

Keep a prayer journal

Just for this week, you might like to try keeping a 'prayer journal'. It's just for you and God, and can be a helpful way of noticing the moves of the Spirit as you pray through the week.



Photo by Aaron Burden on Unsplash

Whether you join with the gathered prayer times, follow your own normal prayer pattern, or do something special for the week, could you take a moment each day just to record (in whatever way suits you) the things that have seemed significant in your life and prayer. Much of this will be for you; some may be for others, particularly those you are praying for.



Photo by Elena Mozhilo on Unsplash

There are some suggestions for journaling [here](#) as well as a fuller [description](#) on the 24/7 website. But the important thing is the **noticing** of those 'whispers of God': how you record things is up to you!

The following prompts might help, as you look back on an experience:

- Is there a word or phrase that describes what's happened, or that stood out for you in a passage you heard/ read?
- What is that word asking of me?
- What happens as I mention that word back to God? Is there anything I want to say now to God, or to others?

We are praying together as a church this week. We come open, expectant, praying 'Come Lord Jesus'. God's answers may include something you sense is for sharing with the church. Note the thing in its original form (your interpretation can follow later) and share it, perhaps with one of the ministry team (see [bottom of page](#)). Don't worry if it doesn't seem complete: God may use several of us to make the picture!