

*"Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by **prayer and supplication with thanksgiving** let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."*

St. Paul's letter to the Philippians

THIS JOURNAL BELONGS TO:



vertical
connections

my prayer journal
these forty days
summer 2025



FAITH
Lutheran Church
a beacon of God's love, expanding His Kingdom
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Introduction: God has created us in His image. Jesus calls us His friends. The Father and the Son together have given us the gift of the Holy Spirit. Jesus demonstrated well for us all the relationship the Father desires to have with His people. An important, daily connection that is part of this intimate relationship with God, Father, Son, and Holy Spirit, is prayer.

We encourage you to use this prayer journal to deepen your connection to the Father, and your commitment to walk with Jesus daily. Prayer is simply communicating with God. Jesus lets us know that it is NOT fancy words, or long complicated prayers that our Father craves. It is the heart of His people that He desires to connect with in simple ways.

Our prayer for you is, that by taking the time to connect with God in prayer, through the use of this prayer journal, you may also discover the joy of walking with Him daily. You matter to God. Everything about you matters to God. There are no hopes too big to bring to Him. There are no sins too big for Him to forgive. And there is nothing so small a part of your life that He would not be interested in hearing about it in prayer.

Another prayer for you, as you begin to use this journal, is that you will find within its pages, after you have begun using it, evidence of the ways in which God answers your prayers. Blessings as we begin this journey together.

Record a simple prayer each day. If you miss a day, begin fresh the following day. As you go through these forty days, look, listen, and see the ways in which God responds to your prayers. Write down the ways in which He answers your prayers. Receive the comfort of knowing you have a God who listens, hears, and lovingly responds, always.

DAY ONE: _____

Each of these 40+ days, please spend some time reading through the part of the LORD’S PRAYER and Martin Luther’s explanation that is included at the beginning of the week. This will help us better focus on His prayer when we “pray” it together in worship. It is most helpful when this prayer connects us to the Father...

THE LORD’S PRAYER
(including Martin Luther’s explanation of each petition.)

The Introduction

Our Father, who art in heaven.

What does this mean? With these words God tenderly invites us to believe that He is our true Father and that we are His true children, so that with all boldness and confidence we may ask Him as dear children ask their dear father.

DAY TWO: _____

"Prayer is not the only thing we do – just the first thing we do."
Anonymous

"The function of prayer is not to influence God, but rather to change the nature of the one who prays." - Søren Kierkegaard

DAY THREE: _____

"God is great, God is good. Let us thank Him for our food. By His hands, we are fed. Thank you, Lord, for our daily bread. Amen."

"Good morning, Lord Jesus, this day is for you. Please bless everything I think, say, and do. Amen."

"Lord, You are my strength and my shield; my heart trusts in You, and I am helped. Therefore my heart exults, and with my song I shall thank You."

DAY FOUR: _____

"Dear Lord, thank you for your forgiveness. Thank you for not abandoning us to our mistakes, but for reaching out instead to bring us home. Help convict me of sin and help me accept your mercy without shame. Thank you for the love you have poured out for me and all of your children. Help me live out of that love today. In Jesus' Name, Amen." Charles Stanley

DAY FIVE: _____

God, I am sad. But You are good, and You are there. You listen to me when I cry. I can cry to You and tell You what is wrong. Even when I don't know what to say, I can just pray, "Help me, God, I'm so sad." You promise that whatever I am going through, You will be there. Thank You for always loving me, even when I am really sad. Thank You for this day, even though it's not been the best day. Show me how to cheer up. Help me to have joy in You to sustain me. Help me to see and remember all of the good things You have blessed my life with, and dry my tears. In Jesus' Name, Amen.

DAY SIX: _____

"Behold, Lord, an empty vessel that needs to be filled. My Lord, fill it. I am weak in the faith; strengthen me. I am cold in love; warm me and make me fervent, that my love may go out to my neighbor. I do not have a strong and firm faith; at times I doubt and am unable to trust You altogether. O Lord, help me. Strengthen my faith and trust in You. In You I have sealed the treasure of all I have. I am poor; You are rich and came to be merciful to the poor. I am a sinner; You are upright. With me, there is an abundance of sin; in You is the fullness of righteousness. Therefore, I will remain with You, of whom I can receive, but to whom I may not give. Amen" Martin Luther

DAY SEVEN: _____

The First Petition

Hallowed be Thy name.

What does this mean? God’s name is certainly holy in itself, but we pray in this petition that it may be kept holy among us also.

DAY NINE: _____

Now I lay me down to sleep, I pray the Lord my soul to keep. Keep me always through the night and wake me with the morning light. Amen.

Dear God, help me to be kind today. Help me say nice things, be caring, and share your love wherever I go. Amen.

