

## Prayer Journaling

1. Date your journal entries.
2. Read Scripture for inspiration.
3. Write a key thought from your Scripture reading in your journal.
4. Write down your reactions and concerns to God.
5. Write down the thoughts or describe the pictures you receive spontaneously.
6. Share what you have heard.
7. Check out what you hear from God based on the following:

1. Know Your Bible; God does not contradict himself.

*All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.*

2 Timothy 3:16-17 NIV

2. Gods thoughts are usually spontaneous.

I Corinthians 2:10-11... *God has revealed it to us by His Spirit... no one knows the thoughts of God except the Spirit of God. Learn to discern between His thoughts, your thoughts and those originating from the Devil.*

Matthew 16:23

3. Check out what you see or hear with spiritually mature believers.

*Two or three prophets should speak, and the others should weigh carefully what is said.*

1 Corinthians 14:29 NIV

4. Believe, i.e. you must accept the Spirit's communication at your heart level. Give up any ungodly beliefs.

*For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.*

Romans 10:10 NIV

5. Obey and apply what you have received. That makes it real.

*Isn't it obvious that God-talk without God-acts is outrageous nonsense?*

James 2:17 The Message

6. Love, by sharing with others what God has taught you.

*He answered: "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind;" and, "Love your neighbor as yourself."*

Luke 10:27 NIV

Credit: Mark Vinkler

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# Prayer Journaling

## Relationship with the Father

1. 1 John 4:7-12
2. John 5:19-27
3. John 17:20-26
4. Ephesians 1:3-14
5. Romans 12:4-8
6. Psalm 119:9-15
7. Romans 12:3-21

## Relationship with the Son

1. Acts 19:1-7
2. 1 John 3:1-10
3. Mark 9:14-19
4. John 14:15-19
5. 1 Corinthians 12:1-11
6. Colossians 2:1-13
7. John 4:13-24

## Relationship with the Holy Spirit

1. 1 Corinthians 14:1-12
2. 1 Corinthians 2:6-16
3. Acts 1:1-8
4. Matthew 7:7-11
5. 1 Corinthians 14:1-5
6. Romans 8:5-17
7. John 16:5-15

## Transformation

1. Matthew 18:1-9
2. Psalms 119:9-16
3. 1 John 2:20 -29
4. Ephesians 2:1-10
5. 1 Thessalonians 5:23-24
6. 2 Timothy 3:1-17
7. 2 Corinthians 5:16-21



Prayer Counseling Ministry

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