

Youth

PRAYER

JOURNAL

refresh youth

HEY,

Learning what prayer is, how to pray, and how important prayer is to your everyday life is one of the most important things you can do as a believer in Jesus. We want to pray first in every situation, good or bad. Jesus is always the answer and He is always ready to talk with us.

Praying is not only something that we need in our lives but it should be something that we want to do. The more we learn about prayer, the easier it becomes. The easier it becomes, the more we do it! Praying and talking with God should be the best part of our day!

When you find out how to have real conversations with God every day, then you will experience the presence of God, and that will change your life in the best way possible.

You can pray:

- Before the day begins
- Before you go to school
- Before you hang with friends
- Before you do something
- Before you go to sleep
- When something bad happens
- When something good happens
- In every situation – PRAY!

Prayer can change everything.

HEY,

Aprender qué es la oración, cómo orar y cuán importante es la oración para tu vida diaria es una de las cosas más importantes que puedes hacer como creyente en Jesús. Queremos orar primero en cada situación, buena o mala. Jesús es siempre la respuesta y siempre está dispuesto a hablar con nosotros.

Orar con Dios no es solo algo que necesitamos en nuestras vidas, sino que debe ser algo que queremos hacer. Cuanto más aprendemos sobre la oración, más fácil es. ¡Cuanto más fácil es, más lo hacemos! ¡Orar y hablar con Dios debería ser la mejor parte de nuestro día!

Cuando descubras cómo tener conversaciones reales con Dios todos los días, entonces experimentaras la presencia de Dios y eso cambiará tu vida de la mejor manera posible.

Puedes orar:

- Antes de que comience el día
- Antes de ir a la escuela
- Antes de ir con amigos
- Antes de hacer algo
- Antes de que duermas
- Cuando pasa algo malo
- Cuando pasa algo bueno
- En cada situación, ¡ORA!

La oración puede cambiar todo.

WORSHIP

Let everything that breathes
sing praises to the Lord!
psalm 150:6 NLT



**JESUS CHRIST IS THE SAME YESTERDAY,
TODAY, AND FOREVER. HEBREWS 13:8 NLT**

WHO IS GOD TO YOU?

WRITE SOME THINGS ABOUT HIM AND WHO HE IS

pray right now and worship him for who he is

**I GIVE YOU THANKS, O LORD, WITH ALL MY HEART;
I WILL SING YOUR PRAISES... PSALM 138:1 NLT**

WHAT ARE YOU
THANKFUL FOR?

pray right now and thank him for what he has done

REPENTANCE

For everyone has sinned; we all fall short of God's glorious standard.

ROMANS 3:23 NLT



**IF WE CONFESS OUR SINS, HE WILL FORGIVE OUR SINS
...HE WILL MAKE US PURE. 1 JOHN 1:9 NIRV**

WHAT DO YOU NEED TO
ASK FORGIVENESS FOR?

pray right now and ask for forgiveness

**BE KIND TO EACH OTHER...FORGIVING ONE ANOTHER, JUST AS GOD
THROUGH CHRIST HAS FORGIVEN YOU. EPHESIANS 4:32 NLT**

WHAT DO YOU NEED TO FORGIVE SOMEONE
FOR? WHO DO YOU NEED TO FORGIVE?

pray right now and forgive. give the situation to God.

PRAY FOR THE WORLD

People from one end of the earth to the other will ...turn to the Lord.
The people of all the nations will bow down in front of him.

Psalm 22:27 NIRV



**THE LORD IS KING. HE RULES OVER
THE NATIONS. PSALMS 22:28 NIRV**

WHAT ARE SOME THINGS GOING ON IN
OUR WORLD THAT YOU CAN PRAY FOR?

Pray right now for the World, our country, and our region

PRAY FOR OTHERS

pray for one another...
the prayer of a godly person is powerful.
James 5:16 NIRV



I WANT YOU TO PRAY FOR ALL PEOPLE. ASK GOD TO HELP AND
BLESS THEM. GIVE THANKS FOR THEM. **1 TIMOTHY 2:1 NIRV**

WHAT SPECIFIC NEEDS OF
OTHERS CAN YOU PRAY FOR?

Pray right now for your people and specific situations of others you know.

PRAY FOR HEALING

He was punished to make us whole again.
His wounds have healed us.
Isaiah 53:5 NIV



**HE HEALS THOSE WHO HAVE BROKEN HEARTS. HE
TAKES CARE OF THEIR WOUNDS. PSALM 147:3 NIRV**

WHAT HEALING/FREEDOM
Do You NEED IN Your LIFE?

pray right now that God would heal/free you

**THE LORD NURSES THEM WHEN THEY ARE SICK
AND RESTORES THEM TO HEALTH. PSALM 41:3 NLT**

WHO AROUND YOU IS IN NEED OF
HEALING/FREEDOM? FOR WHAT?

I pray right now that God would heal/free the people around you.

PEOPLE I CAN PRAY FOR

Write down the names of those you can

MY PARENTS: _____

MY SIBLINGS: _____

OTHER FAMILY: _____

MY FRIENDS: _____

MY SCHOOL: _____

MY TEACHERS: _____

MY CHURCH: _____

MY PASTORS: _____

MY BOSS/CO-WORKERS: _____

PEOPLE WHO NEED JESUS: _____

PRAY FOR MYSELF

Don't worry about anything; instead, pray about everything. TELL GOD what you need...
Philippians 4:6 NLT



I WILL RESCUE THOSE WHO LOVE ME. I WILL PROTECT
THOSE WHO TRUST IN MY NAME. **PSALM 91:14 NLT**

WHAT DO YOU NEED PRAYER FOR?
WHAT DO YOU WANT GOD TO DO IN YOU?

pray right now for what you need

**LOOK TO THE LORD AND TO HIS STRENGTH.
ALWAYS LOOK TO HIM. 1 CHRONICLES 16:11**

WHAT IS GOD SPEAKING TO YOU?
WHAT DOES HE WANT YOU TO DO?

