

# A Prayer Journal

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Have each family member start a prayer journal to record prayers and prayer reminders and requests. Observe how God is at work in your lives over time.

**For**  
Teen Family

## Season

Winter

## Needed

Bible, spiral-bound notebooks or blank journal books, pens, meditative music

## Prepare in Advance

Mark your Bible at: 1 Thessalonians 5:17; Jeremiah 33:3; and Colossians 4:2.

Bring a spiral-bound notebook or blank journal book and a pen for each family member.

Prepare to place some quiet, meditative music.

## Activity Plan

1. Gather family members and say this prayer aloud to begin.

*God, open our eyes to notice what's happening around us. Send your Spirit to open our hearts and teach us to pray about what matters to us. Amen.*

2. Ask someone to read aloud 1 Thessalonians 5:17; Jeremiah 33:3; and Colossians 4:2 from your Bible or use the following text. What do these verses say about prayer?

1 Thessalonians 5:17: *Pray without ceasing.*

Jeremiah 33:3: *Call to me and I will answer you, and will tell you great and hidden things that you have not known.*

Colossians 4:2: *Continue steadfastly in prayer, being watchful in it with thanksgiving.*

3. Give each family member a spiral-bound notebook or blank journal book and a pen. Variation: Go together to shop at an office-supply store so that each family member can pick out his or her own.
4. Encourage family members to start keeping a prayer journal and to write in it once a day or at least three times a week. Include this information in each entry:
  - The date.

- The name of the person or situation you're praying about.
  - A short description of what you're praying for, such as healing from a surgery or finding a lost dog.
5. Take a few quiet moments for each person to write a first entry. Play quiet, meditative music as you work.
  6. Explain that prayer journals are private—between a person and God. The only prayer journal you can open is your own.
  7. After a month of writing in your prayer journals, encourage family members to go back and look at some of the first entries they made. Invite each person to reflect on these questions, speaking to the entire group only if he or she chooses to do so.
    - What's happened since you first prayed about this?
    - Do you believe God has answered this prayer? If so, how?
    - How do you feel about keeping a prayer journal?
  8. Each time your family gathers to reflect on your prayer journals, pray:

*God, thank you for always being with us and for listening to our prayers. Amen.*

