



PRAYER JOURNAL DEVOTIONAL GUIDE

My Heart To His

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BEAUTY BY DESIGN MINISTRIES

“My Heart to His” Prayer Devotional Guide

You hold in your hands a precious tool that can unlock the door to your future, and behind that door lies all of the exciting blessings and opportunities God has for you. Being a Christian is all about a relationship with God. As with any association, our rapport with God requires communication: open, honest communication, and our means by which to communicate with God, is through prayer.

Prayer is not meant to be complicated. We as humans are the ones who complicate the process. We want to think we have to pray a certain way, sit a certain way or be in a certain place - not so. We can say anything to God, and we can pray with our eyes wide open, or our eyes closed, on our knees, or standing, in our room, or even outside under a tree. The possibilities of our communicating with God are endless. He tells us that we are to pray under any and every circumstance. The Bible tells us that we should pray daily. One of the ways we can pray is through journaling.

Prayer journaling helps to strengthen your daily prayer time with God. There is something very powerful about writing down your thoughts and feelings. The entire book of Psalms is actually a collection of David's and other writer's prayers; it's their feelings in written form, one of which says, “In the morning, O Lord, you hear my voice, in the morning I lay my requests before you and wait in expectation.” Psalm 5:3 (NIV) God wants us to come before Him in prayer. He then honors us, and begins to reveal His plans for our lives. Prayer is the lifeline to God and to those plans.

Keeping a prayer journal helps you to keep up with your thoughts, feelings and concerns; writing these things down helps to confirm them and to begin to see God working to answer your prayers. It serves as a record that you can later review, and rejoice in the many times God answered your prayers. It will help to strengthen your faith and give you an effective testimony to be a witness for Christ to others.

Beginning the process of journaling is simple. As a Christian for 17 years, I have spent much time in prayer, and have used a prayer journal for the majority of those years. It took some time to develop a technique, which I was comfortable with, however over the years I have finally developed a proven technique so easy and encouraging, that I still use it today.

I begin my quiet time each day by using my prayer journal. This begins with simply writing out my thoughts and feelings about the day, struggles I am going through, things that are worrying me, things that I am excited about, anything and everything that is on my mind. This can be very freeing and soothing to do. I then take time out to either write down my prayers in a bulleted list form by topic, or in a more of a phrase-form, such as “Help me Lord to rely on you for my needs.” After doing this, I feel that it is also important to give God thanks and to praise Him. Therefore, I do the same thing with a list of thanksgivings and praises. I attempt each day to thank and to praise God for as many things or more, than I asked of Him.

Finally, I present this to God in silent prayer and ask Him to lead me and guide me in my devotional time. For my devotional time, I usually try to read both from the Bible itself and from an encouraging devotional or inspirational book. I draw from the reading what I feel God is attempting to tell me and I record in my journal these thoughts.

I hope that these simple instructions will help you to begin your process of prayer journaling. It is my prayer that you will not only fill this journal, but that you will need many others in your future relationship with the Lord.

”Do not be **anxious** about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.” Philippians 4:6

Day One – “God’s Invitation of Salvation”

Prayer is communication between God and Christians. Is it possible to pray without being a Christian? Absolutely, it is. Your very first experience talking to God, helps lead to your understanding of Him and your acceptance of His son, Jesus.

You see, God has extended an invitation to ALL people through His son, Jesus Christ. God sent His son, “into the world, not to condemn the world, but to save the world through Him.” John 3:17 (NIV) Jesus is God’s gift of salvation to us. How do we accept this precious gift? Through prayer, you can admit to God your own need for salvation. Why do you need salvation? Because you are a sinner. The Bible is clear: “For all have sinned and fall short of the glory of God.” Romans 3:23 (NIV)

However, God only requires that you admit this and believe, through faith, in His son, Jesus Christ, and that He died on the cross for your sins, and then you turn from your sin and you will be saved. Praying this simple prayer, the prayer of salvation, is all it takes.

Prayer of Salvation

"Father, I know that I have broken your laws and my sins have separated me from You. I am truly sorry, and now I want to turn away from my past sinful life toward You. Please forgive me, and help me avoid sinning again. I believe that your son, Jesus Christ, died for my sins, was resurrected from the dead, is alive, and hears my prayer. I invite Jesus to become the Lord of my life, to rule and reign in my heart from this day forward. Please send your Holy Spirit to help me obey You, and to do Your will for the rest of my life. In Jesus' name I pray, Amen."

