

BACK TO SCHOOL PRAYER JOURNAL

THIS JOURNAL BELONGS TO:

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WHAT IS PRAYER?

What is prayer?

Prayer is simply our way to talk to God. Think of it like a conversation you have with a friend. You share what you're thinking about, and then you listen so you can hear what your friend has to say too.

Prayer is how we connect with God to tell Him we love Him, share about our thoughts and feelings, and ask God for help. And the coolest part? We can pray anytime, anywhere!

How do I pray?

Not sure how to start or what to talk about? Use the ideas throughout this prayer guide to help you, and just remember to P-R-A-Y!

- P - Praise. Praise God for who He is and what He's done.
- R - Repent. Tell God you're sorry for the things you've done wrong, and ask Him to help you make things right.
- A - Ask. Ask God for what you want for others and for yourself. Just remember that sometimes God answers our Ask prayers with "yes," sometimes with "no," and sometimes with "not right now."
- Y - Yield. Yield means to let someone else take the lead. Ask God to help you yield to His plans for your life, and listen for anything God may want to tell you.

This prayer journal will help you prepare for the school year ahead by giving you different ways to talk to God in prayer. Each day includes a journal page to write down your prayer plus a prayer activity to complete by yourself or with your family.



**I'M PRAYING
FOR YOU!**

PREVIEW

PREVIEW

PREVIEW

PREVIEW

DAY 1: PRAY FOR PEACE

READ PHILIPPIANS 4:6-7

Things may seem scary or unknown, but God promises to be with us and to give us peace. Write a prayer asking God to give you peace when you feel worried, scared, or uncertain. Write your prayer below.

MY PRAYER:

DAY 1: EMOJI PRAYER

Color in all of the emojis that show how you're feeling about the school year ahead. Use the blank emoji to add your own. As you color, pray about your feelings. Tell God how you're feeling about starting school and why. Ask Him to help you feel His peace.



EXCITED



FRUSTRATED



CRAZY



NERVOUS



SCARED



MAD



SAD



HAPPY



DAY 2: PRAY FOR YOUR TEACHER(S)

READ GALATIANS 6:9

Say a prayer for your teacher(s). Ask God to give them patience and creativity as they teach you this year, online or in person. Pray that God would give them energy and excitement so they don't become weary or tired. Write your prayer below.

MY PRAYER:

DAY 2: HEART PRAYER

Write your teacher's name in the space below, then draw a big heart around it. Say a prayer for your teacher while you write and draw.

