



## PREPARING A PRAYER NOTEBOOK

1. Pray. Ask God to honor and bring fruit to what you are setting out to do.
2. Review verses which relate to the following four ACTS of prayer:
  - Adoration (Praise) – Matthew 6:9
  - Confession (Repentance) – Matthew 6:12
  - Thanksgiving (Gratefulness) – Psalm 118:1
  - Supplication (Ask/Petition) – Philippians 4:6-7
3. Prepare the first 4 pages of your notebook. Page 1 should have Adoration written at the top as the title. Under the title, write the verses and the references you found. Repeat for Confession, Thanksgiving, and Supplication.
4. On a new sheet of *scratch* paper (not in your notebook), prepare a list of **people and people groups** for whom you'd like to pray for regularly. Think of all the people groups you are part of; your family, your work, and friends in your social settings, etc. You can pray for these people individually or as a group.
5. Add to this list the **events** for which you'd like to pray; your Bible study meeting, worship service, small groups, etc. Be sure to include one-time events also, for example a big project coming up at work, a wedding or a graduation (Psalm 37:23).
6. Add to this list the **organizations** for which you'd like to pray – these are ministries and causes you support. For example, pray for The Tolson Group, The Gathering of Men, your local church, and other ministry groups doing the work of the Lord (feeding starving children, building water wells, serving the poor, etc.).
7. Add to this list other countries that are close to your heart, or that God has placed on your heart and mind, so your prayer life will not be limited to where you live (Acts 1:8).
8. Take this long list of prayer subjects (created in steps 4-7) and subdivide each list into 7 pages in your notebook. When finished, you will have 7 small lists representing each day of the week. It's helpful to have a mixture of people, organizations or ministries, a country, and at least one event on each day.
  - Remember, as you move forward with this notebook your lists will change and fluctuate. It's ok to add and remove people, places and events from your prayer notebook as time goes on.
9. Title each of the subdivided lists with the days of the week. These daily lists will now serve as the table of contents for each day of the week in your notebook. If you like, use divider tabs to help you easily find these days in your notebook.



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10. To go even deeper and record your requests and answered prayers, you can create individual pages for each subject on your daily table of contents. To do this, use a new sheet of paper and draw 3 columns. The title for the page is the individual item, and the titles for the 3 columns are Date > Request > Answer.
  - For example, if your Sunday list has your church, your mom, and a ministry, you will then prepare 3 new sheets of paper – 1 each for church, mom, and ministry. These sheets for individual items will be placed behind the “Sunday” table of contents in your notebook.
11. You can customize this notebook however you’d like. Using a prayer notebook will help focus your prayers and see God answering them! For more options, you can add a daily prayer sheet to the beginning of your notebook for people you want to pray for every day. Also add a monthly calendar if you like. Place all these sheets in a 3-ring binder that will last. Rejoice and ask God to make you a faithful person at prayer!