

SUBSTANCE YOUTH PRAYER JOURNAL



In this journal, there are four sections with different ways that you can spend time in prayer.

1. The P.R.A.Y Acronym
2. Praying For Others
3. What Are You Trusting God For?
4. Praying Scripture

You don't have to do all four strategies each time you pray, but these give you an outline for different ways that you can spend time with God. Pick a method you want to use, read through it, and use the blank journal pages to write down your prayers and what you hear God speak to you.

While you pray and sit in God's presence, you can put the Substance Youth prayer playlist on in the background to help you sit and listen. Scan to QR code to listen on Spotify.



P.R.A.Y

The P.R.A.Y acronym can help you focus and organize your prayer time! Follow these four steps:

P: PRAISE - Enter His gates with thanksgiving and His courts with praise.” - Psalm 100:4

God is worthy to be praised! Prayer should begin with praise, worship, and thanksgiving. This means giving Him praise for who He is and what He has done.

You can focus on His characteristics, like His goodness, faithfulness, His love, mercy, holiness, and so many more.

Thank God for all the ways He has shown His goodness in your life. Thank Him for the little and big things He has done for you!

R: REPENT - “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” - 1 John 1:9

Repentance is an act of turning away from sin and turning to God. He already knows them, but confess specific sins that you can think of and repent of them. Ask Him to help you turn away from sin and follow what God says. Lastly, make a plan to confess to a trusted friend, leader, or Pastor.

A: ASK - “Ask and it will be given to you” - Matthew 7:7

God wants us to humbly ask Him for what we need and want. Asking Him means admitting we can't do things on our own. He may not do things in the way we want or expect, but we can trust that His plans are better than our own.

We can ask Him to move in our own lives and in areas where we need help. But it's important to pray for others and ask God to work in others's lives as well! You can pray for your friends, your family, teachers, and neighbors.

Y: YIELD - “Your kingdom come, your will be done” - Matthew 6:10

An important part of prayer is listening to what God says. This takes practice, but sit in His presence, and ask Him to speak to you and to help you trust in Him and His plans for you.

As you listen to Him, be obedient in what He is asking you to do and submit to His will and His plans, trusting that His ways are better! (“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.” - Proverbs 3: 5-6)

PRAYING FOR OTHERS

“I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth.”

- 1 Timothy 2:1-4

It's important to not just pray about yourself, but to also pray for those around you! What are the people in your life walking through, struggling with, or need in their life? Do they need to know and experience God? From the different categories below, write down the names of people that you can be praying for, and on a page in your prayer journal, write out a simple prayer of how you want to see God move in their life!

- Family
- Friends
- Leaders (teachers, coaches, pastors, instructors, small group leaders)
- Your school
- People that don't know Jesus

WHAT ARE YOU TRUSTING GOD FOR?

“Look at the lilies and how they grow. They don’t work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for flowers that are here today and thrown into the fire tomorrow, He will certainly care for you. Why do you have so little faith? And don’t be concerned about what to eat and what to drink. Don’t worry about such things. These things dominate the thoughts of unbelievers all over the world, but your Father already knows your needs. Seek the Kingdom of God above all else, and He will give you everything you need.” - Luke 12:27-31

Did you know that God wants to provide for you? That we can trust Him with the things that we need in our life, for the miracles that we are asking Him to do, for even the little things going on in our lives?

On a page in your journal, tell God what you are worried about, what you feel like you are lacking, what things you need to trust Him for. Ask Him to provide, and trust that He will! Come back to these prayers and see how God showed up in your life! Write down how He answered your prayers!

PRAY SCRIPTURE

Did you know that we can pray scripture when we are talking to God? The Word of God can bring truth, encouragement, and power to our time with Him!

Pray through some of the verses about things you may be experiencing in your own life. But it doesn't have to stop there! Use the verse as a starting point, and then talk to God about what you are experiencing and trusting Him for. (Remember the P.R.A.Y. acronym to help you.)

Feeling anxious?

“Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” - Philippians 4:6-7

Feeling hopeless?

“May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.” - Romans 15:13

Struggling with fear?

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.” - Isaiah 41:10

Need strength?

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” - Joshua 1:9

Feeling overwhelmed?

“Come to me, all you who are weary and burdened, and I will give you rest.” - Matthew 11:28

Needing correction and growth?

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” - Psalms 139:23-24

Pray this over yourself to remember that He is leading and guiding you:

“The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name’s sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.” - Psalms 23:1-6