

JOURNAL · PRAYER JOURNAL · PRAYER JOURNAL · PRAYER JOURNAL



KARMEL COMMUNITY



*21 DAY*  
*PRAYER*  
*JOURNAL*

**A JOURNAL DESIGNED TO HELP YOU GROW  
IN THE PLACE OF PRAYER**

**POWERED BY @ THE HOLY SPIRIT**

# HOW TO USE THIS PRAYER JOURNAL

Watch this video [here](#) to help get you started. It is not a requirement but you are encouraged to use this journal along with our Prayer Handbook available [here](#).



- 1. Daily:** Set-up a specific time to pray everyday over this period. This will help you develop consistency. Ensure this time is distraction free.
- 2. Daily:** Use the scriptures given as prompts (or replace this with any God lays on your heart) as prompts for meditation. You can also learn more about how to meditate on scripture [here](#).
- 3. Daily:** Write down your insights from the scripture at this point in time, i.e. don't base it on previous understanding but on what revelation you are receiving now.
- 4. Weekly:** On a weekly basis, reflect on how the week went, using the questions given as prompts.

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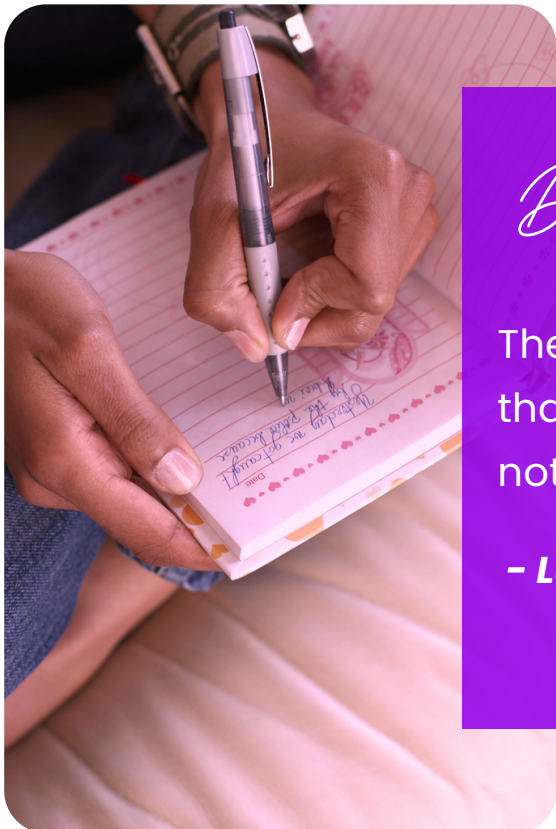
"To pray is to enter the treasure-house of God and to gather riches out of an inexhaustible storehouse"

- *Charles Spurgeon*

# Week 1

“ But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him”

– *Hebrews 11:6*



# Day 1

Then He spoke a parable to them,  
that men always ought to pray and  
not lose heart

**- Luke 18:1**

## SCRIPTURE REFLECTION

**Date:** \_\_\_\_\_

MEDITATE ON THE SCRIPTURE  
ABOVE OR ANY GOD LAYS ON  
YOUR HEART. WRITE DOWN  
THE KEY INSIGHTS YOU  
RECEIVE

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Now, use the insights from your time of meditation and spend time talking to God. As you do so, ensure you have intermittent times of silence so you can create space to hear God. Use the sheet below or your personal journal to document what you hear

