

Daily Spiritual/Prayer Journal Questions

Read Psalm 139.23-24 and turn it into a prayer:

Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting.

Then ask yourself:

- As I look back on the day, what were the most significant events?
- Did I have any particularly significant conversations?
- Did I do any reading or hear any teaching? What do I need to do with what I learned?
- How did I feel during the day? What were the emotional high points or low points? Why did I feel as I did? Based on God's Word, is He trying to tell me anything through these feelings?
- Did I find myself worrying about anything today? Can I turn that worry into a prayer?
- Am I likely to face any challenges today? How should I pray about them?
- What did I accomplish today? How does it bring glory to God?
- Did I fail at anything? What can I learn from this?
- How did I do at loving God and others? (you might review 1 Corinthians 13.4-8a as a guide)
- Have I grown in my understanding of God and His Word in the past 24 hours?
- Are there any verses/passages I'm meditating on or memorizing?

Confess any sins to God (1 Jn. 1.9) and turn your concerns into a prayer.