Beyond The Veil

In-Home Fasting Retreat

Your Guide to an Intimate Encounter With God.

Prayer Journal

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

© Copyright 2012 by Ameerah Lewis of http://www.hem-of-his-garment-bible-study.org
All Rights Reserved worldwide under the Berne Convention. No part of the ***Beyond the Veil*** Christian Fasting Program may be copied, emailed, posted online, or otherwise distributed without prior written permission from the author. Once purchased, the eBook owner is only permitted to print the program for personal use unless written permission from the author is obtained.

If you have this file (or a printout) and haven't paid for it yet, please be a blessing and purchase your copy at http://www.hem-of-his-garment-bible-study.org

Proceeds from your purchase will help ***The Hem Bible Studies*** continue to offer free Online Bible Studies for Christians across the globe.

All scripture quotations, unless otherwise indicated, are taken from the King James Version of the Bible. It is a part of the public domain and has no known copyright information or required permissions.

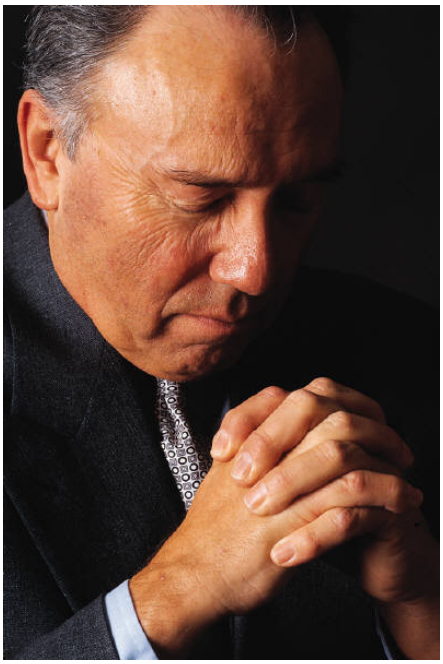
Scripture quotations marked AMP are "Scripture quotations taken from the Amplified® Bible, Copyright © 1954, 1958, 1962, 1964, 1965, 1987 by The Lockman Foundation
Used by permission." (www.Lockman.org)

Scripture quotations marked "NKJV™" are taken from the New King James Version®. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

Scripture quotations marked NLT are taken from the Holy Bible, New Living Translation, copyright 1996, 2004. Used by permission of Tyndale House Publishers, Inc., Wheaton, Illinois 60189. All rights reserved.

Making Your Prayer Time Count

"I love those who love me, and those who ***seek me early and diligently*** *shall find me."*
(Proverbs 8:17 AMP emphasis added)



Many people have the idea that they have to pray for some *magical* amount of time to see real change in their lives. But, that is a religious mindset, and Your God wants to move you out of mere religion and religious acts, and into intimate relationship with Him.

Being stuck in the mindset that prayer has to take a long time can **deceive us into thinking we don't have the time to pray**. But, when we realize that by just setting a small amount of time aside to be alone with God each day we can see real change in our lives, a powerful prayer life becomes more practical and doable.

There will be days were we spend hours basking in God's presence deep in prayer. But, for most of us, much of our prayer time will be the time we spend walking with Him in the cool of the day. Chatting with Him as we get dressed or drive to work.

In order to develop that type of intimacy with your Heavenly Father, where you recognize His Holy Spirit walking and talking with you, you have to start somewhere. One of the best places to begin is by keeping a **Reflective Prayer Journal**. It will help you to *Practice His Presence*.

Writing your prayers out to God is a powerful way to connect with Him. It keeps your mind focused during prayer and helps you organize your thoughts towards God.

It also allows you to look back over your journey by reflectively reading the things you've shared with the Lord, and the things He's shared with you. It's kind of like a married couple reading through old love letters. It can deepen your love and passion with the Lord in an unexpected way.

But, if we're honest, sometimes figuring out what to talk to God about can be hard.

And, in times of struggle in our lives, it is all too easy to start focusing our prayers on seeking God's hand and provision, instead of His heart and Spirit.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Each of these journal pages has a prayer prompt that keeps you focused on seeking first the kingdom of God. They will open you up to receive the transformational relationship with God that Jesus died to give you.

Remember, prayer is meant to be a two way conversation. So, once you've written out your prayer, pause and take the time to listen for God's voice responding to you. Then write down what you hear. This discipline of *Reflective Journaling* will help you to be more sensitive to the Spirit and voice of God in your daily life.

