



Cut out the image and glue it into your prayer journal as a guide for your prayer.

Besides writing your prayers or what you prayed for, your journal is a good place to write down or glue in Bible verses that touch your heart or that instruct you on God's ways. Like the verse below.

**"Don't worry about anything, instead pray about everything. Tell God what you need and thank Him for all He has done.  
Philippians 4:6**

You can also write down or glue in prayers that you want to remember. There are a couple to get you started.

*Dear Heavenly Father,  
You are the one and only God, the one who loves me more than anyone else. I am sorry for my sins; I am sorry for not following you. I thank you for your forgiveness of my sins and for your grace and mercy, which is free through faith. I pray that you will help me to share your good news with others, so they also may have your forgiveness. Lord, be with me; help me to live as you want me to live. In Jesus' name I pray.  
Amen.*

*Our Father in heaven, we pray that your name will always be kept holy. We pray that your kingdom will come. We pray that what you want will be done, here on earth as it is in heaven. Give us the food we need for each day. Forgive the sins we have done, just as we have forgiven those who did wrong to us. And do not cause us to be tested; but save us from the Evil One. The kingdom, the power, and the glory are yours forever. Amen.*