

**Needs:**

Pray for personal needs in your own life. Examples:  
Growth in Christ, personal issues, relationships, school, etc.

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**“And my God will supply every need of yours according to His riches in glory in Christ Jesus.” (Philippians 4:19)**

**Thanksgiving**

Thank God for hearing you, answering you, loving you, and caring for you.

**“I will give thanks to the Lord with my whole heart; I will recount all Your wondrous deeds. I will be glad and exult in you; I will sing praise to Your name, O Most High” (Psalm 9:1-2)**

BE ANXIOUS FOR NOTHING  
*but in*  
**EVERYTHING**  
BY PRAYER & SUPPLICATION  
*with* THANKSGIVING  
— LET YOUR REQUESTS —  
BE MADE KNOWN TO GOD  
**AND THE PEACE** — OF —  
GOD  
WHICH SURPASSES ALL COMPREHENSION  
WILL GUARD YOUR HEARTS & YOUR MINDS  
— IN —  
**CHRIST JESUS**

**Prayer Journal**  
**P.A.I.N.T.**

**(Praise, Ask Forgiveness of Sins, Intercede for Others, Needs, Thanksgiving)**

**Praise-** Praise God for who He is and what He has done  
Read passages of Scripture to the Lord. See:  
Psalms 103:1-5; Isaiah 40:28-31; Romans 11:33-36

**Ask Forgiveness of Sins:**

See Psalm 51:1-12; Ps. 139:23-24

**Intercede for Others:**

List people to pray for on a daily, weekly, and monthly basis. Examples:

- Pray for family members, friends, teammates, classmates, teachers, principles, pastors, government leaders, homeless, persecuted Christians, etc.
- Pray for them for salvation, safety, wisdom, health, growth in Christ, encouragement, etc.

Daily:

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\_\_\_\_\_  
\_\_\_\_\_

Weekly:

Mon. \_\_\_\_\_  
Tue. \_\_\_\_\_  
Wed. \_\_\_\_\_  
Thurs. \_\_\_\_\_  
Fri. \_\_\_\_\_  
Sat. \_\_\_\_\_  
Sun. \_\_\_\_\_

Monthly (List people for each day of the month to pray for)

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