Getting the Most Out of Your Prayer Journal

✞ Set the atmosphere. Start off your time a part with God with some heartfelt worship. Play your favorite worship CD, or just sit and verbally tell Him how much you love Him. Invite Him to join you right where you are – He's excitedly waiting for your invitation!

✞ Date your entries. This will keep you honest about how often you are using your journal and help you as you read through it in the future.

✞ Make it a reflective journal - Write out your prayers to God and then add in what you feel He is saying back to you.

✞ Pick a certain time of day that works well for you to write in your journal. Try out a few different times until you find one that fits your lifestyle. Then be consistent.

- Mornings before anyone else is awake.
- For 15 minutes of your lunch time at work.
- Before bed, etc.

✞ Don't beat yourself up if you miss a few days or even weeks. Just pray and ask the Holy Spirit to help you to be more consistent and start over. His grace is sufficient!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

Your Heart's Desire. What do you want to get out of this time of fasting for the Lord? Stop and reflect for a second, then write out a prayer to the Lord listing the things that you would like for Him to do in you and with you through this fast.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

Laying Down Your Life. If you're a Christian, that means that, as Paul said in Galatians 2:20, it's no longer you who lives, but Christ who lives in you. Take a moment and recommit yourself to Christ. Thank Him for sacrificing His life so that you have the honor of being molded into His image.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

The Invitation. In John 14:23, Jesus said that He and the Father will come and make their home with you. Jesus also said that the Holy Spirit would come to live inside of you, and be with your constantly. Invite God in to live and dwell with you through the power of the Holy Spirit. Ask God's Spirit to come and fill you up afresh and anew today, and become a part of your **everyday life** starting right now!

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

<u>My Meditation Scripture for Today</u>: Write out your scripture by hand below.

Your True Purpose. Paul said in Philippians 3:10 that his determined purpose was to know God, and to constantly be developing a deeper more intimate relationship with Him. Ask God to help you see that as your purpose, and to guide you in fulfilling that purpose and growing closer to Him.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

<u>My Meditation Scripture for Today</u>: Write out your scripture by hand below.

God is With You. Jesus came to earth so that you could experience *Emmanuel*, God with you, but Satan wants you to feel abandoned. Do you ever feel alone? Ask God to help you to sense His presence with you, even right now as you write this prayer, and every day.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

Receive the Holy Spirit. In John 14, Jesus promised that the Holy Spirit would be your Counselor, Helper, Intercessor, Advocate, Strengthener, and Standby. Pray and ask Him to be those things in your life. What do you need Him to be for you the most right now? Tell Him and express why you need Him so dearly.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

No Longer Servants but Friends (John 15:15). A friend is someone you know you can count on. They are someone who enjoys your company, and you enjoy theirs. Someone that you know, love and trust. Ask God to reveal Himself to you as the Friend that sticks closer than a brother.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

<u>My Meditation Scripture for Today</u>: Write out your scripture by hand below.

He's Listening. God is with you right now through the power of the Holy Spirit. What would you like to say to Him? He is your friend—Tell Him what is on your heart.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

<u>My Meditation Scripture for Today</u>: Write out your scripture by hand below.

For the Grace to Trust You More. Regardless of how much you trust the Lord, you can always trust Him more. Pray and ask God to help you trust Him more. Ask Him to reveal any past hurts or baggage that you may be carrying that is impacting how much you do or do not trust Him.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

Who is God to you? Thank God for exactly who He has been to you in your life. Be specific. Then, ask Him for a deeper revelation of Who He really is— His true nature and His heart towards you.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

Daddy God. In the Bible, God reveals Himself as Abba or, in our modern language, Daddy. Ask God to make that revelation stronger to you. Ask Him to reveal Himself to your heart as your Daddy, and to help you grasp the closeness He wants the two of you to share.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

Pains from the Past. Think back to your childhood, and your relationship with our earthly father. Share with your Heavenly Daddy any parts of that relationship you feel were lacking. No matter how big or small the pains may seem, be honest and open up your heart to Him.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

As a Little Child. Ask God to help you to come to Him as a little child, just like He described in Mark 10:15. Ask Him to reveal any areas where you could have more childlike faith in Him and in His power. Pray for guidance as you try to develop that childlike relationship with Him.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

Fear of Letting Go. Pray and ask God to take away any hidden fears that you have carried about totally letting go of your life and handing it over to Him. Ask Him to reveal any of those hidden things, and show you how to give Him all of yourself without holding anything back.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

<u>My Meditation Scripture for Today</u>: Write out your scripture by hand below.

