

BELONGS TO

PRAYER JOURNAL



Pause and Pray

The 'ACTS' prayer structure

Adoration

God you are...

God you're amazing because...

Confession

I am sorry for...

Thanks

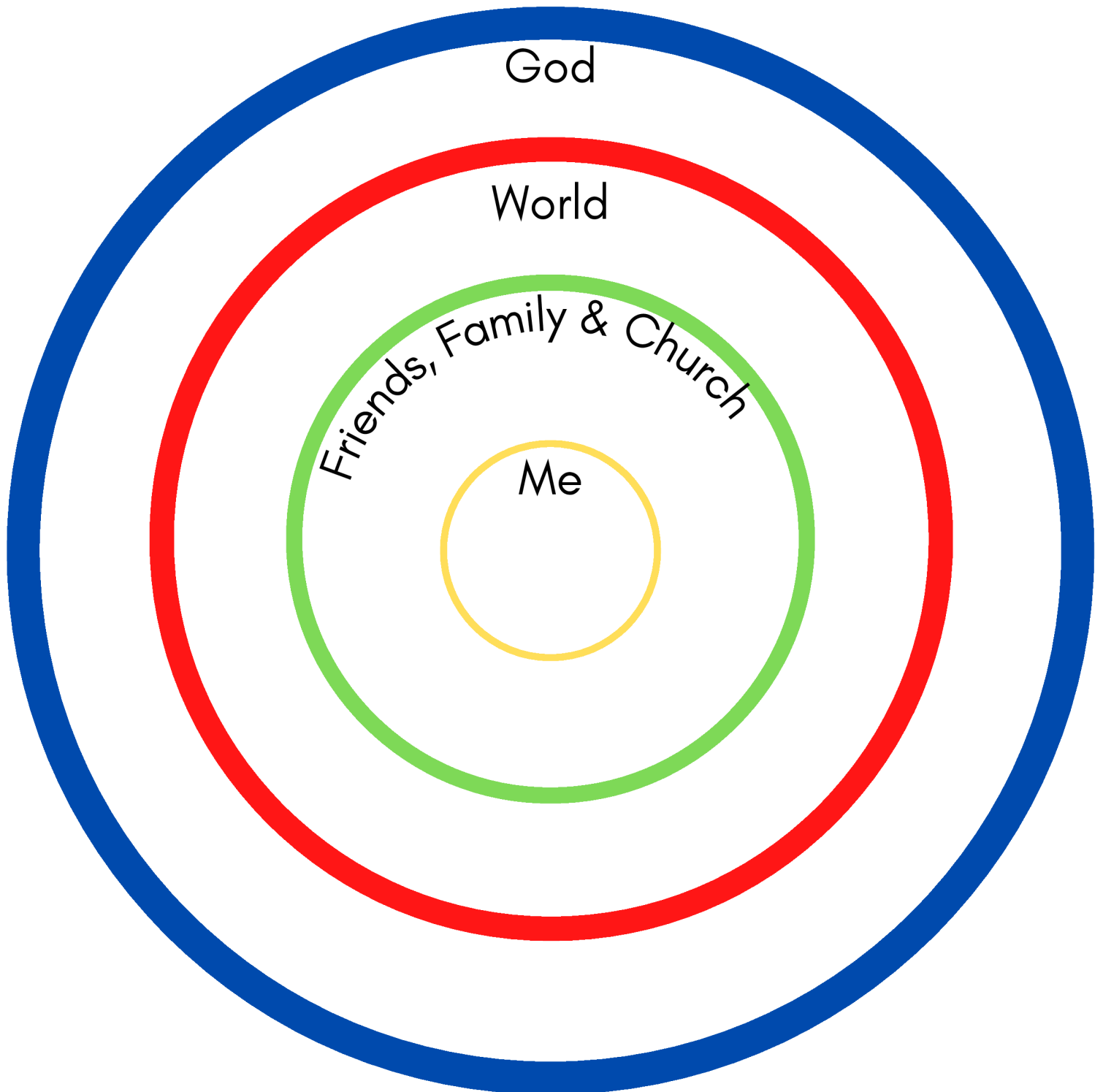
Thank you God for...

