

## A Prayer for You

From the article “What to Put in Your Prayer Journal: 10 Pages to Help You Pray With Intention”

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Lord, thank You that prayer was never meant to be complicated. Thank You that You hear the prayers I write neatly and the ones I scribble half-asleep, the long ones and the ones that are only a name and a question mark.

Help me be honest on the page. I have a habit of tidying my words before I bring them to You, as though You don't already know what's underneath. Teach me to pour out my heart instead of editing it.

Give me eyes to notice what You're doing. So much of my life passes unremembered — the small mercies, the doors You closed that I later thanked You for, the people You put in my path at exactly the right hour. Help me write them down so my faith has a memory.

For the things I'm still waiting on, give me patience that isn't passive. Grow something in me while I wait. For the things I'm surrendering, give me the grace to leave them in Your hands longer than a day. And where my heart is hard or tired or distracted, soften it gently.

Thank You for being a God who listens. Not a God I have to convince. Let these pages become a record of Your faithfulness, so that on the days I can't feel You, I can read back and remember. In Jesus' name, amen.

*Amen.*

### Scripture to sit with (KJV)

Philippians 4:6-7

Psalms 62:8

Lamentations 3:22-23

Romans 12:2

1 Thessalonians 5:17