I**ntroduction**

Prayer Journal

Created by Tammy Sharp

*When I look at your heavens, the work of your fingers,*

*the moon and the stars that you have established;*

*what are human beings that you are mindful of them,*

*mortals that you care for them?*

—Psalm 8:3-4

Everybody prays. If you've ever hoped that a date would say yes, that you would get a good grade on the paper, get the job offer, dodge a diagnosis, then you have prayed. The yearning of the heart is prayer.

If you have ever stood at a mountaintop, overwhelmed by the beauty, or at the ocean, struck by its majesty, or laid in your back yard staring at the stars, millions of miles away, you have prayed.

If you have sat or walked in silence, allowing your spirit to become calm and receptive, if you have listened to your soul, discerning an important decision, or if you have felt a tug within you to do something benevolent, bigger than yourself, then you have prayed. You have experienced what people throughout the ages have called the Holy Spirit. You have communed with God.

Even if you feel far from God right now, God is closer than you think, closer than a brother, closer than your own skin. God is in you and around you, and every breath you take.

Prayer is multifaceted. There are many different ways to pray. Some of these ways are more conducive to your personality than others. There have been many times in my life that I have been stuck in my prayer life. For one reason or another I felt I couldn't even pray. Most often, it was discovering a new way of praying that helped me break through to a new place of deeper peace, greater awareness and more acute introspection.

The small book is a prayer journey. In these 40 chapters we will explore many different ways to pray. If you read these each day, I guarantee you, you will find all kinds of ways to pray. You will not be bored. If you’re stuck, you will get unstuck. Try it.

**Day 1: Some Benefits of Prayer – Strength**

*The Lord gives power to the faint, and strengthens the powerless.*

*Even youths will faint and be weary, and the young will fall exhausted;*

*but those who wait for the Lord shall renew their strength,*

*they shall mount up with wings like eagles,*

*they shall run and not be weary,*

*they shall walk and not faint.*

—Isaiah 40:29-31

**List as many reasons to pray as you can think of:**

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**What might be some of the benefits of setting aside daily time for prayer?**

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**Personal Notes**

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**Day 2: Some Benefits of Prayer – Joy**

*Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near.* *Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

—Philippians 4:4-7

**What are your greatest fears and worries?**

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**What are your greatest joys at this time in your life?**

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**Personal Notes**

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**Day 3: Give Thanks**

*If the only prayer you ever say in your entire life is thank you, it will be enough.*

—Meister Eckhardt

**For what are you thankful?**

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**How do you express thankfulness?**

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**Personal Notes**

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**Day 4: Take Stock of your Prayer Life**

*Seven times a day I praise you for your righteous ordinances.*

—Psalm 119:164

**What does my prayer life look like now? Was it different in the past?**

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**What would I like my prayer life to look like? Where do I feel God’s presence?**

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**Personal Notes**

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**Day 5: Silence**

*The fruit of silence is prayer*

*the fruit of prayer is faith*

*the fruit of faith is love*

*the fruit of love is service*

*the fruit of service is peace.*

—Mother Teresa

**How do you feel when there is silence? What keeps you from having silence in your daily life?**

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**After keeping silence for 30 minutes, share how it felt to keep silent. Did you feel that you “heard” anything different in the silence?**

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**Day 6: *Lectio* *Divina***

*Keep these words that I am commanding you today in your heart. Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. Bind them as a sign on your hand, fix them as an emblem on your forehead, and write them on the doorposts of your house and on your gates.* —Deuteronomy 6:6-9

**On what passage of scripture are you going to meditate? Where do you fit in the passage?**

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**What did this passage mean for the people who first heard it? What does it mean for you today?**

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**Personal Notes**

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**Day 7: *Oratio* – Intercessory Prayer**

*Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened.*

—Matthew 7:7-8

**What do you need to pray about in your own life?**

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**For whom/what do you feel you need to pray?**

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**Personal Notes**

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**Day 8: *Oratio* – Rote or Memorized Prayer**

*Almighty and everlasting God,*

*you have brought us in safety to this new day.*

*Preserve us with your mighty power, that we may not fall into sin nor be overcome in adversity.*

