

*Review*

*Prayer*

**PRAY  
WITHOUT  
CEASING.**

*Review  
Only*

MAKE YOUR LIFE A PRAYER.

# PRAYER JOURNAL

MAKING MY LIFE A PRAYER

NAME:

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I STARTED THIS  
PRAYER JOURNAL ON:  
DATE

FAVOURITE SCRIPTURE  
REFERENCE:

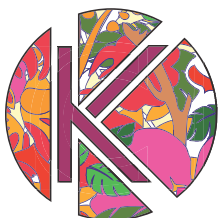
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PRAY WITHOUT CEASING



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# A Message From Kanayo

## Introduction to Prayer Journaling

I created this journal for you to use as a tool to support your prayer life. This journal will help you become more deliberate about sharing your heart with God through prayer, but most importantly, hearing and recording His heart towards you.

Moreover, the human mind is prone to forgetting details of even the most meaningful conversations, so writing down our dialogue with God is a helpful way of remembering and mapping our faith journey!

There is something powerful about writing things down, both scripturally (Habakkuk 2:2) and psychologically. However, in a generation where we spend most hours on our laptops, tablets and phones, tapping at keys to form words – we sometimes miss out on the art of putting pen to paper.

While prayer journaling is not 'essential' to the Christian walk, I can testify that it offers great opportunities to slow down, meditate and still busy minds in light of God's presence.

Throughout the journal, I have included **prayer prompts to encourage and give you direction when praying. At the back of the journal I have included four prayer devotional entries from doctorkanayo.com.** In addition, you have pages dedicated to **recording 'answers' to your prayers!**

It is always best to prayer journal in a quiet place, free from distractions, where your spirit, mind, soul and body can truly connect with Our Heavenly Father. You may want to play some Christian instrumental music lightly in the background and light a scented candle, though, these ambient arrangements are entirely optional.

# A Message From Kanayo

## Introduction to Prayer Journaling (2)

We are blessed with such innovative minds, and creative ways of praying. Here are some of the ways in which you can pray using your prayer journal:

Telling God about your day • Petitioning God • Thanking God • Venting to God • Praying for others • Recording answered prayers • Writing out scripture • Personalising scripture • Poetry • Bullet point list of prayer points • Mindmap of prayer points • Drawing meaningful pictures • Recording dreams, visions, plans and more! (This list is not exhaustive).

I love reading my prayers aloud after writing them. The process of writing down our prayers brings a level of clarity and intentionality that rushing into verbal speech sometimes can't bring!

However, reading your written prayer aloud can foster a deeper relational connection to God. Remember that prayer journaling is purposeful - **we don't prayer journal out of duty, we prayer journal out of relationship!**

Prayer journaling is a beautiful practice that supports the prayer and devotional life of a believer. Prayer journaling will provide you with a tangible and personal example of the faithfulness of God. It is not necessary to prayer journal everyday, but you should prayer journal regularly! I encourage you to always 'date' your prayers as this is helpful for keeping track of your progress, checking answered prayers and celebrating your faith journey.

Finally, your prayer journal is a keepsake that can be passed down for generations to come - how awesome is that!?

I pray that these pages will be filled with reminders of God's unfailing love, constant grace and beautiful mercy.

With Love from,  
**Kanayo**

Date: \_\_\_\_\_

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"Answer me when I call, O God of my righteousness! You have given me relief  
when I was in distress. Be gracious to me and hear my prayer!" - Psalm 4:1



# prayer prompts

## Praying scripture back to God.

Open up the Bible and allow God's word to be your prayer. You can pray out scripture in a few ways:

1. Read scriptures aloud and use them to **direct** your prayer points. E.g. A prayer point for Psalm 23:1 would be 'Thank You Lord for being my Shepherd and Provider'.

2. Read scriptures which emphasise the **purpose** of prayer, and use them to align your heart with God's heart before praying. Pick any scripture from the 'blank writing' pages in this journal!

