

28 Day

Prayer Journal



**red rocks church
groups**



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Littleton, Colorado
For more information visit:
www.redrockschurch.com

We are so excited you are participating in our Welcome to the Family Prayer Journal.

Most of our lives are so busy it is hard to make space to be with God. Prayer can be difficult to make time for, and when we do, it is hard to know what to say. There is no formula or strategy for prayer, it is not a technique, it is primarily a relationship. When we pray, we enter into a relationship with Christ. Relationships are messy, and require people who are ready to talk and listen, to give and receive, to love and be loved. Prayer is not a list of requests we bring to God in hopes God will do what we want, rather prayer is about formation that takes place in relationship. Therefore, our hope for this journal is that it would deepen your relationship with Christ. Let these pages and prayers be messy, full of love, and immersed in the presence of God.

We hope you will use this journal to take intentional time in your day to be present, attentive, and make space to be with Jesus. There are guided sections throughout the journal that will help you slow down, reflect on your previous day with gratitude, read and listen to how God is speaking through scripture, and engage in a weekly practice. If going through this prayer journal seems uncomfortable at first, that's okay, stick with it. Don't feel a need to write as much as you can or fill every space. The journal is a means to an end, not the end in itself. Remember the purpose is not to be productive in prayer, but to be present in prayer and make space to be with Jesus.



**The creator of
the universe
calls you His
child! His
desire is that
you would
find your true
home in Him.**

week one

Welcome to the Family:
Who I Am in Relationship
with God

Father, I long to hear you speak these words over my life:

“You are my child, whom I love; with you I am well pleased.”

I confess that at times this is hard to believe. Help me to trust that you are good and that you love me. Give me the courage and faith to live up to the promises you have spoken over my life. Let your love shape the way I love others, and empower me by your Spirit to live in your love always.

Amen.

Weekly Practice:

This week, take ten minutes each day to intentionally become aware of God’s presence in your everyday life, such as driving to work, washing dishes, going to the grocery store, or going for a walk.

Each day, take time to write about your experience.

Day One

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: Psalm 23

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Two

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: John 15:1-17

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Three

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: Psalm 139

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Four

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: **Hosea 11:1-11**

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Five

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: **1 John 3:1-3**

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Six

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: Matthew 3:13-17

Write down a word or phrase that sticks out to you:

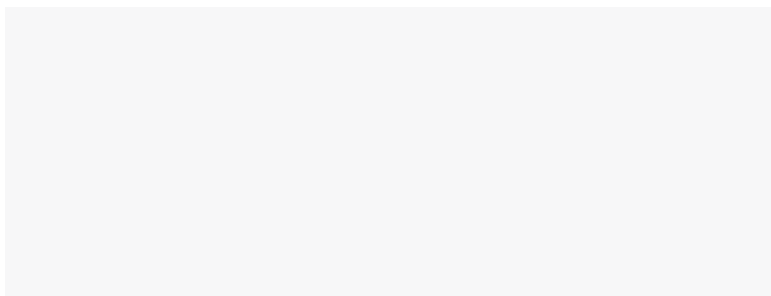
Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

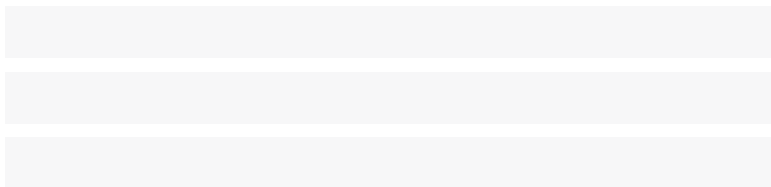
Sabbath

**Pause, be still, and become aware
of God's loving presence around you.**

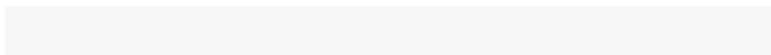
**Where did you notice God moving and speaking
in your life over the past week?**



Write down three ways you can rest and recreate with God today:



**Looking towards next week, what is the one thing
you can surrender to God?**



**You were
made to
live life
with God
and with
people.**

week two

**Around the Family Table:
Who I Am in Relationship
with Others**

God, thank you for making us all unique. Thank you that we all have different giftings and strengths to offer your Kingdom. Help us to see each other as brothers and sisters in Christ. Help us to find community to grow and shape us as we cheer each other on towards the things you created us for. Help us to bring your Kingdom here to earth as we work together in a healthy relationship with one another. Amen.