*In all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord.*

**What are some meaningful prayers you know & who taught them to you?**

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**How do these prayers connect you to God and the faith community?**

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**Day 9: *Oratio* – Extemporized Prayer**

*I know, I know. We are Your chosen people.*

*But, once in a while, can't You choose someone else?*

—Tevye, in *Fiddler on the Roof*

**When are some times in your day when you could talk freely, out loud, with God? What keeps you from doing this on a regular basis?**

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**Write down times that you remember talking to God in this free flowing way? How did it feel to be able to do this?**

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**Personal Notes**

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**Day 10: *Meditatio***

*My eyes are awake before each watch of the night, that I may meditate on your promise.*

Psalm 119:148

**List some phrases, verses or words that you could use to focus your time of meditation.**

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**After 15 or 20 minutes of this sort of meditation, write down what this experience felt like. Do you see yourself using this from time to time?**

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**Day 11: *Conteplatio***

*Be still and know that I am God.*

—Psalm 46:10

**What things clutter your mind and make contemplative prayer difficult?**

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**Write a prayer that will acknowledge these things and ask God to take them so that you will be free to be still?**

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**Day 12: *Tentatio***

*I am poured out like water, and all my bones are out of joint;*

*my heart is like wax; it is melted within my breast;*

*my mouth is dried up like a potsherd,*

*and my tongue sticks to my jaws;*

*you lay me in the dust of death.*

—Psalm 22:14-15

**In what ways do you feel you are suffering right now?**

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**Who do you know that is suffering? How can you be with them in their suffering?**

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**Personal Notes**

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**Day 13: Fasting**

*And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.*

—Matthew 6:16-18

**What have you given up to grow in your spiritual life? What was that experience like?**

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**What sort of fast are you willing to take on as a spiritual discipline for a period of time during Lent?**

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**Personal Notes**

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**Day 14: Almsgiving (Generosity)**

*Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust**\** *consumes and where thieves do not break in and steal.*

*For where your treasure is, there your heart will be also.*

Matthew 6:19-21

**What takes most of your time and money? Is that in line with your personal priorities?**

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**What do you feel God is calling you to give?**

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**Personal Notes**

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**Day 15: Making Time**

*He said to them, “Come away to a deserted place all by yourselves and rest a while.” For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them.*

—Mark 6:31-33

**When do you pray? (time, location, purpose)**

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**Try committing 10 minutes per day to pray. Try different times. What time works best for you? Can you make it 20 minutes?**

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**Personal Notes**

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**Day 16: Walking**

*While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him.*

—Luke 24:15-16

**After taking a walk, list things you prayed for and how you felt the presence of God in your walking.**

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**What things distract you as you walk? How can you set those things aside in order to focus on prayer?**

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**Personal Notes**

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**Day 17: Music**

*Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts,**giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.*

—Ephesians 5:18-20

**List various kinds of music and write down how they make you feel? Are there certain times that you listen to each type of music?**

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**Find a kind of music that you think will help you focus on God. Sit and listen to the music for 10-30 minutes. What do you feel? Do you feel God’s presence?**

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**Personal Notes**

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**Day 18: Journaling**

*I, John, your brother who share with you in Jesus the persecution and the kingdom and the patient endurance, was on the island called Patmos because of the word of God and the testimony of Jesus. I was in the spirit on the Lord ’s Day, and I heard behind me a loud voice like a trumpet saying, “Write in a book what you see and send it to the seven churches, to Ephesus, to Smyrna, to Pergamum, to Thyatira, to Sardis, to Philadelphia, and to Laodicea.”*

—Revelation 1:9-11

**Have you been faithful about writing in this journal? What times have worked best for you? What things have gotten in the way of your prayer time and journaling?**

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**Look back through the journal? Do you see any growth in your prayer life? Have prayers been answered?**

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**Personal Notes**

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**Day 19: Confession**

*Create in me a clean heart, O God, and put a new and right spirit within me.*

*Do not cast me away from your presence, and do not take your holy spirit from me.*

