

# MY PRAYER JOURNAL



# Welcome to your Lent 2022 personal prayer journal!

As part of our church's 40 Day Prayer Challenge, we encourage you to deepen your personal prayer life by using this prayer journal daily, together with your devotional materials, during this Lent season (2 Mar – 15 Apr 2022).

## **What is a Prayer Journal?**

A prayer journal is simply a journal for you to write your prayers in. It is your personal and private space to pen down your thoughts, emotions, questions, requests and petitions to God. Here, you can be honest. There is no need to write in complete sentences or perfect English. Speak freely with God! And use this as a tool to connect more deeply with His heart.

Think of this journal as an “altar of remembrance”. In Scripture, people like

Abraham, Jacob and Moses built stone altars after encountering God. These altars served as a reminder of God's character, God's promises and how God answered their prayers. In essence, this is what we hope this prayer journal can be as well!

May this journal help you commune with God in prayer during Lent, and in time to come, encourage you as you look back and remember the times you met with God.

(As part of the 40 Day Prayer Challenge, we also encourage you to pray with 1-2 prayer partners each week during the Lent season. A guide is provided at the back of the booklet for these weekly prayer times.)

Check off the boxes as you progress:

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Holy Wk
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Day 5    Day 11    Day 17    Day 23    Day 29    Day 35  
Palm Sun

Day 6    Day 12    Day 18    Day 24    Day 30    Day 36  
Holy Mon

Day 1    Day 7    Day 13    Day 19    Day 25    Day 31    Day 37  
Ash Wed   Holy Tue

Day 2    Day 8    Day 14    Day 20    Day 26    Day 32    Day 38  
Holy Wed

Day 3    Day 9    Day 15    Day 21    Day 27    Day 33    Day 39  
Maundy Thu

Day 4    Day 10    Day 16    Day 22    Day 28    Day 34    Day 40  
Good Fri

## **Day 1**

### **(Ash Wed – 2 Mar 2022)**

1. What is one thing you want to give thanks to God for today?
2. As you meditate on the Word today, what is one thing God is impressing on your heart?
3. What is one prayer request you have of God today?

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# Day 35

## (Palm Sunday – 10 April 2022)

As we start the Holy Week, we include a prayer each day based on one of the traditional Scripture readings used in church lectionaries.<sup>1</sup>

**PRAY:** Lord God,  
I give you thanks, for you are  
good, and your mercy is endless.  
Here I stand, at the start of this  
holy week,  
This week in which your church  
remembers Jesus' passion  
and death,

And I am distracted by many  
things.  
Turn my eyes now to the One  
who comes in your name  
The one who opens the gates  
of righteousness  
The one who answers when  
we call.

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<sup>1</sup> Adapted from *8 Prayers to Pray Each Day of Holy Week*  
by Rachel Marie Stone, <https://www.ibelieve.com/faith/8-prayers-to-pray-each-day-of-holy-week.html>

I bless you, Lord, for shining  
your light upon me,  
And for sending your son to us,  
in human frailty.  
To walk the road we walk.  
Open my eyes that I may see  
him coming,

And may praise him with a pure heart.  
And may walk in the way of his suffering,  
And share also in his resurrection.

Through Jesus Christ our Lord, who lives  
and reigns with you and the Holy Spirit,  
one God for ever and ever. Amen!

(Based on Matthew 21:1-11; Psalm  
118:1-2; 119:19-29)

1. What is one thing you want to give thanks to God for today?



2. As you meditate on the Word today, what is one thing God is impressing on your heart?

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## Day 36 (Holy Monday)

**PRAY:** Lord God,  
Six days before his death, your son sat  
with Lazarus,  
Whom he had raised from the dead,  
And ate dinner with his friends.

Once again, your gospel tells us, Martha  
served,  
And Mary knelt at Jesus' feet  
To anoint them with costly perfume.  
The disciple who was about to betray him  
Said that it was a waste.

He didn't care about the poor, really –  
He just wanted to fill his own pockets  
And make Mary feel ashamed.

Lord God,  
Often we cannot discern what is best:  
When to pour out costly perfume for your  
sake,  
Even if the world thinks it a waste.

When to be busy serving,  
Or when to rest at your Son's feet and  
learn.  
Give us ears to hear you and eyes to see.

For the sake of your Son, Jesus Christ.  
Amen!

(Based on Matthew 21:10-17; John  
12:1-8)

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thanks to God for today?

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what is one thing God is impressing  
on your heart?