This is the first prayer, that I want to make sure everyone using this prayer journal guide, has prayed before continuing with the devotions in this booklet. If you have already prayed this prayer, prior to reading this, I am so proud of you. If you have not, it is my prayer that you will seriously consider accepting God’s invitation today.

“For God so loved the world that he gave His one and only son that whoever believes in Him shall not perish but have eternal life.” John 3:16 (NIV)

Day Two – “Lighten’ Up”

Up until this point, this prayer guide has been very serious. You may be thinking, “Okay, lighten up!” So, that’s what I want to say to you as well, “Lighten up, girlfriend! Don’t be so hard on yourself.” Why am I saying this? Well, because I know at some point, you’ve messed up, or you’re going to. And how did you feel, or how will you feel at that time? Well horrible, of course. Let me give you an example of how I messed up once in my own Christian life.

I was around fourteen years old, desperate for attention, and willing to do almost anything to get it. I knew the guy in art class was bad news, but did I heed my own best judgment? No way. I flirted, chatted, and he began calling my house, and trying to get me to be his girlfriend. My parents told me to stay away from him, but did I listen? No, I accepted his invitation and began lying to my parents about it. This led to them punishing me because I had messed up. I had sinned. Now mind you, most of it was only little white lies to my mom and dad, but does God see sin as little white lies versus murder, or does God see sin as sin? God sees sin as sin. He sees no difference, but remember, God forgives, and luckily, so did my parents - eventually. Does that mean you should go on sinning? No, you should not, but you can be forgiven if you have. So, Lighten’ up, Girlfriend! He’ll forgive you too. Just ask! He’ll grant you his forgiveness, no matter what!

“If we confess our sins, He is faithful and just and will **forgive** our sin and purify us from all unrighteousness.” 1 John 1: 9 (NIV)

Day Three – “ Problems, Problems, Problems”

If you are like every other human being on the face of the planet, then you, my friend, have problems, issues, and burdens. How do I know? Well, I too, face them. I faced them as a teen as well. Pressure to smoke, pressure to drink, pressure to have sex, feeling unaccepted, unwanted, out of place. Does anyone really understand? Yes, most likely they do, but can they help you to feel better? Maybe, maybe not, but I know someone who can, and He works every time. That is, if you let Him. “Cast all your cares on the LORD and He will sustain you; he will never let the righteous fall.” Psalm 55:22(NIV)

Casting our cares, our problems on God, involves trusting Him to take care of them. You may not be able to trust everyone in your life, but God is one that you can. “Cast all your anxiety on Him because He cares for you.” 1 Peter 5:7 (NIV)

So when you are faced with problems of any kind, tell God about them through prayer, and He will take care of them, and of you.

“And we know that in all things God works for the **good** of those who love him, who have been called according to His purpose.” Romans 8:28 (NIV)

Day Four - "Decisions, Decisions, Decisions"

"Yes," "No," "Maybe." If all decisions were as easy as a multiple-choice quiz, wouldn't the world be a better place? Unfortunately, they are not. God gives us tough decisions to make and the free will to choose for ourselves. I realize this is not always easy. The good part is we have a lifeline.

Have you ever watched the game show, "Who Wants to be a Millionaire?" On the show, the contestant has to answer multiple choice trivia questions, which allow them to win up to One Million Dollars. If they are stumped, they have three lifelines they can use, only once, to help them answer. One is to narrow down the choices, or the 50/50 lifeline. Another is to "Ask the Audience," and finally, they can "Phone a Friend." Well we have the power of a lifeline, or to "phone a friend" through prayer. We can ask God for help.

Many times when facing a decision in my life, especially the more difficult ones, I have used the "phone a friend" lifeline. I have gone to God in prayer: sometimes begging for answers, other times hoping He'd confirm what I already felt Him leading me to choose, and even sometimes, unsure that He'd answer something so silly as my request. But every time knowing that He was there, listening, and that He would answer. He will answer you too, so don't hesitate. "Phone a friend" today.