*Restore to me the joy of your salvation, and sustain in me a willing spirit.*

—Psalm 51:10-12

**Confession is an important part of prayer. Take time to consider your own shortcomings. Where have you fallen short in placing God first? Who have you not loved as Christ loves? What has God been encouraging you to do, against which you are fighting? You may choose to do this on separate paper if you are concerned someone may see it. Don’t avoid writing it down. Once you are done, you can take the paper and pray over it, and give it to God. But putting it in writing will help you own the sin that draws us to God. Consider sharing this with a trusted friend or pastor, maybe even a therapist.**

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**How do you feel now that you have placed your confession in God’s hands? Do you think you may do this again?**

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**Personal Notes**

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**Day 20: Table Prayer**

*When he was at the table with them, he took bread,*

 *blessed and broke it, and gave it to them.*

—Luke 24:30

**Write down one or two good experiences that you have had around the dinner table. What made this time special?**

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**What table prayers are most meaningful for you and why?**

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**Personal Notes**

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**Day 21: Praying for the World**

*And he said to them,*

*“Go into all the world and proclaim the good news to the whole creation.”*

—Mark 16:15

**Where in the world do you know someone for whom you might pray? What would be your prayer?**

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**List some countries and the various things you could lift to God in prayer for those countries.**

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**Personal Notes**

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**Day 22: Praying with kids: Puzzles, Play, Candles**

*At that time the disciples came to Jesus and asked,*

*‘Who is the greatest in the kingdom of heaven?’*

*He called a child, whom he put among them, and said,*

*‘Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven.*

*Whoever becomes humble like this child is the greatest in the kingdom of heaven.*

—Matthew 18:1-4

**What are your earliest memories of praying? Who taught you to pray?**

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**What ideas do you think you would use to help the children in your life pray? If you try one or two of these things, write down what that was like for you.**

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**Personal Notes**

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**Day 23: Praying with Kids: Blessing, Coloring, Sidewalk Chalk, & Post-it notes**

*Then little children were being brought to him in order that he might lay his hands on them and pray. The disciples spoke sternly to those who brought them; but Jesus said, ‘Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of heaven belongs.’ And he laid his hands on them and went on his way.*

—Matthew 19:13-15

**What are some prayers you could put on post-it notes?**

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**Where are some places that you could put these post-it’s to encourage you and others to pray?**

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**Personal Notes**

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**Day 24: Prayer Stations**

*Keep these words that I am commanding you today in your heart. Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. Bind them as a sign on your hand, fix them as an emblem on your forehead, and write them on the doorposts of your house and on your gates.*

—Deuteronomy 6:6-9

**Where have you experienced designated places for prayer? Where do you feel most comfortable praying?**

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**How and where could you set up a prayer station at home? Where could you see having a prayer station in the church?**

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**Personal Notes**

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**Day 25: The Lord’s Prayer**

*Pray then in this way: Our Father in heaven, hallowed be your name. Your kingdom come. Your will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us to the time of trial, but rescue us from the evil one.*

—Matthew 6:9-13

**Who taught you the Lord’s Prayer? Outside of church, when do you say the Lord’s Prayer?**

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**Take time to think through each petition of the Lord’s Prayer. What in the Lord’s Prayer is the most meaningful to you and why?**

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**Personal Notes**

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**Day 26: Dreaming**

*For God speaks in one way, and in two, though people do not perceive it. In a dream, in a vision of the night, when deep sleep falls on mortals, while they slumber on their beds…*

—Job 33:14-15

**Write down dreams that you can remember having.**

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**What do the dreams you have now tell you about what you are doing or should be doing?**

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**Personal Notes**

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**Day 27: Speaking in Tongues**

*Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words.*

—Romans 8:26

**When someone tells you they speak in tongues, what are your first thoughts?**

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**If you have experienced speaking in tongues, what was that like? If you have not, what do you think it would be like?**

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**Personal Notes**

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**Day 28: Praying for Your Enemies**

*You have heard that it was said, “You shall love your neighbor and hate your enemy.” But I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous.*