DAY 6: PRAY FOR CONTENTMENT

READ PHILIPPIANS 4:12

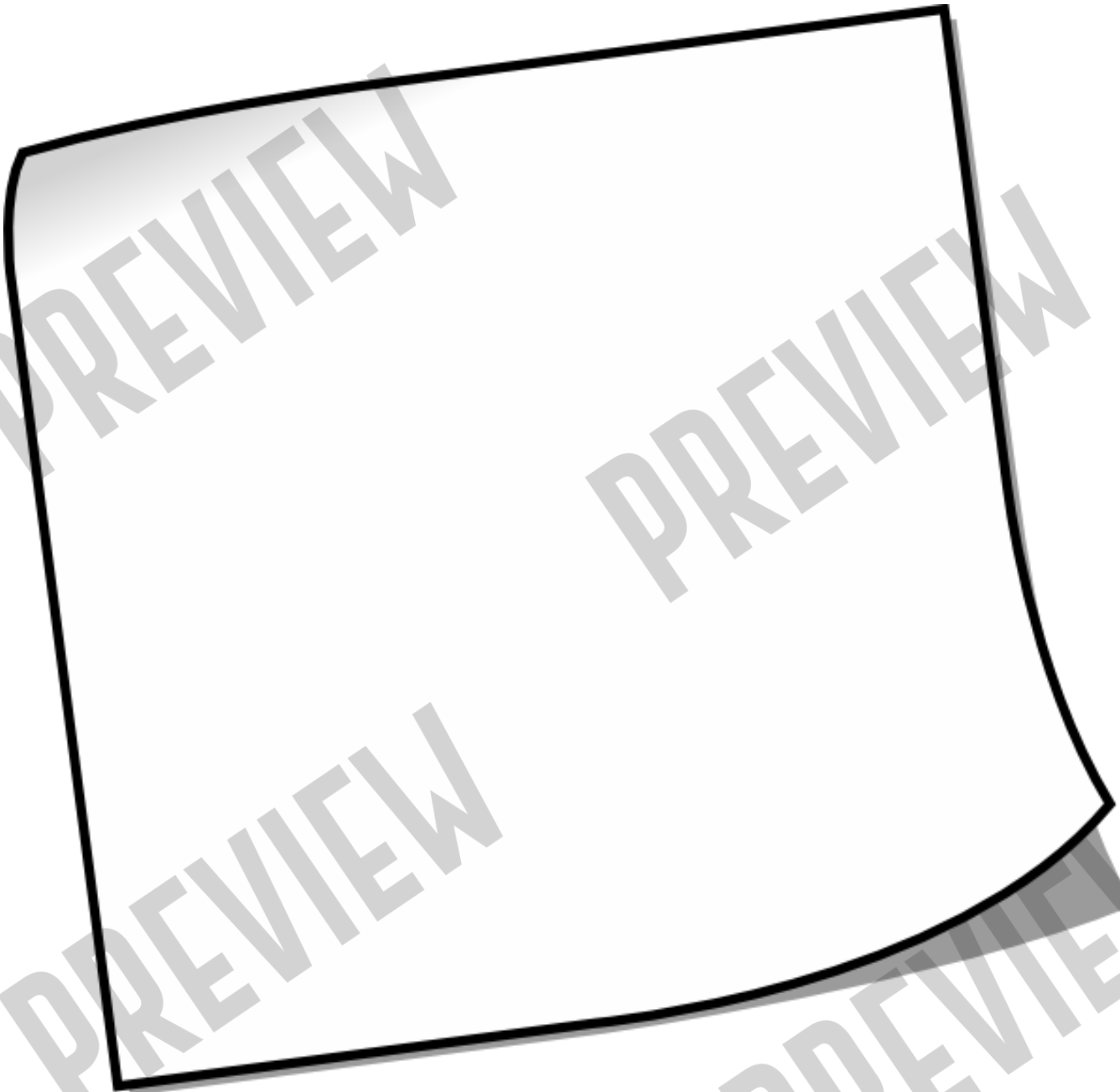
Sometimes we miss how things used to be and we wish nothing had changed. But things are different this year, and that can be frustrating. Tell God about your frustration, then ask God to help you be content, which means to be OK with the changes and with the way life is now.


Write your prayer below.

MY PRAYER:

DAY 6: THANKFUL PRAYER

One of the best ways to be content is to think about what you are thankful for. In the space below, write or draw a list of things you are thankful for, and be sure to tell God "thank you" for each one!

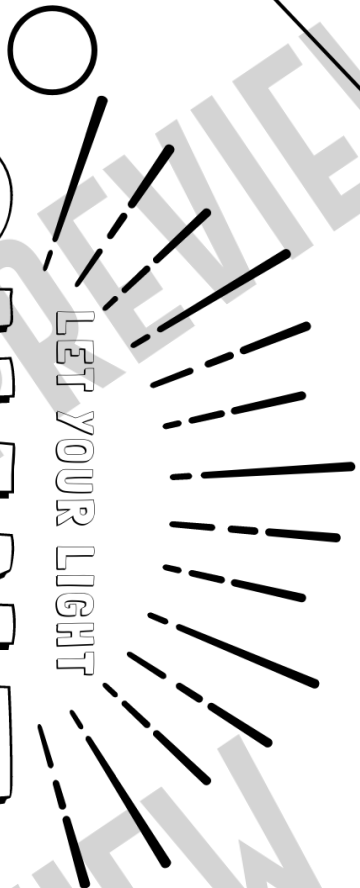




○
LET YOUR LIGHT

SHINE


MATTHEW 5:16



○
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