

## Prayer Journal

### *Ideas:*

- Write out your prayers
- Record the ways you pray and journal your experience with each
- Keep a list of prayer requests
- Write down what you hear from God; maybe use a different color ink to record God's words

## Every Day Prompts

### *How To Pray:*

- Choose something or someone you see frequently throughout your week
- Decide a brief prayer you'll say each time you see that prompt
- Each time you see that person or thing, say a quick prayer
- Say your prayer quietly or aloud and involve your family or friends

## Every Day Prompts

### *Ideas:*

- See a fire truck or ambulance... pray for healing and strength
- Stopped at a red light... tell God thank you for a blessing
- Turn on a lamp or light a candle... ask God to reveal Himself more fully in your life
- Hug your child... pray for God's protection over your child

## Book of Common Prayer

### *How To Pray:*

- 1) Look up the Collect (prayer) for the week and pray it
- 2) If you have a particular need, look up a Collect specific to your need and pray it
- 3) Write down your favorite Collects and rotate through them as you pray throughout the week

Find the BCP online at: [www.bcponline.org](http://www.bcponline.org)

## Book of Common Prayer

Stir up your power, O Lord, and with great might come among us; and, because we are sorely hindered by our sins, let your bountiful grace and mercy speedily help and deliver us; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory, now and for ever. Amen.

## Book of Common Prayer

Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

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O God, the strength of all who put their trust in you: Mercifully accept our prayers; and because in our weakness we can do nothing good without you, give us the help of your grace, that in keeping your commandments we may please you both in will and deed; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.