Supplication

Please...

Pause and Pray

Start at the outside going in, or vice-versa!



Pause and Pray

The Lord's Prayer

Honour Our Father who art in heaven, hallowed be your name

God's will Your Kingdom come, your will be done,
on earth as it is in Heaven

Requests Give us this day our daily bread

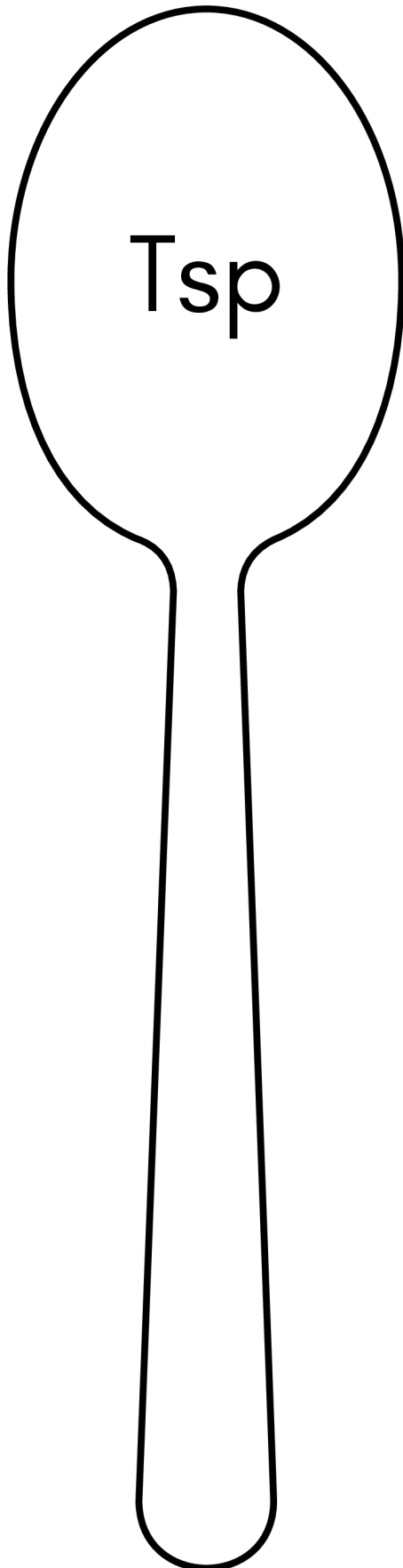
Confess & forgive And forgive us our sins,
as we forgive those who sin against us

Protection Lead us not into temptation, but deliver us from evil

Praise For the Kingdom, the power and glory
are Yours, forever and ever

Pause and Pray

The Teaspoon prayer structure



Thanks

God you are...

God you're amazing because...