"Be still and **know** that I am God." Psalm 46:10 (NIV)

Day Five: “Showers of Blessings”

*“Showers of blessing,
Showers of blessing we need:
Mercy drops round us are falling,
But for the showers we plead.”*

I have an aunt who sings this old hymn every time it rains. She is praising God for the rain. Do we praise God for those “blessings” we receive?

Blessings, or “divine favor or heavenly rewards” are given to us by God. As children, we learn to say “the blessing,” or a prayer thanking God for the food we have to eat. However, God gives us more than food each day. God abundantly blesses us all. Imagine you are sitting in a room, or you have a place nearby that you claim as your own. Inside that place, you have items you can call your own. Those things, however great or small, are blessings from God.

You also have abilities: maybe you can sing, draw, play an instrument, or strategize on how to get your dad to say yes to your next request. Whatever it is, you are good at it. God blessed you with that gift. Use it and use it for Him; give Him the praise and the glory by doing so.

God blesses us all, more than we can imagine. As a result, we should praise Him with all that we say, do and are. Through prayer, praise Him today!

“I will **praise** You, O LORD, with all my heart. I will tell of Your wonders. I will be glad and rejoice in You. I will sing praise to Your name, O Most High.” Psalm 9:1-2 (NIV)

Day Six – “God’s Timing”

“Tick, tick, tick,” sometimes it feels like the clock in your life is ticking, very slowly. Maybe you’re a teenage girl who just wants to get to the next point in her life. You’re anxiously awaiting something, whether it be wearing makeup, getting your driver’s license, going on your first “real date,” or meeting the man you will marry. If you are like most people, you’re seeking something and it’s not coming fast enough.

“Pray,” God tells us, “whatever you ask for in prayer, believe that you have received it, and it will be yours.” Mark 11:24 (NIV) Does this mean that your prayers will be answered instantly? No, God has His own timing. Unlike a microwave, which quickly heats our food and gives us what we want, such as a hot slice of pizza, or the internet, which within seconds, can find your favorite tune for your Ipod, God sometimes puts us on hold, like an operator at a telephone switchboard.

Luckily, God has reasons for putting us “on hold,” waiting anxiously for an answer. There are several possibilities. God could:

- A. Have something better for you than you are currently asking for,
- B. Be preparing you for what it is He has for you, whether it’s exactly what you asked for, or something totally different, or
- C. He could want to withhold from you what you’re asking for because it would bring you pain, or discomfort. Whatever the reason, God has a plan. Keep seeking God’s answers, and he will give you “the desires of your heart.” Psalm 37:4 (NIV)

“For I know the plans I have for you,” declares the LORD,” plans to **prosper** you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11 (NIV)

Day Seven - “Constant Prayer”

You can see after reading Days 1-6 of this prayer guide, that God is “into” prayer. God created prayer, invites us to pray, forgives through prayer, answers prayer, and wants us to be in constant prayer. The Bible says to “pray without ceasing.” 1 Thessalonians 5:17 (KJV) Does this really mean to pray all the time? In a way, it does. Your life can be a constant prayer time with God. Keeping God at the forefront of your mind daily, can help you to easily talk to Him when something comes up, a crisis occurs, a blessing is showered on you. You will instantly and automatically praise Him, ask Him, give your burden to Him. This takes practice. Just as a baby must learn to crawl before it can walk, and walk before it can run, we as Christians must learn to do the things God wants us to do, and He is patient and will allow us to grow in Him.

He anxiously awaits our speaking with Him though, just as you anxiously wait for a friend to text you back on your cell phone. Give God some of those minutes of your day and He will repay you with lifelong blessings.

“But seek **first** His kingdom and His righteousness and all these things will be given to you as well.” Matthew 6:33 (NIV)



Alyssa Avant is a Christian author, speaker, and business owner whose desire is to turn the hearts of girls towards God.

As the founder of Beauty By Design Ministries, Alyssa seeks to reach preteen and teen girls through events that are both exciting and inspiring. These interactive events have topics and themes that are perfect for teens.

Alyssa lives happily in Carrollton, Mississippi with her devoted husband, Greg, 3 year old son, Baker, newborn daughter, Lily, and beloved basset hound, Duke.

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