"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope." (Jeremiah 29:11 NLT) Ask God to take this promise from your head to your heart, and to help you believe it more than anything you see or experience in this natural world.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

Do you ever hide from God out of guilt? When you make a mistake, do you run to Abba's arms, or away from them? Ask Him to show you instances where you have shied away from His presence because you felt unworthy to be in it.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

Do you try to burry your pain? Ask God to reveal any hurts or pains that you have experienced in the past that you have tried to stuff away. Wounds that have never properly healed that He would like to heal for you.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

Confronting your fears. Ask God to show you any secret fears that you have hidden in your heart. Ask Him to reveal the true root of those fears and ways that they have impacted your life.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

Your Secret Life. Ask God to show you any aspects of your character, big or small, that are displeasing to Him. Things that you have not yet confronted. Ask Him to bring specific examples of this behavior to your mind so that you have a clear understanding of what you are fighting against.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

Facing Rejection. Have you ever felt rejected by someone-a classmate, friend, family member or colleague? Share this experience with the Lord. Explain how you felt when they rejected you. Ask Him to reveal and heal any pain or self-doubt you may still be carrying.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

<u>My Meditation Scripture for Today</u>: Write out your scripture by hand below.

God is not like man. But how is He different, and what do those differences mean to you? Write e a letter thanking God for some of the things that make Him different. Then ask Him to reveal even more of those important differences to your heart as you seek Him.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

Share your weaknesses. The Bible says that Jesus Christ understands and identifies with our weaknesses. So, take some time to be honest and share your weaknesses with Him. Areas where you need His help the most. Then ask Him to reveal any weaknesses you may not yet recognize.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

Have you ever felt unlovable? God is unconditional Love. Share with the Lord the things about yourself that make you feel unworthy. Then, ask Him to help you to see yourself the way He sees you, and give you a fresh revelation of His unyielding love towards you.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

Who is God to you? When you picture Him in your mind do you see the angry and vengeful God that the world portrays, or do you see Love perfected and personified? Ask God to open your eyes to see Him as Love, that His Perfect Love would cast out any and all fear.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

Hidden Resentment. Ask God to show you any problems in your life that, deep down, you blamed Him for. Things that left you questioning His desire or His ability to truly protect you. Then repent, and ask Him to help you separate the attacks of your enemy from His perfect will for your life.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

Thought Life. Ask God to examine your thoughts, and reveal any areas in your inner life that are displeasing to Him. Fear. Anger. Lust. Envy. Then, write out the things that come to your mind, and commit to confronting them head on.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

<u>My Meditation Scripture for Today</u>: Write out your scripture by hand below.

The Self-Sufficient Christian. Ask God to reveal any areas or ways where you tend to be self-sufficient instead of Christ-sufficient. Then, repent and ask Him to teach you to totally rely on Him in all things.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

<u>My Meditation Scripture for Today</u>: Write out your scripture by hand below.

I surrender ALL! Make a list of the un-surrendered areas that you now recognize in your life—Big or small. Tell God that you are giving them over to Him once and for all. Ask Him to take those broken pieces, and reshape you into His image. Ask Him to guide you and show you how to truly give these things over to Him.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

Your body is the temple of the Holy Spirit. Ask God to show you any areas where you need to purify your temple. Ask Him to teach you how to keep yourself holy and sanctified unto Him.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

<u>My Meditation Scripture for Today</u>: Write out your scripture by hand below.

Hidden addictions. All addictions are not necessarily to sinful things. Ask God to help you recognize any areas where you've become dependant on *things* as your source of joy, peace or fulfillment. Whether it's golfing, TV, feeling needed, or feeling important, ask God to help you release that addiction once and for all.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

My Meditation Scripture for Today: Write out your scripture by hand below.

The God sized hole. God designed a special place inside of you for His very own dwelling place. Ask Him to help you fill your temple with Him and Him alone. Ask Him to reveal any substitutes that you have tried to fill your life with (work, food, boyfriends, busyness, etc) and repent of anything that comes to your heart.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!

Date _____

Day #_____ **of Fast**

Beyond The Veil
Prayer Journal

<u>My Meditation Scripture for Today</u>: Write out your scripture by hand below.

Reflecting on Your Journey. Think back over your journey with the Lord. Reminisce with Him about the hard times He's brought you through, and the good times you've had together. Thank Him for His continued faithfulness.

Stop and listen for the voice of God.
Then, write down what you sense Him speaking to you on the back of this paper.

© 2012 www.hem-of-his-garment-bible-study.org
The Hem's School of the Spirit – Helping YOU Connect to God Through His Word!