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## Day 2

Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you

**- 1 Thessalonians 5:16-18**

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## Day 3

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God

**- *Philippians 4:6***

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## Day 4

Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need

- **Hebrews 4:16**

### SCRIPTURE REFLECTION

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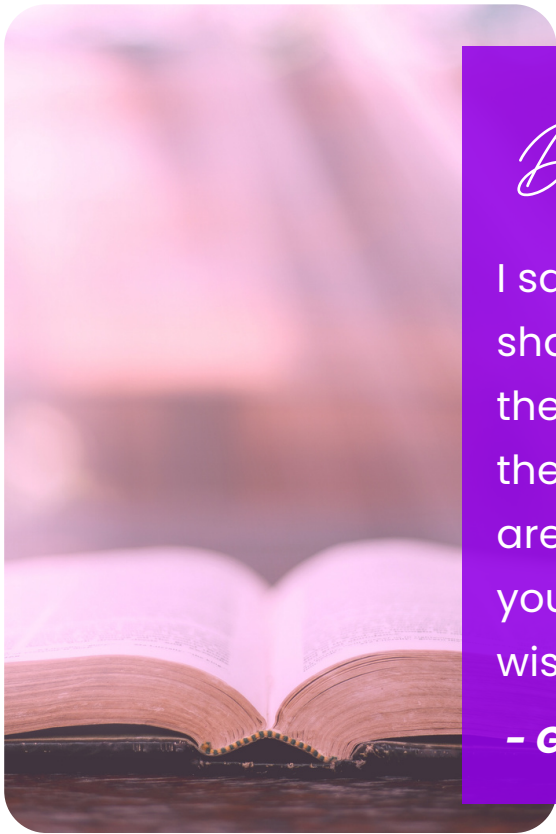
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# Day 5

I say then: Walk in the Spirit, and you shall not fulfil the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish

**- Galatians 5:16-17**

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## Day 6

Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered

**- Romans 8:26**

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*Day 7*

So he answered and said to me: "This is the word of the Lord to Zerubbabel: 'Not by might nor by power, but by My Spirit,' Says the Lord of hosts

**- Zechariah 4:6**

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# WEEKLY REFLECTION

WEEK 1

What do you think worked well in your time of prayer this week and why? Did you experience anything new?

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What didn't work so well and why? What hinderances did you face?

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What would you like to see change in your prayer encounter next week? What expectations do you have?

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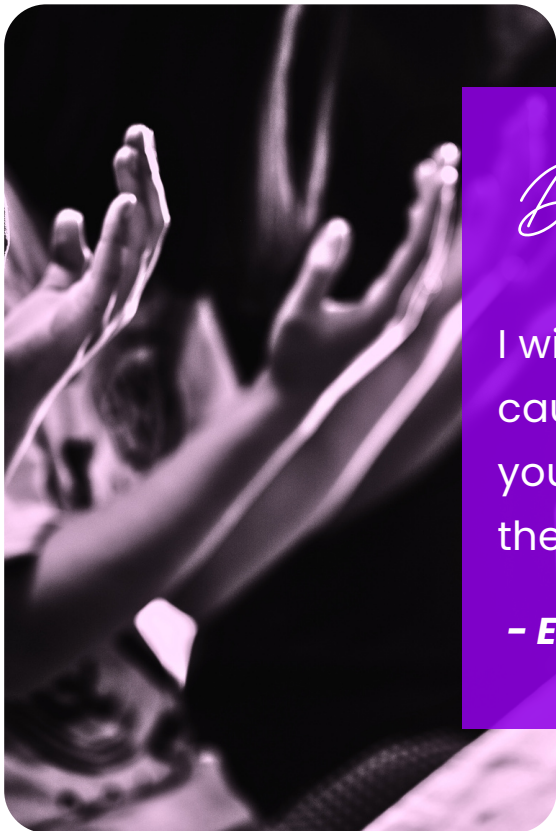


# Week 2



True prayer is neither a mere mental exercise nor a vocal performance. It is far deeper than that – it is a spiritual transaction with the Creator of Heaven and Earth"

*– Charles Spurgeon*



*Day 8*

I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them

**- Ezekiel 36:27**

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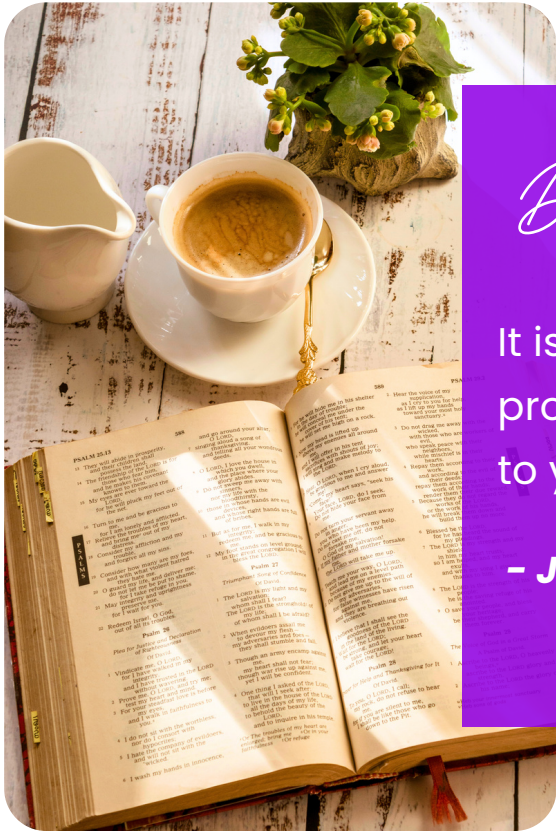
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# Day 9