DAY TEN: _____

"Make us worthy, Lord, to serve our fellow men throughout the world who live and die in poverty and hunger. Give them through our hands this day their daily bread, and by our understanding love, give peace and joy." Mother Teresa

DAY ELEVEN: _____

"Lord, make me an instrument of Your peace. Where there is hatred, let me sow love, where there is injury, pardon Where there is doubt, faith, where there is despair, hope, where there is darkness, light, Where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as to console, not so much to be understood as to understand, not so much to be loved, as to love; for it is in giving that we receive, it is in pardoning that we are pardoned, it is in dying that we awake to eternal life. Amen." St. Francis of Assisi

DAY TWELVE: _____

"My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following Your will does not mean that I am actually doing so. But I believe that the desire to please You does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that, if I do this, You will lead me by the right road, though I may know nothing about it. Therefore, I will trust You always though I may seem to be lost and in the shadow of death. I will not fear, for You are ever with me, and You will never leave me to face my perils alone. Amen." Thomas Merton

DAY FOURTEEN: _____

The Second Petition

Thy kingdom come.

What does this mean? The kingdom of God certainly comes by itself without our prayer, but we pray in this petition that it may come to us also.

DAY FIFTEEN: _____

"God aims to exalt Himself by working for those who wait for Him. Prayer is the essential activity of waiting for God: acknowledging our helplessness and His power, calling upon Him for help, seeking His counsel... Prayer is the antidote for the disease of self-confidence that opposes God's goal of getting glory by working for those who wait for Him." John Piper

DAY SIXTEEN: _____

God, bless my family and keep them safe. Help us to love each other and to care for one another just like You love and care for us.

Thank you, God, for all Your blessings: our food, family, and home. Help us to share what we have with others and to always be thankful.

DAY EIGHTEEN: _____

"Lord, give me grace to hold righteousness in all things that I may lead a clean and blessed life and prudently flee evil and that I may understand the treacherous and deceitful falseness of the devil. Make me mild, peaceable, courteous, and temperate. And make me steadfast and strong. Also, Lord, give Thou to me that I be quiet in words and that I speak what is appropriate. Amen." John Wycliffe

DAY NINETEEN: _____

"My God, Father, and Savior, since You have been pleased to give me the grace to come through the night to the present day, now grant that I may employ it entirely in Your service, so that all my works may be to the glory of Your name and the edification of my neighbors. As You have been pleased to make Your sun shine upon the earth to give us bodily light, grant the light of your Spirit to illumine my understanding and my heart. And because it means nothing to begin well if one does not persevere, I ask that You would continue to increase Your grace in me until You have led me into full communion with Your Son, Jesus Christ our Lord, who is the true Sun of our souls, shining day and night, eternally and without end. Hear me, merciful Father, by our Lord Jesus Christ. Amen." John Calvin

DAY TWENTY-TWO: _____

"To pray effectively we must want what God wants-that and only that is to pray in the will of God. And no petition made in the will of God was ever refused." A.W. Tozer

"When we work, we work. When we pray, God works."
J. Hudson Taylor

DAY TWENTY-FOUR: _____

*Heavenly Father, I come before You in my time of weakness.
Strengthen me with Your loving grace. Renew my body, O Lord, as
You renew my soul. Heal me from within, and make me strong again
in Your mighty name, through Christ our Lord. Amen.*

DAY TWENTY-FIVE: _____

"Thou only art holy, Thou only the Lord; Truth, mercy and judgment shine forth in Thy Word. Thou rulest and reignest all others above; Thy throne is eternal, Thy scepter is love. Thou only art holy; In Thee is our trust; Thy laws are unchanging, Thy statutes are just. All nations and people before Thee shall fall; The Father, Redeemer and Savior of all" Amen. Fanny Crosby

DAY TWENTY-SIX: _____

"Ineffable Creator, who, from the riches of Your wisdom, designed three classes of angels and placed them above the heavens in a wonderful order and distributed the parts of the universe in the most elegant way, You who are the true source of light and wisdom, deign to shed upon my understanding a ray of Your light to remove from me the double darkness of my birth, the darkness of both sin and ignorance. You, who make the tongues of children speak eloquently and who infuse my lips with the grace of Your blessing, give me a keen mind for understanding, a capacity to retain knowledge, a method and facility for learning, the subtlety of interpretation, and an abundant capacity for communication. Direct the beginning, oversee the progress, and bring the task to completion, You who are truly God and man, who lives and reigns forever and ever. Amen."

Thomas Aquinas

DAY TWENTY-EIGHT: _____

The Fourth Petition

Give us this day our daily bread.

What does this mean? God certainly gives daily bread to everyone without our prayers, even to all evil people, but we pray in this petition that God would lead us to realize this and to receive our daily bread with thanksgiving.