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## Day 37 (Holy Tuesday)

**PRAY:** Lord God,

The message of the cross is difficult to take.

How can death give way to life? How can weakness be strength?

Yet your word says that Jesus, being God,  
Took on human flesh  
And suffered the worst kind of death.  
How can this be?

This message is indeed difficult to take.  
But your foolishness is wiser than our  
wisdom.

Your weakness is greater than our  
strength.

Help us to know that none of us can boast  
before you.

It is only in Christ Jesus that we can boast.  
In his name, we ask you to help our  
unbelief.

That we may love you, and walk in the  
way Jesus taught us.

In his name,  
Amen.

(Based on Matthew 26:36-46; Hebrews  
5:7-9)

1. What is one thing you want to give thanks to God for today?
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## Day 38 (Holy Wednesday)

**PRAY:** Lord God,  
We tremble to think  
That it was one of Jesus' own friends who  
betrayed him.  
One who sat by him, who broke bread  
with him.

Give us strength, we pray,  
To walk faithfully with Jesus,  
Even when the road we walk is rocky  
Even when the message of the cross  
seems like foolishness  
And even when we feel betrayed.

You, Lord, are always faithful.  
We stumble, we become lost,  
But you are steady and sure.  
Give us the grace to endure our troubles,  
And reveal to us the glory of your  
kingdom,  
Through your son, Jesus Christ, who lives  
and reigns with you and the Holy Spirit.

Amen.

(Based on Matthew 26:27-56; 1  
Corinthians 1:18)

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## Day 39 (Holy/Maundy Thursday)

**PRAY:** Lord God,  
You sent your Son into the world,  
And before his hour had come,  
He washed his disciples' feet.

You had given all things into his hands.  
He had come from you, and was going to  
you,  
And what did he do?  
He knelt down on the floor,  
And washed his friends' feet.

He was their teacher and their Lord,  
Yet he washed their feet.  
Lord God, help us learn from his example;  
Help us to do as he has done for us.

The world will know we are his disciples  
If we love one another.  
Strengthen our hands and our wills for  
love  
And for service.

Keep before our eyes the image of your  
Son,  
Who, being God, became a Servant for  
our sake.

All glory be to him who lives and reigns with you and the Holy Spirit, One God, now and forever.

Amen!

(Based on John 13:1-17; 13:34-35)

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## Day 40

(Good Friday – 15 April 2022)

**PRAY:** Lord God,  
Jesus cried out to you on the cross,  
“Why have you forsaken me?”  
You seemed so far from his cry  
And from his distress.

Those who stood at the foot of the cross  
Wondered where you were,  
As they saw Jesus mocked and shamed  
and killed.  
Where were you then?

Lord God,  
We, too, ask where you are,  
When there is trouble and suffering and  
death,  
And we cry out to you for help.

Be near to us, and save us  
So that we may praise you for your  
deliverance.

Lord God,  
We wait, on Friday, for the resurrection of  
Sunday  
And sometimes our lives seem a  
succession of Fridays

And we cannot see what is “Good.”

Teach us to call your name

As Jesus did.

Make us to trust in you like little children.

In Jesus’ name,

Amen.

(Based on John 18:1-40; 19:1-42; Isaiah 52:13-15; 53:1-12; Hebrews 10:16-25; Psalm 22)

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# Guide for Weekly Prayer Time with Prayer Partner(s)

As part of the 40 Day Prayer Challenge, we encourage you to pray with 1-2 prayer partners each week during Lent. The following is a suggested guide for these weekly prayer times. The timings are given with the aim of keeping these prayer times to a manageable 20 minutes. However, it is important not rush through the process – take as much time as you can afford to share and pray.

## **PREPARATION (3 MINUTES)**

Be still and attend to the presence of God. You may also read a passage of Scripture from your daily devotional to centre your thoughts on God.

## **SHARING (7 MINUTES)**

Take turns to share the following:

- One thanksgiving item for the past week
- One answered prayer
- One prayer request for the coming week.

## **PRAYER (10 MINUTES)**

Pray for one another according to what has been shared.

Pray also for the world, Singapore, the Bible Church and others, as you are led.

## **CLOSING (1 MINUTE)**

To close, pray the Lord's Prayer together, aligning your thoughts and priorities with Jesus'.

*Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,*

*on earth as it is in heaven.*

*Give us today our daily bread.*

*And forgive us our debts,*

*as we also have forgiven our debtors.*

*And lead us not into temptation,*

*but deliver us from the evil one.*

*for yours is the kingdom and the power  
and the glory forever. Amen.*





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