Weekly Practice:

This week, choose seven of the “one another” statements from scripture and practice living one of these statements each day.

Here are some examples: love one another, forgive one another, serve one another, pray for one another, encourage one another, bear one another’s burdens, be kind to one another, live in harmony with one another

Each day, take time to write about your experience.

Day One

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: **John 17:20-26**

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Two

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: **Luke 24:13-31**

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Three

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: Psalm 133

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Four

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: 1 Corinthians 12:12-26

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Five

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: **Philippians 2:1-12**

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Six

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: **Ecclesiastes 4:9-12**

Write down a word or phrase that sticks out to you:

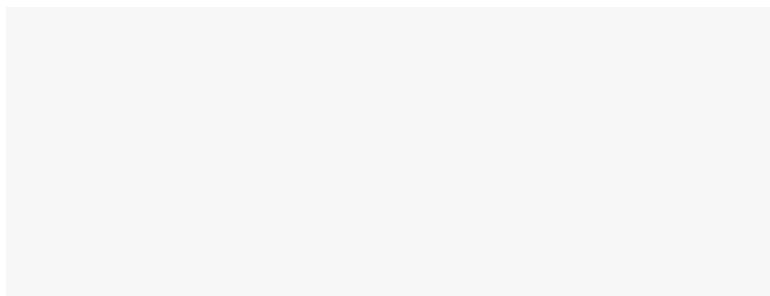
Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

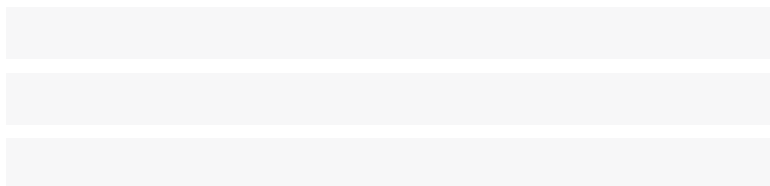
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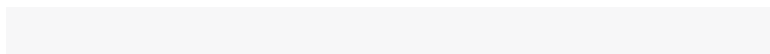
**Where did you notice God moving and speaking
in your life over the past week?**



Write down three ways you can rest and recreate with God today:



**Looking towards next week, what is the one thing
you can surrender to God?**



**Stop
anxiously
striving
and
surrender
to God's
love.**

week three

**A Home Built on the Rock:
Who I Am in Relationship
with Myself**

God, I let go of all things I am trying to control today and I open my heart to receive your love. I surrender my desires for power, approval, control, security. I open myself to rest in your presence. Thank you that in your presence I find all of the peace, joy, connection, security, and approval I could ever need. Amen.

Weekly Practice:

What our hearts truly long for is a relationship with our Creator. Not one that is based on performance, but rather one that is based on His unconditional love for us. In order to experience this we need to know Him personally. To know what it is like to sit still in the chaos of life and trust that He has everything under control and will work it out for our good.

Take time this week to sit still. Set aside your agenda and instead give your thoughts and worries to God through prayer. Practice giving these things to Him and then just sitting in His presence, trusting He can do immeasurably more than you imagine and waiting on His timing.

Take time to reflect on this experience.

Day One

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: Psalm 42

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Two

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: Luke 10:38-42

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Three

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: **Galatians 5:13-26**

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Four

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: **Colossians 2:6-10**

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Five

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: **Luke 6:46-49**

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Six

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: Jeremiah 17:5-8

Write down a word or phrase that sticks out to you:

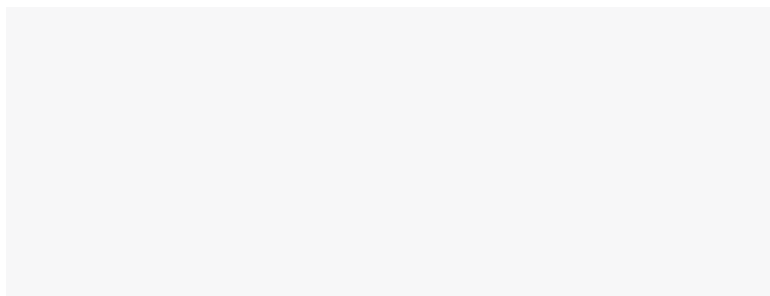
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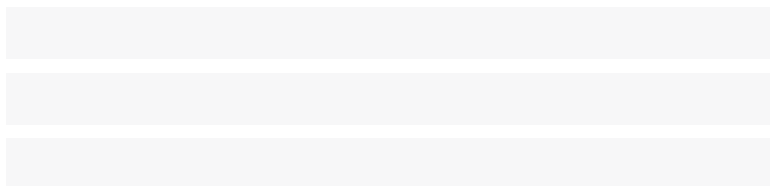
Sabbath

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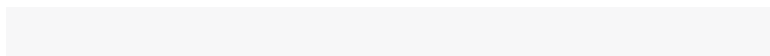
**Where did you notice God moving and speaking
in your life over the past week?**



Write down three ways you can rest and recreate with God today:



**Looking towards next week, what is the one thing
you can surrender to God?**



**You are
empowered
by the Spirit
to carry the
blessing of
God's love
to the ends of
the earth.**

week four

**A Family Formed to Make a Difference:
Who am I in Relationship
with the World**

Father, as you have sent your son into the world, you are now sending me to be the presence of your love to my neighbor. Let everyone I interact with today see you through me. As I step out into the world, I step out in love, not fear. Make me aware of the ways your kingdom is on earth as it is in heaven. Draw me into your presence so I can shine the light of your love to those with whom I live and work. Inspire me to take time for those who are discouraged. I desire to live with the kind of presence that enables others to feel at home. Amen.

Weekly Practice:

Cross your fence: get to know your neighbor. Introduce yourself if you don't know them. Find a way to bless them this week.

Cross your office: In your workplace, or place of daily living, take someone you don't know very well out for lunch or coffee.

Cross a social, political, or ethnic barrier: Get to know someone who is different from you, visit a part of town that is unfamiliar, go to an ethnic restaurant.

Reflect on how God is changing your heart through these encounters.

Day One

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: **Luke 10:25-37**

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Two

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: **Genesis 12:1-5**

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Three

*Pause, be still, and become aware
of God's loving presence around you.*

Today, I'm thankful for:

Read: **John 1:1-14**

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Four

*Pause, be still, and become aware
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Today, I'm thankful for:

Read: Psalm 146

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Five

*Pause, be still, and become aware
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Today, I'm thankful for:

Read: **Romans 13:8-10**

Write down a word or phrase that sticks out to you:

Sit with Jesus and listen to what he is saying through this passage:

Reflect on what it was like to participate in the weekly practice:

Day Six

*Pause, be still, and become aware
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Today, I'm thankful for:

Read: **Luke 4:14-21**

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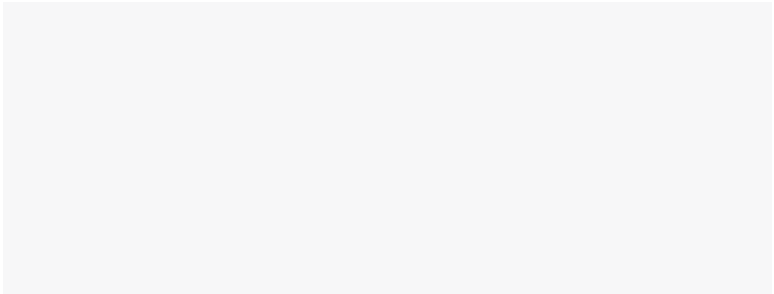
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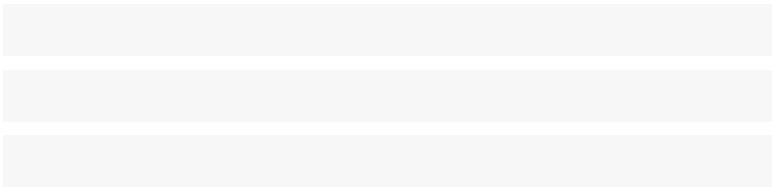
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Write down three ways you can rest and recreate with God today:



**Looking towards next week, what is the one thing
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