It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life

- John 6:63

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## Day 10

Praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints

**- Ephesians 6:18**

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## Day 11

Call to Me, and I will answer you, and show you great and mighty things, which you do not know

- **Jeremiah 33:3**

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# Day 12

Continue earnestly in prayer, being vigilant in it with thanksgiving

- **Colossians 4:2**

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## Day 14

Rejoicing in hope, patient in tribulation, continuing steadfastly in prayer

- Romans 12:12

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# WEEKLY REFLECTION

WEEK 2

What do you think worked well in your time of prayer this week and why? Did you experience anything new?

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What didn't work so well and why? What hinderances did you face?

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What would you like to see change in your prayer encounter next week? What expectations do you have?

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# Week 3

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Prayer should not be regarded as a duty which must be performed, but rather as a privilege to be enjoyed, a rare delight that is always revealing some new beauty”

– *E.M. Bounds*



*Day 15*

Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak

**- Matthew 26:41**

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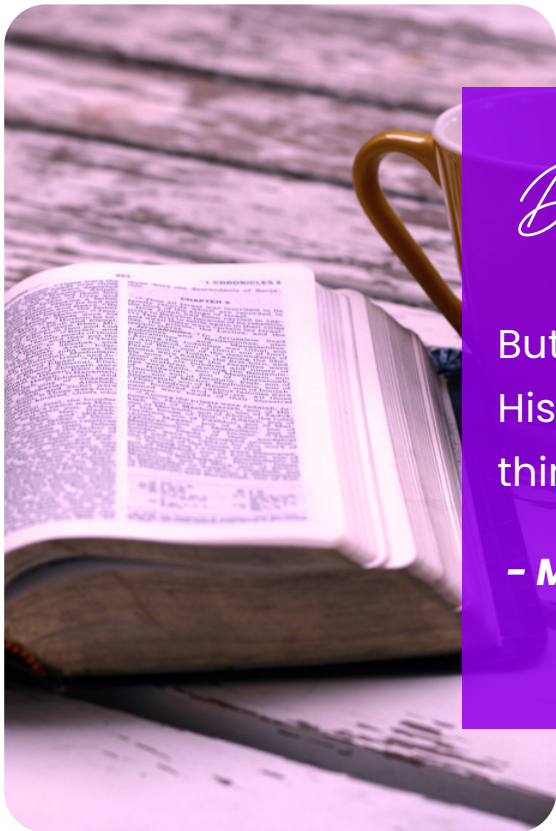
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*Day 16*

But seek first the kingdom of God and His righteousness, and all these things shall be added to you

**- Matthew 6:33**

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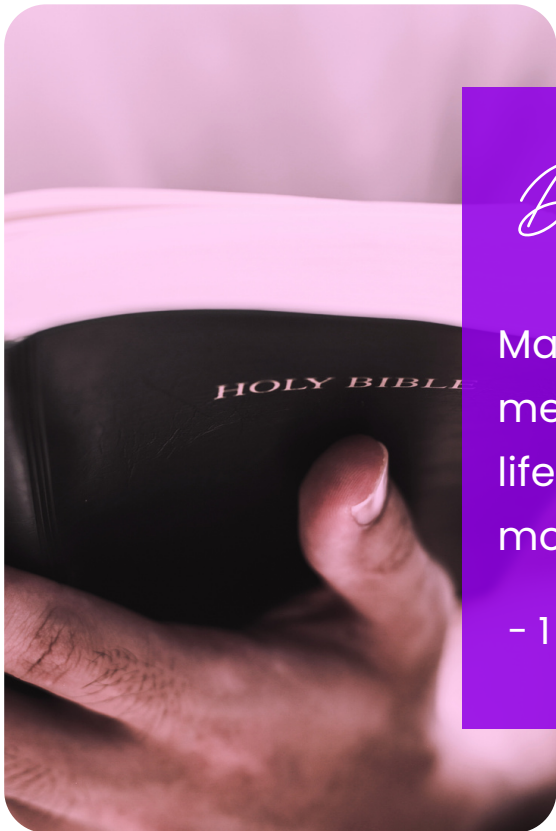
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## *Day 11*