3. **Personalise** scripture! You can insert your name or pronoun into certain verses. You can declare scripture over yourself, an individual or a group. E.g. Isaiah 26:10 can be prayed as: You will keep NAME/ME/HIM/HER in perfect peace...OR 'I speak The Lord's perfect peace over...'



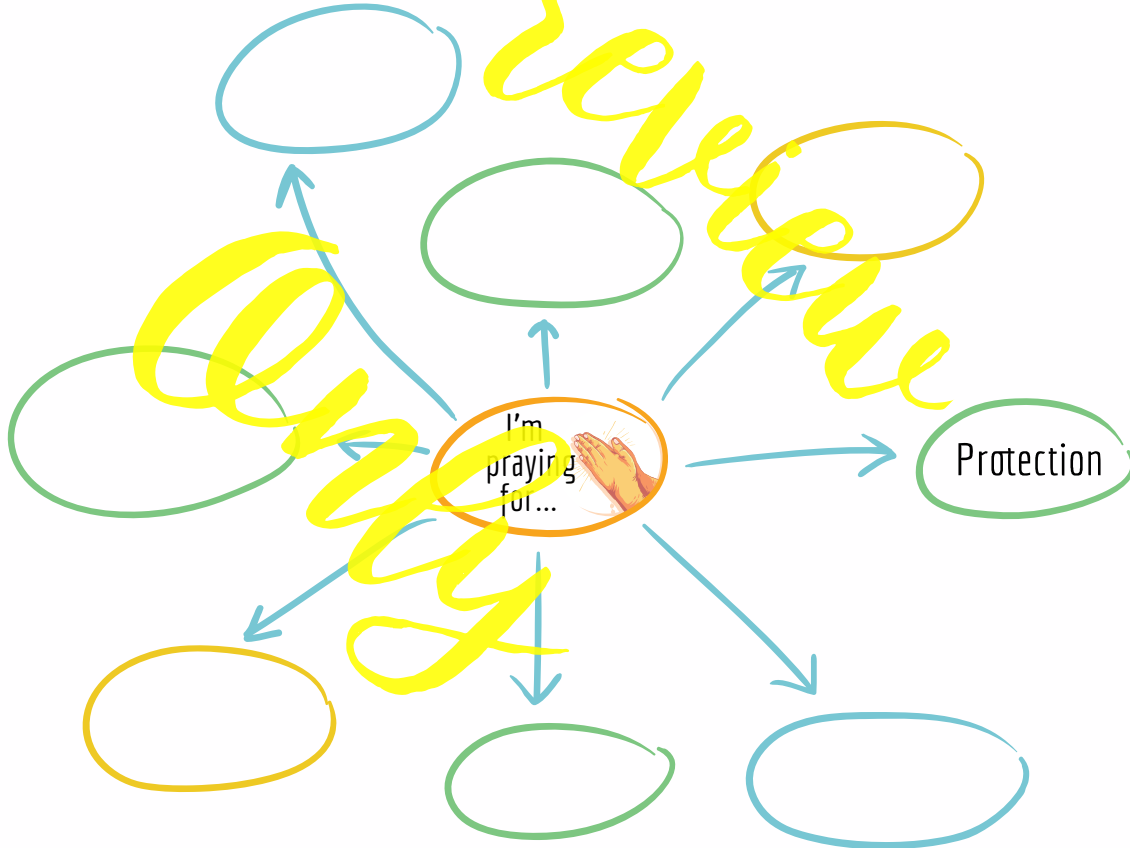
## Give Thanks For Answered Prayer

Look back at your previous prayer journal entries and record how The Lord has answered your prayers below. Remember that answers to our prayers come in many forms; an answer can be a 'yes', 'no', 'wait', 'peace', 'wisdom' and so on. Ultimately, the answer God gives us is always for our good and is always from a place of unconditional love!

# prayer prompts

Use the mind-maps below to help you pray. Write words, names, feelings, situations or scripture references in each box and pray about those things. One has been filled for you.

