

Prayer Journal

BIBLE VERSE: "COMMIT TO THE LORD WHATEVER YOU DO, AND HE WILL ESTABLISH YOUR PLANS." -PROVERBS 16:3

REFLECTION: BEGIN THE WEEK BY OFFERING IT TO GOD. THINK ABOUT THE OPPORTUNITIES AND RESPONSIBILITIES AHEAD.

WHAT INTENTIONS DO I WANT TO SET FOR THIS WEEK?

PRAYER FOR MYSELF

PRAYER FOR OTHERS

WHAT I AM THANKFUL FOR

Prayer Journal

BIBLE VERSE: "TRUST IN THE LORD WITH ALL YOUR HEART." -PROVERBS 3:5

REFLECTION: NOTICE ANY ANXIETIES OR UNCERTAINTIES. IMAGINE OFFERING THEM UP TO GOD AND PLACING THEM IN HIS HANDS.

WHAT WORRIES OR FEARS SURFACE TODAY? WHERE IS GOD INVITING ME TO TRUST HIM MORE?

PRAYER FOR MYSELF

PRAYER FOR OTHERS

WHAT I AM THANKFUL FOR

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BIBLE VERSE: "BE STILL, AND KNOW THAT I AM GOD." -PSALM 46:10

REFLECTION: PAUSE DURING THE MIDDLE OF THE WEEK. SPEND A FEW MINUTES SIMPLY BREATHING AND NOTICING GOD'S PRESENCE IN THE PRESENT MOMENT.

WHAT DISTRACTIONS HAVE KEPT ME FROM NOTICING GOD THIS WEEK?
HOW CAN I CREATE SPACE FOR HIM IN THOSE MOMENTS?

PRAYER FOR MYSELF

PRAYER FOR OTHERS

WHAT I AM THANKFUL FOR

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BIBLE VERSE: "GIVE THANKS IN ALL CIRCUMSTANCES." -1 THESSALONIANS 5:18

REFLECTION: LOOK BACK ON THE WEEK SO FAR AND NOTICE THE BLESSINGS YOU MAY HAVE OVERLOOKED.

HOW CAN I EXPRESS GRATITUDE TO GOD TODAY?

PRAYER FOR MYSELF

PRAYER FOR OTHERS

WHAT I AM THANKFUL FOR

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BIBLE VERSE: "FORGIVE AS THE LORD FORGAVE YOU." -COLOSSIANS 3:13

REFLECTION: TAKE A MOMENT TO REMEMBER CHRIST'S SACRIFICE.
REFLECT ON MERCY AND FORGIVENESS.

IS THERE SOMEONE I NEED TO FORGIVE? DO I NEED TO ASK FORGIVENESS FROM SOMEONE?

PRAYER FOR MYSELF

PRAYER FOR OTHERS

WHAT I AM THANKFUL FOR

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BIBLE VERSE: "CREATE IN ME A CLEAN HEART, O GOD." -PSALM 51:10

REFLECTION: AS THE WEEK CLOSES, PREPARE YOUR HEART FOR THE LORD'S DAY. REFLECT ON YOUR RELATIONSHIP WITH GOD.

HOW DID I SPIRITUALLY GROW THIS WEEK? WHERE DID I STRUGGLE?

PRAYER FOR MYSELF

PRAYER FOR OTHERS

WHAT I AM THANKFUL FOR

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BIBLE VERSE: "LET US GO REJOICING TO THE HOUSE OF THE LORD." -
PSALM 122:1

REFLECTION: BEFORE ATTENDING MASS, SIT QUIETLY AND REFLECT ON
GOD'S LOVE AND THE GIFT OF THE EUCHARIST.

WHAT AM I BRINGING TO GOD TODAY AT MASS? WHAT INTENTIONS DO I
WANT TO OFFER DURING THE EUCHARIST?

PRAYER FOR MYSELF

PRAYER FOR OTHERS

WHAT I AM THANKFUL FOR
