



PRAYER JOURNAL

THIS JOURNAL BELONGS TO:

CONTENTS

How to Use This Journalvii

52 TOPICS FOR PRAYER AND REFLECTION

For Cultivating an Awareness of God's Presence	1
On Renewal Amidst Discouragement	4
On Repentance & Restoration	7
On Having Believed a Lie	10
On Rest in the Midst of World-Weariness	13
On Desire for Discernment	16
On Help in Time of Temptation	19
On Meeting Christ in Seasons of Doubt	22
On Compassion	25
On Generosity	28
On Comfort in Loneliness	31
On Competition	34
On Missing Someone	37
On Homesickness	40
On Fearing Failure	43
On Trusting God Amidst the Death of a Dream	46
For Restoration After Doing Harm	49
On Seasons of Sorrow	52
For Difficult Anniversaries	55
On the Loss of Possessions	58
On Beginning Something New	61
On Stewardship	64
For Reorienting the Heart in Times of Irritation	67
On Trusting During a Time of Fear	70
On Experiencing Beauty Created By Human Hands	73
On Experiencing Beauty Created By God	76
On Feeling a Sense of Conviction	79
On Cultivating a Desire for God's Word	82

On Praise for Small Things	85
On Praise for Mighty Things	88
On Experiencing a Season of Illness	91
On the Good Work of Waiting	94
On Dealing Redemptively with Anger	97
On Stewarding Daily Tasks	100
On Faithfulness in Work	103
On Caring for a Home	106
On Engaging in a Creative Act	109
On Serving Others	112
On Preparing the Heart & Mind for Learning	115
On Abiding in Christ	118
On Leading Others	121
On Seasons of Rest	124
Before Speaking or Performing in Public	127
On Partings & Goodbyes	130
For Blessing a Space	133
On Seasons of Insomnia & Exhaustion	136
For Blessing a Person	139
On Seasons of Financial Worry	142
On Uncomfortable Conversations	145
On Contentment in the Midst of Coveting	148
On the Christmas Season	151
On Preparing for a Feast with Friends	154

How to Use This Journal

THIS PRAYER JOURNAL CONSISTS OF fifty-two entries. Each entry includes a portion of a liturgy from *Every Moment Holy: Volume I* paired with two passages of scripture and three journal-response prompts. These prompts are intended to guide you toward:

- Cultivating an awareness of God's presence in a particular moment or season as you engage in conversation with your Maker, naming and giving honest expression to your thoughts, feelings, fears, and hopes
- Remembrance of the Lord's faithful presence in similar past moments
- A meditation on the truths of scripture as an anchor and a reminder that this moment sits in the greater context of the entire history of redemption—past, present, and future—and that, regardless of our current emotions or worries, God's promises to us remain true
- Surrender to the workings of the Spirit unto the end that—even through these circumstances—your own heart might be more conformed to the heart of Christ, and that you might be moved toward a deeper life of doxology—praise, worship, and thanksgiving.

Each entry also includes a blank page on which you might pen an original prayer of response in your own words, or capture additional thoughts and notes.

Our intention is to offer, through the fifty-two topics in this journal, a varied cross-section of the ever-changing seasons of the human soul as it navigates seasons of grief, celebration, joy, disappointment, worry, hope, and wonder alike.

Some journal users might opt to work through these fifty-two topics in a year's time, at a pace of one entry per week. Others will doubtless find it helpful to utilize the journal more frequently or more sporadically. You

might ignore some topics but return often to others, working through them repeatedly.

No matter how you choose use it, there is no prescribed pace or order in which you should engage with these prayerful meditations. Our hope is that, however you incorporate this journal into the rhythms of your life, you will find it useful as a sort of spiritual atlas, allowing you to better map the current location of your heart and inviting you to engage more meaningfully with your Creator.

We also hope that in future years this journal might become for you a written witness to look back on—a chronicle of your own spiritual journey and of the movement of God’s mercy, kindness, grace, and love faithfully extended to you over time, meeting you again and again so that you might proclaim along with the Apostle Paul this great truth:

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

—Romans 8:38–39

Now may the grace and peace of
God rest upon you—
across all seasons,
through any circumstance,
in every moment.

—DOUGLAS MCKELVEY & HANNAH HUBIN



Prayer Journal

POETRY READING: PSALM 139

PROSE READING: EXODUS 33:12-17

Inspire me to tell in words, of the holiness of
your presence made manifest in all tasks,
at all hours of all days.

For you, O Lord, are with us always.

Every sphere of life and creation is Yours,
and all are threads of the same bright weave:

our goings-out and our comings-in,
our fellowship and our loneliness,
our youth and our old age,
our passions and our vocations,
our chores and our entertainments.

You are equally present in our failures and
in our successes,

in our sleep and in our wakeful hours,
in our tears and in our laughter,
in our births, in our lives,
and even in the hours of our deaths.
You are everpresent with us.

You are here. You are with me every moment.
Every moment is holy.

Amen.

AN ENTRY FOR

Cultivating an Awareness of God's Presence

FROM "A LITURGY
FOR THE WRITING OF
LITURGIES"

LORD, YOU HAVE SEARCHED ME
AND KNOWN ME. YOU KNOW
WHEN I SIT DOWN AND WHEN I
STAND UP; YOU UNDERSTAND
MY THOUGHTS FROM FAR
AWAY. YOU OBSERVE MY
TRAVELS AND MY REST;
YOU ARE AWARE OF ALL MY
WAYS. BEFORE A WORD IS ON
MY TONGUE, YOU KNOW ALL
ABOUT IT, LORD.

—PSALM 139: 1-4

DATE:

LOCATION:

RESPONSIVE PRAYER:

AN ENTRY ON
**Renewal
 Amidst
 Discouragement**

FROM "THE LITURGY
 OF THE HOURS:
 DAYBREAK"

JESUS REPLIED TO THEM, "IT IS
 NOT THOSE WHO ARE HEALTHY
 WHO NEED A DOCTOR, BUT
 THOSE WHO ARE SICK. I HAVE
 NOT COME TO CALL THE
 RIGHTEOUS, BUT SINNERS
 TO REPENTANCE."
 —LUKE 5:31–32

POETRY READING: PSALM 32

PROSE READING: LUKE 5:27–32

I am weak and inconsistent,
 and often buffeted by fear and pride
 and selfishness. But being impoverished
 and ill-equipped as I am,
 I will look to the grace of God
 and to the sanctifying work of the Spirit
 to accomplish his purposes
 in and through me this day,
 as I, in grateful response,
 seek to choose that which pleases him.

I open my heart anew to you,
 O Lord, that the love of the Father
 and the life of Christ
 and the breath of the Spirit
 would quicken within me
 a greater affection for your ways.

Work your will in me.
 Lead me this day, Lord Christ,
 that I might walk its paths
 in the light of the hope of my
 coming redemption.

Amen.

DATE:

LOCATION:

RESPONSIVE PRAYER:

