

3-Day Prayer Journal

Theme: Draw Near: Three Days of Meeting with God

Purpose:

To help participants slow down, listen to God, bring their hearts honestly before Him, and develop prayer as a daily rhythm of discipleship.

DAY 1 — COME

Focus: Coming into God's Presence

Scripture:

"Draw near to God, and He will draw near to you." — James 4:8

Reflection:

Prayer isn't about finding the perfect words. It begins with simply coming to God. He already knows your heart, your needs, your fears, and your hopes. Today, focus less on what you need to say and more on remembering who God is.

Journal Prompts:

- What do I want God to know about what is happening in my life right now?
- What is making it difficult for me to slow down and be with God?
- What characteristic of God do I need to remember today?
- Where do I need to trust God rather than try to control the outcome?

Prayer Practice:

Spend 5 minutes simply sitting quietly before God. Begin with:

"God, I am here, and You are here."

Then thank Him for who He is.

My Prayer Today:

One thing I sense God inviting me to do:

DAY 2 — SURRENDER

Focus: Giving God What I'm Carrying

Scripture:

"Cast all your anxiety on Him because He cares for you." — 1 Peter 5:7

Reflection:

Sometimes prayer becomes a list of things we want God to fix. But prayer is also an invitation to release what we are carrying. Surrender doesn't mean we stop caring. It means we trust God with what we cannot control.

Journal Prompts:

- What am I carrying that God never asked me to carry alone?
- What situation am I trying to control?
- What fear do I need to surrender to God?
- Is there a person I need to place into God's hands?

Surrender Exercise:

Write down three things you're carrying:

1. _____
2. _____
3. _____

After each one, pray:

"Lord, I give this to You. Help me trust You with it."

Then write:

What I am choosing to trust God with today:

My Prayer of Surrender:

DAY 3 — LISTEN & GO

Focus: Listening and Responding

Scripture:

"Speak, Lord, for your servant is listening." — 1 Samuel 3:9

Reflection:

Prayer is a conversation, not a monologue. As disciples, we don't only talk to God—we learn to listen for His direction and respond in obedience.

God may bring a Scripture to mind, reveal something in your heart, place someone on your mind, or prompt you to take a specific step.

Journal Prompts:

- What might God be trying to draw my attention to?
- Is there something He has been asking me to do?
- Is there someone He is asking me to encourage, forgive, serve, or pray for?
- What is one step of obedience I can take today?

Listening Prayer:

Spend 5–10 minutes in silence. Ask:

"Lord, what do You want me to know? What do You want me to do?"

Write down what comes to mind. Then test it against Scripture and God's character.
What I sense God is showing me:

My next step of obedience:

Who God is putting on my heart to pray for:

My Prayer:

Closing Page: My Prayer Rhythm

At the end of the three days, I would add a page that helps them turn the journal into a discipleship practice rather than something they complete and forget.

My Prayer Rhythm

When will I spend time with God?

Where will I meet with God?

What time of day works best for me?

What is one thing I want to continue doing from these three days?

Who is one person I will intentionally pray for each day?

My Commitment

"I want prayer to become less of an activity I do and more of a relationship I live."