



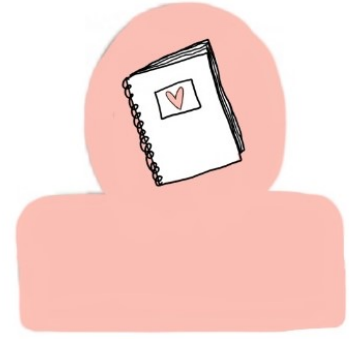
how to prayer journal:

- 1 gather supplies
- 2 decorate your page
- 3 date the entry
- 4 write your prayer



how to prayer journal:

- 1 gather supplies (pen, notebook, crafty items)
- 2 decorate your page (watercolors, stickers, printables)
- 3 date the entry
- 4 write your prayer

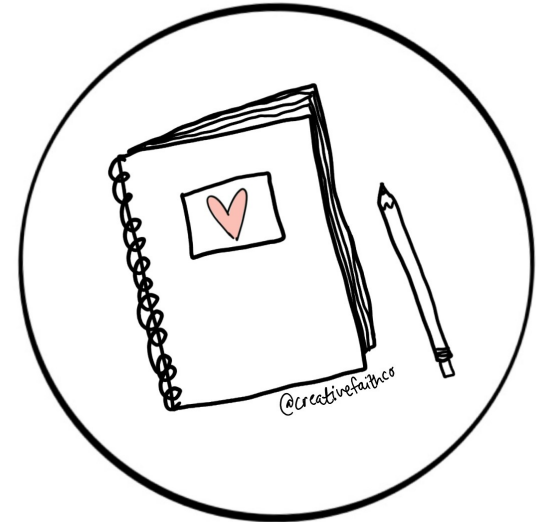


sentence starters for prayer journaling:

Thank You for... You are...
Today was hard because...
forgive me for... Help me...
I confess... Thy will be done.



fill me with—today.
bless my friend...
guide me in...



I ♥ prayer journaling