“To be a Christian without prayer is no more possible than to be alive without breathing.”  
-Martin Luther



# Prayer Devotional

Prayer reflects our  
relationship and oneness  
with God.

~Kanayo  
Dike-Oduah

## Why ask a God who already knows? (1)

Our Great God is omniscient (all knowing). Scripture tells us that He knows the end from the beginning (Isaiah 46:10). So if God knows what we need before we ask, why should we even ask? What is the point of praying?

The point of prayer is not simply to get answers from God. Prayer reflects our relationship and oneness with God.

If we pray because we want specific answers, we will get exasperated. The answers come EVERY time, but not always in the way we expect, and our spiritual exasperation shows a refusal to identify ourselves with our Lord in prayer. Here are the ways that God has responded to my prayers:

**"Yes, that is in line with my will for you."**

**"Absolutely NOT my child, that is way off the mark."**

**"Yes, but I'm going to need you to wait while I mature you to receive the answer."**

**"Yes, but your answer will come in an uncommon way."**

**"Not a yes or a no, but I want to reveal (show you) something."**

**"No, but I will give you something better."**

I understand that the purpose of praying to God is to be ONE with my Father and not to rule over Him with my short-sighted will! I am drawn to remember the posture of prayer that Jesus exemplified for us when He was approaching His death.

He walked away, about a stone's throw, and knelt down and prayed, "Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine." - LUKE 22:41-42 (NLT)

The honesty in Jesus' prayer to the Father is incredible to see. How many of us actually take our worries and suffering to God in prayer? How many of us would pray a prayer that is raw and honest about your situation before God...yet, seek 'oneness' with God by choosing His will over yours!

Jesus gives us the purpose of praying. Jesus gives us the purpose of asking. He tore the veil that once marred our access to God and our ability to ask without performing specific rituals.

# Prayer Devotional

Prayer is the starting  
point of seeing heaven  
on earth.

~ Kanayo  
Dike-Oduah

## Why ask a God who already knows? (2)

In Matthew 6:5-14, where Jesus teaches us how to pray, He mentions 'Father' 6 times (NKJV version).

If this does not numerically emphasise the importance of a Father-child relationship in prayer, Jesus then goes on to instruct, command, implore us to pray in a specific way: 'In this manner, therefore, pray: Our **Father** in heaven, Hallowed be Your Name' (Matthew 6:9).

So why ask and why pray to a God who knows the things you have need of before you ask Him?

We ask in prayer because we have a Father. We pray from an honest relationship with Our Father.

So what do you think? Has your understanding of prayer changed? Do you still need to work on it? I know I definitely do. It is a 'work in progress' but I urge you to really see prayer as a beautiful gift; bought with the blood of Jesus.

Prayer keeps us connected to God and is the starting point of seeing heaven on earth. Prayer is an invaluable communicative channel between you and God. It will help you to know God on a deeper level, you will understand the character of God, and trust me He is incredible.



## Let us pray:

Lord Jesus Christ, thank You for the price You paid; that affords me the right to come boldly before the throne of Grace to make my honest requests. Thank you for making this relationship possible. Thank you for always answering my prayers. Please give me the grace to accept your answers even when they do not match my expectations. In Jesus' Name. Amen!

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PRAY WITHOUT CEASING.

# 1 THESS 5:17.

PRAY WITHOUT CEASING (KJV)

PRAY CONTINUALLY (NIV)

NEVER STOP PRAYING (NLT)

PRAY UNCEASINGLY (BLB)

PRAY AT ALL TIMES (GNT)

**MAKE YOUR LIFE A PRAYER** (TPT)

CONTINUALLY BE PRAYERFUL (ISV)

BE UNCEASING IN PRAYER (WNT)

PRAY ALL THE TIME (MSG)

PRAY REGULARLY (CJB)

BE UNCEASING AND PERSISTENT IN PRAYER (AMP)