Make all of this your constant meditation and make it real with your life so everyone can see that you are moving forward

- 1 Timothy 4:15

### SCRIPTURE REFLECTION

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## Day 18

And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much

**- James 5:15-16**

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## Day 19

But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. Suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were loosed

**- Acts 16:25-26**

### SCRIPTURE REFLECTION

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## Day 20

For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope

**- Jeremiah 29:11**

### SCRIPTURE REFLECTION

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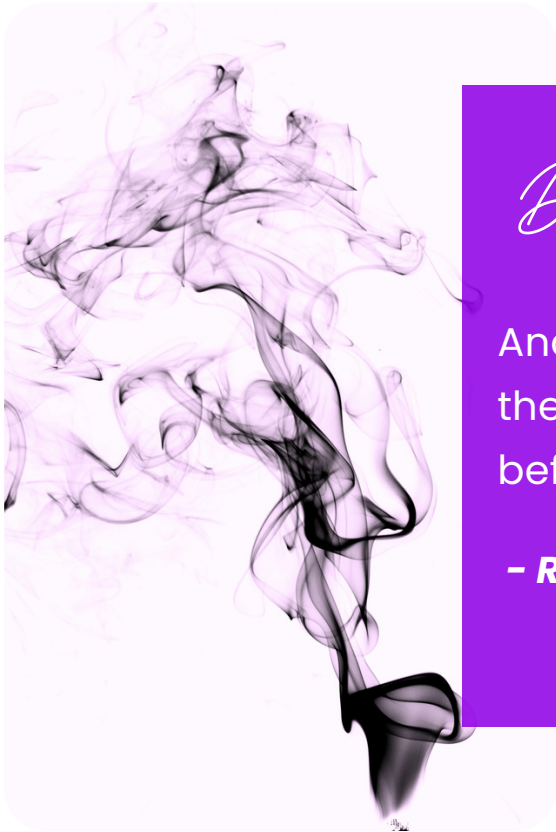
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*Day 21*

And the smoke of the incense, with the prayers of the saints, ascended before God from the angel's hand

**- Revelation 8:4**

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# WEEKLY REFLECTION

WEEK 3

What do you think worked well in your time of prayer this week and why? Did you experience anything new?

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What didn't work so well and why? What hinderances did you face?

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What would you like to see change in your prayer encounter going forward? What expectations do you have?

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Overall, how was the 21 day prayer experience for you?

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# WHAT IS NEXT?

Now you have embarked on a journey of consistent prayer and intentionally spending time with God it is important that you do not lose the momentum you have gained. Distractions will come your way, the temptation to give up will come. You may even feel that this journey you have been on hasn't yielded any fruit in your life but do not believe these lies. This exercise has helped you gain miles in the Spirit and has impacted your life in more ways than one.

As you journey on, it is important that you ask the Holy Spirit to help you as you continue to pursue God. He is the only one that can truly help you and keep you in the path of God. Stay disciplined, stay focused and continue to rely on Him. Find a community of like-minded believers to plug into so that you have a company of people who can encourage you, you can encourage and who you can be accountable to. You may also want to consider plugging into our community, joining our fire tribes or our mailing list where we share content to help you grow.

Below are a couple of resources that you can use to carry on this journey especially in your time of devotion with God.

- [\*\*Firebrand: Prayer Journal\*\*](#) by Debola Deji Kurunmi
- [\*\*Father, Here I Am\*\*](#) by Joann Rosario Condrey
- [\*\*Reset: 20 Ways to a Consistent Prayer Life\*\*](#) by Bob Sorge
- [\*\*Adventures in Prayer: A 40-Day Journey\*\*](#) by Mary Jo Pierce

*The links provided are specifically for Amazon but note that these resources can be purchased or accessed from other websites.*

## YOU DID IT!

On behalf of the Karmel Community Team, I would personally like to congratulate and say a big well done for investing in your prayer life. Trust me when I say that the benefits you will reap from this lifetime investment are endless. I pray that this journal would rekindle a fire in you that will never go out! A fire that will spread and that will impact generations & nations. I pray you will keep going higher and higher in Him; such heights that you could never have imagined. From this day forth may you live out your days as is written in Heaven's book concerning you. Amen

*Mom  
Adiah*



*Stay Blessed!*

### CONNECT WITH US

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