

GUIDED PRAYER JOURNAL

Seven Days of Prayer

A one-week guided journal from the Prayer Room — one psalm, three prompts, and room to write, each day.

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HOW TO USE THIS JOURNAL

Ten honest minutes a day

There is no score and no streak to protect. Miss a day and simply come back — this journal keeps no record of your misses.

Each day follows the same rhythm as the Prayer Room: sit with the psalm first — read it slowly, then read it again out loud, and let its words become your prayer when you don't have words of your own. Then answer the three prompts in whatever order they come. Write by hand if you can; the slowness is part of the prayer.

Prayer here is a relationship, not a performance — and it is never a guaranteed outcome. It is how we stay close to God inside whatever the outcome turns out to be.

If a day ever surfaces more than a journal can hold — grief that turns toward harming yourself, or pain that won't lift — please reach for people, not just pages. In the U.S., call or text **988** (Suicide & Crisis Lifeline) any time, day or night.

Day One — Thank You, first

Meditate with Psalm 100 — thanksgiving as the doorway in.

1. One thing that held today. Name something that simply worked, however small.

2. One person. Who showed up for you — or let you show up for them?

3. One thanks in advance. Thank God ahead of time for something you are still waiting on.

Day Two — When I am afraid

Meditate with Psalm 56 — fear, said out loud to God.

1. The fear, plainly. Write the fear exactly as it sounds in your head. No editing.

2. What is actually true. Underneath it, write what you know is true right now.

3. Fear isn't prophecy. Thank God for one thing fear says is impossible that He has already done before.

Day Three — Kept and protected

Meditate with Psalm 91 — the shelter psalm.

1. Where I need covering. Name the place, person, or situation you are asking God to guard.

2. The battles that aren't mine. What are you handing back to God to fight?

3. Tonight I declare. Write one sentence of trust you will say out loud today.

Day Four — A clean heart

Meditate with Psalm 51 — honesty, mercy, and a fresh start.

1. What I need to own. Name your part — no excuses, no shrinking. Just the truth.

2. What I release. A grudge, a guilt, a pattern: write what you are letting go of.

3. Create in me. Describe the heart you are asking God to build in you.

Day Five — Where my help comes from

Meditate with Psalm 121 — help that doesn't sleep.

1. The mountain in front of me. Describe the thing that looks too big.

2. Help I can accept. Whose help have you been refusing that you could receive this week?

3. Kept, going out and coming in. Write a short prayer for your household's ordinary day.

Day Six — Hope while it still hurts

Meditate with Psalm 42 — sorrow and hope in the same breath.

1. Why are you downcast?. Let your soul answer honestly. Grief is allowed on the page.

2. Yet I will praise. Name one reason — however small — to hope out loud.

3. What I am waiting for. Write the hope down. Waiting is easier with it named.

Day Seven — Known and grateful

Meditate with Psalm 139 — fully known, still fully loved.

1. God, You know. Write one thing about you that God knows and you rarely say.

2. Wonderfully made. Thank God for one way you are made that you usually criticize.

3. Lead me. One step you sense God inviting you to take this week. Write it down.

AFTER THE WEEK

Read your own week back

When the seven days are done, read the journal start to finish in one sitting.

Notice. What kept coming up — the same fear, the same name, the same request?

Thank. What shifted, even slightly? What did gratitude do to the weight of it?

Again. You can start the week over any time. The psalms will wait for you — they have been waiting for people for three thousand years.

More of Dee's own written prayers live in the Prayer Room at only1deelopez.org — shared exactly as she wrote them.