, I pray that nothing would disturb this time I have with You.

Father, would You quiet all demonic activity here in the name of Jesus Christ.

Thank You Father.

Holy Spirit come and fall upon me now. Come Holy Spirit into my spirit, my mind, my will, my emotions, and throughout my body. Thank You Holy Spirit. I love You.

Now give me the power to write what YOU put on my heart.

You are so gentle, loving, and want nothing but the best for me.

I love You, Father God. I love You, Jesus. I love You Holy Spirit.

In Jesus' Name I pray. Amen.

ii) Wait on God (absorb God) and allow Him to fill your heart with what to write.

iii) Allow God to bring up whatever HE wants. Remember, He is gentle, caring and wants to heal you slowly, gently, and completely. Be open and let HIM do the healing.

iv) When you sense God's leading, begin to write from your heart the best you can. It may be about your day, or about something from your past, or you may just find yourself writing. Just allow God to lead you. There is no RIGHT or WRONG way.

v) Don't overwrite. Do what you feel you can do. Get to know yourself.

vi) When you finish, read that you have written. Then put your paper in a safe place OR tear it up and throw it away. This is between YOU & GOD. Sometimes you can share these thoughts with a trusted, mature, spiritual mentor who will pray with you.

vii) Finally, do something "POSITIVE". Rejoice, sing a joyful song, go for a walk, phone a caring friend, minister to someone, etc.

GOD IS WITH YOU!