—Matthew 5:43-45

**List enemies for whom you could pray, whether or not you are directly associated: people, countries, governments, political figures.**

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**Who wishes you ill? Who has done something wrong to you?**

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**Personal Notes**

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**Day 29: Answered Prayer**

*Isaac prayed to the Lord for his wife, because she was barren;*

*and the Lord granted his prayer, and his wife Rebekah conceived.*

—Genesis 25:21

**What are some answers to prayer that you have experienced?**

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**For what prayers do you need answers at this time?**

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**Personal Notes**

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**Day 30: Unanswered Prayer**

*My God, my God, why have you forsaken me?*

—Matthew 27:46

**Make a list of unanswered prayers.**

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**Why do you think that these prayers are not answered?**

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**Personal Notes**

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**Day 31: Not the Answer I Wanted**

Father, if you are willing, remove this cup from me; yet, not my will but yours be done.”

—Luke 22:42

**What are some prayers that you have prayed and not gotten the answer you wanted?**

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**What would be different in your life if you had been given the answer you wanted?**

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**Personal Notes**

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**Day 32: Hypocritical Prayer**

*And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward.*

—Matthew 6:5

**Look through your prayer journal. Are there prayers that you have been praying without taking action?**

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**What actions might you take to move towards answered prayers? Against what are you fighting at this time?**

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**Personal Notes**

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**Day 33: Public Prayer**

*But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.*

—Matthew 6:6

**Do you pray in public? If you do, how does it feel to lead others in prayer? If you avoid it, what about praying publicly makes you uncomfortable?**

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**When has a public prayer been exceptionally meaningful to you and why?**

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**Personal Notes**

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**Day 34: Stations of the Cross**

*Then the Lord said, “I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters… So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt.” But Moses said to God, “Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?”*

—Exodus 3:7, 10-11

**Have you ever prayed for God to help you discern your Calling? What is calling you to do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**What keeps you from answering God’s call?**

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**Personal Notes**

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**Day 35: Stations of the Cross**

*Jabez called on the God of Israel, saying, “Oh that you would bless me and enlarge my border, and that your hand might be with me, and that you would keep me from hurt and harm!” And God granted what he asked.*

—1 Chronicles 4:10

**Read the prayer of Jabez. What is meaningful to you in this prayer?**

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**What do you want the Lord to bless in your life?**

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**Personal Notes**

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**Day 36: Praying for your Pastor**

*Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel.*

—Ephesians 6:19

**Who are the leaders in your local church, and the synod?**

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**How will you pray for these spiritual leaders?**

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**Personal Notes**

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**Day 37: Stations of the Cross**

*Then [Jesus] said to them all, “If any want to become my followers, let them deny themselves and take up their cross daily and follow me.*

—Luke 9:23

**Read through the Stations of the Cross and write down how considering each station is meaningful to your prayer life.**

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**Personal Notes**

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**Day 38: Sacred Meal**

*For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, “This is my body that is for you. Do this in remembrance of me.” In the same way he took the cup also, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.”*

—1 Corinthians 11:23b-25

**What do you feel as you come forward to receive communion? How is this meal significant to you?**

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**What are some other meals that have been sacred to you?**

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**Personal Notes**

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**Day 39: Silence Again**

*Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God,*

*did not regard equality with God*

*as something to be exploited, but emptied himself,*

*taking the form of a slave, being born in human likeness.*

*And being found in human form, he humbled himself*

*and became obedient to the point of death—*

*even death on a cross.*

—Philippians 2:6-8

**Go for a walk. Clear your mind and be silent. When you return, write down the things that tried to take over your silence.**

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**What scares you about being in silence?**

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**Personal Notes**

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**Day 40: Now What?**

*Let anyone who is thirsty come to me, and let the one who believes in me drink. As the scripture has said, “Out of the believer’s heart shall flow rivers of living water.”*

—John 7:37b-38

**What has been the most difficult thing about this focus on prayer?**

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**What has been the most meaningful thing of taking this time of Lent to focus on prayer?**

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**Personal Notes**

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