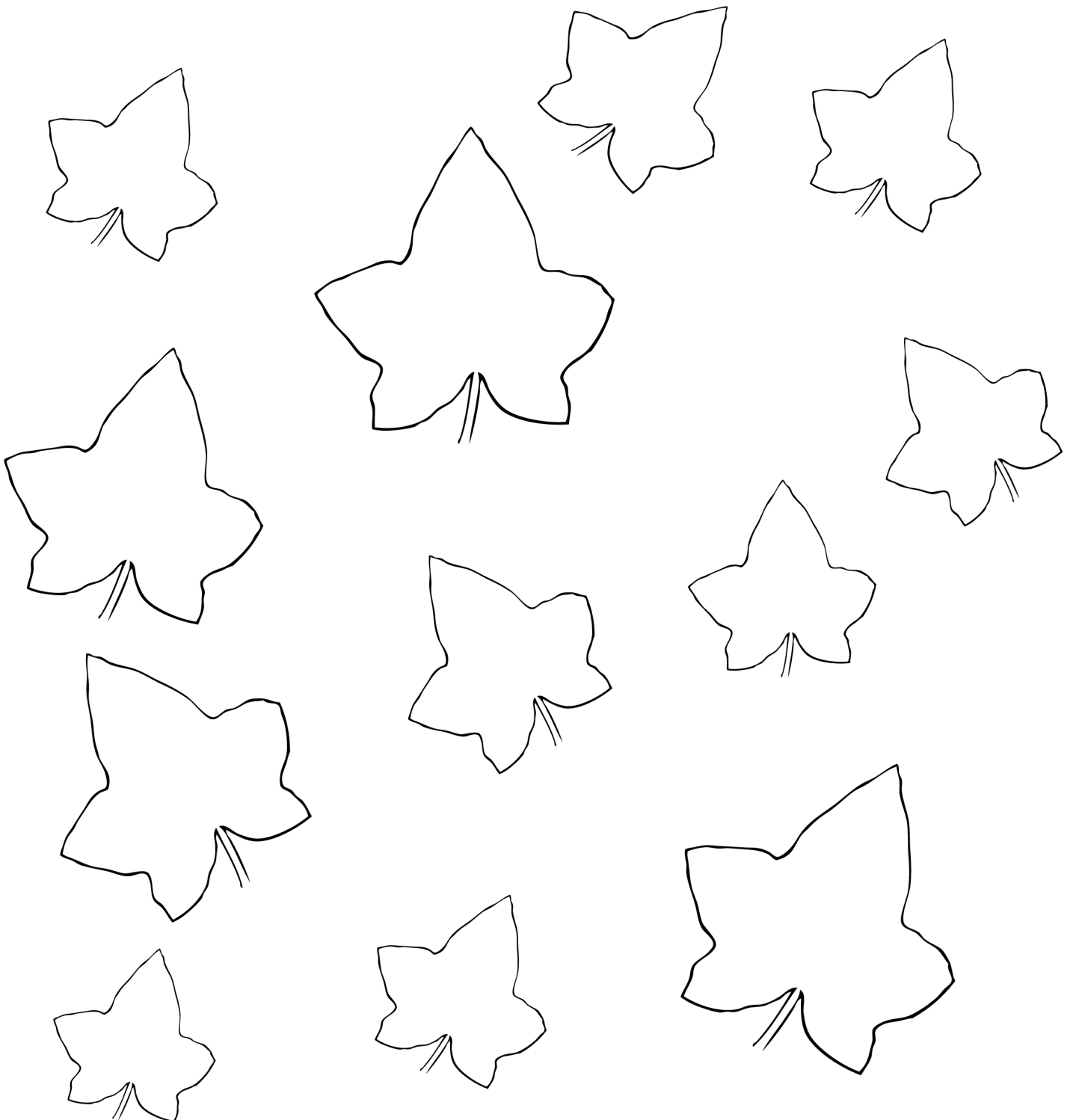
Sorry for...

Please...

