

Women Interceding for the Next Generation of Saints



SPIRITUAL JOURNAL
WITH GOD AS MY COUNSELOR

"Devote yourselves to prayer, being watchful and thankful." (Colossians 4:2)

Date _____ Time of day _____ Location _____

My thoughts are focused on _____

My emotional state of mind today is _____

My physical condition today is _____

Passages of Scripture I read today _____

The Holy Spirit led me to this insight from His word (for my personal application)

A Spirit-led correction to my thought life today was _____

God is prompting my mind, heart, and spirit to grow in the area of _____

My prayers today are for (circle one) Personal Growth • Family • Health • Church.

The scripture I prayed for myself or the persons I am interceding for today is

(Write out the Scripture, the reference, and who you prayed for.)

Finally, I offer up **PRAISE** to my Heavenly Father and am thankful for

The pattern for our prayers is a simple and honest conversation with our Lord. The promise is for emotional safety and stability found only in a relationship with Jesus.

“Do not worry about anything; rather offer every situation to the Lord through prayer and supplication and with a thankful heart let your requests be made known to God. And then the peace of God, which passes all of our human understanding will keep your hearts (emotions, the essence of you) and minds (thoughts) through Christ Jesus.”

(Philippians 4: 6-7)