DAY TWENTY-NINE: _____

"God aims to exalt Himself by working for those who wait for Him. Prayer is the essential activity of waiting for God: acknowledging our helplessness and His power, calling upon Him for help, seeking His counsel... Prayer is the antidote for the disease of self-confidence that opposes God's goal of getting glory by working for those who wait for Him." John Piper

DAY THIRTY: _____

"Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ where I lie, Christ where I sit, Christ where I arise, Christ in the heart of everyone who thinks of me, Christ in the mouth of every one who speaks to me, Christ in every eye that sees me, Christ in every ear that hears me. Salvation is of the Lord. Salvation is of the Christ. May your salvation, Lord, be ever with us." Amen. St. Patrick

DAY THIRTY-ONE: _____

"I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, because of your partnership in the gospel from the first day until now. And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. It is right for me to feel this way about you all, because I hold you in my heart, for you are all partakers with me of grace, both in my imprisonment and in the defense and confirmation of the gospel. For God is my witness, how I yearn for you all with the affection of Christ Jesus. And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God." Amen. St. Paul, an apostle of Jesus Christ

DAY THIRTY-TWO: _____

"We ask You to bless people everywhere, famous or unknown, rich or poor, so that they would all faithfully serve You and enjoy whatever You determine they need. We especially ask that You would arrange stability and peace in the affairs of this world through Your providence. We ask this so that Your Church can joyfully serve you in all quietness. We leave all we have with You, especially our friends and those who are dear to us. We desire that when we are dead and gone that they would similarly lift their souls to You. Teach those who come after us to praise, love, and obey You. And if we wake in the morning, may we praise You again with joyful lips, still offering ourselves to You as a more acceptable sacrifice through Jesus in whose words we beg You to hear us. Amen" John Wesley

DAY THIRTY-THREE: _____

God, thank You for this day! Thank You for the birds and the animals, the flowers and the trees, the lakes and the streams, and the sun that rises and sets over them each day. Thank You for creating everything we see! Thank You for the life we live, and for making each person different. Thank You for Jesus, who died for us so that we can go to heaven one day just for believing in Him. What an amazing God You are! In Jesus' Name, Amen.

DAY THIRTY-FOUR: _____

Heavenly Father, I come before You burdened by bitterness and resentment. I recognize that these emotions have kept me captive for too long. I ask for Your forgiveness and the strength to forgive those who have wronged me. Please help me release the weight of anger and hurt, and fill my heart with Your love and peace. Holy Spirit, I invite You to work within me, bringing freedom from the chains of bitterness. Transform my heart, renew my mind, and lead me on a path of healing and reconciliation. I surrender my pain to You, trusting that Your grace is sufficient for all things. May Your peace, which surpasses all understanding, guard my heart and mind in Christ Jesus. In Jesus' name, I pray. Amen.

DAY THIRTY-SIX: _____

"A man may study because his brain is hungry for knowledge, even Bible knowledge. But he prays because his soul is hungry for God."
Leonard Ravenhill

"You can do more than pray AFTER you have prayed, but you cannot do more than pray UNTIL you have prayed... Prayer is striking the winning blow... service is gathering up the results." Dutch Sheets

DAY THIRTY-SEVEN: _____

God, Sometimes I don't feel like talking about what's wrong. I just want to be mad or sad or frustrated. I would rather sit by myself. Sometimes, things feel too big for me to figure out. Sometimes, life seems really unfair. I need Your help, God. You are the only One who sees everything and knows everything. You are the only One who knows everything about me. Can You help me to trust You, today? Please teach me how to take what I feel and give it to You to sort out. In Jesus' Name, Amen.

DAY THIRTY-EIGHT: _____

"Our Father and Our God, we praise You for Your goodness to our nation, giving us blessings far beyond what we deserve. Yet we know all is not right with America. We deeply need a moral and spiritual renewal to help us meet the many problems we face. Convict us of sin. Help us to turn to You in repentance and faith. Set our feet on the path of Your righteousness and peace. We pray today for our nation's leaders. Give them the wisdom to know what is right, and the courage to do it. You have said, 'Blessed is the nation whose God is the LORD.' May this be a new era for America, as we humble ourselves and acknowledge You alone as our Savior and Lord. This we pray in Your holy name, Amen." Reverend Billy Graham

DAY THIRTY-NINE: _____

"A man may study because his brain is hungry for knowledge, even Bible knowledge. But he prays because his soul is hungry for God."

Leonard Ravenhill

DAY _____:

The Seventh Petition

But deliver us from evil.

What does this mean? We pray in this petition, in summary, that our Father in heaven would rescue us from every evil of body and soul, possessions and reputation, and finally, when our last hour comes, give us a blessed end, and graciously take us from this valley of sorrow to Himself in heaven.

DAY _____: _____

The Conclusion

For Thine is the kingdom and the power and the glory forever and ever. Amen.

What does this mean? This means that I should be certain that these petitions are pleasing to our Father in heaven, and are heard by Him; for He Himself has commanded us to pray in this way and has promised to hear us. Amen, amen means "yes, yes, it shall be so."