Pause and Pray

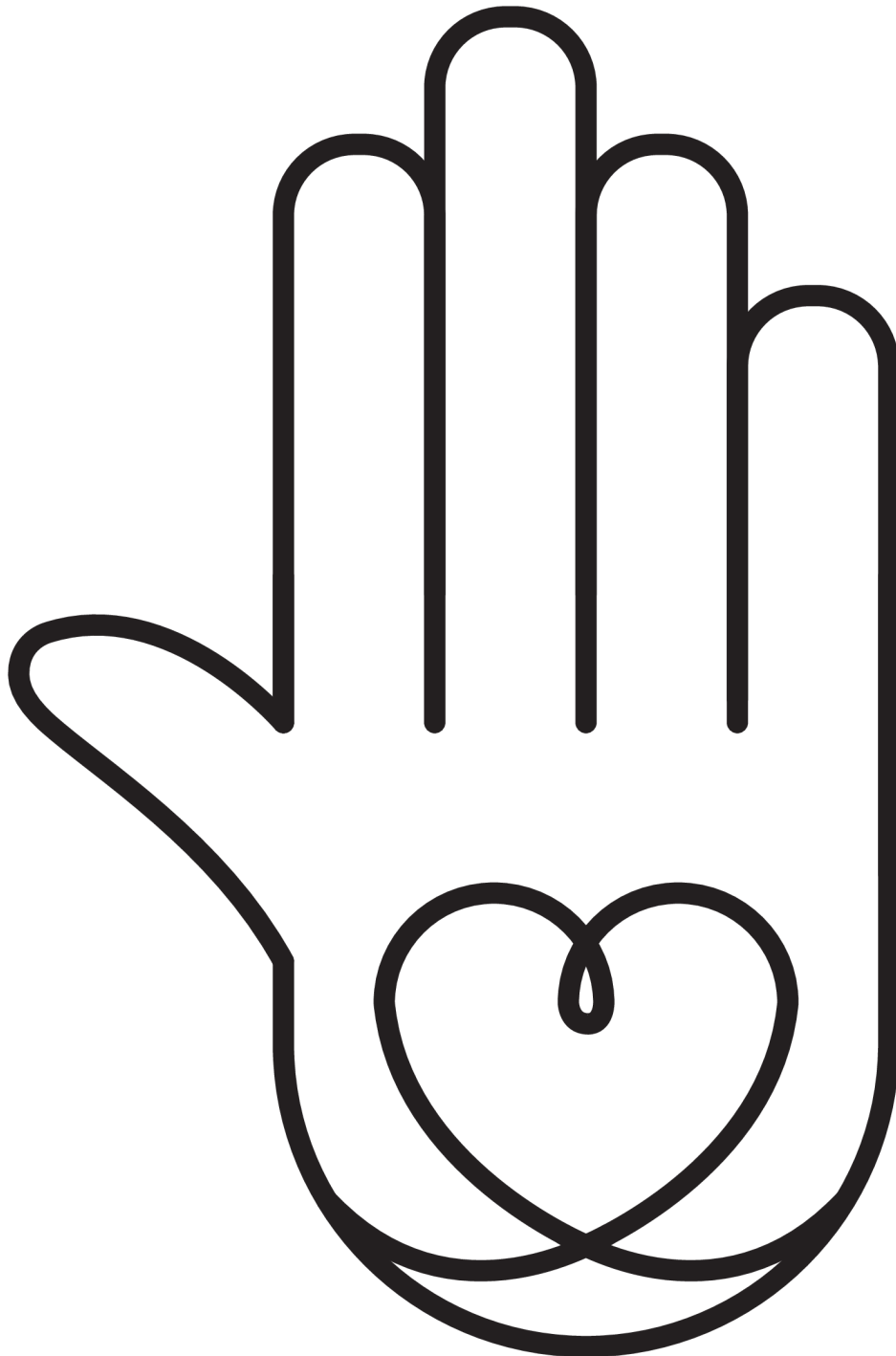
God made everything! That's incredible! Take a moment to reflect on some of the wonderful things God has created.

Write them in the leaves then pray about them.



Pause and Pray

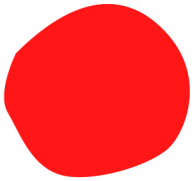
Write everything you're worried about in the hand.



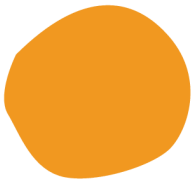
Jesus says to bring your burdens to Him. Imagine that the above hand is Jesus's hand. Picture giving your worries to Jesus. Pray to ask Jesus for peace.

Pause and Pray

Pray a rainbow



Red – sorry for sin



Orange – God, you're great!



Yellow – Family & friends



Pink – Government & emergency service



Green – Places – home/work/school



Blue – the world