

# MY DAILY RENEWAL

---

## PRAYER & JOURNALING SHEETS FOR EACH DAY OF THE WEEK



---

*“Do not be conformed to this world, but be transformed by the renewal of your minds.”*

Romans 12:2

# Table of Contents

---

## **1. About**

- My Story & the Inspiration Behind the Prayer Sheets

## **2. Prayer Sheets**

- How to Use the Prayer Sheets
- Tips for Using the Prayer Sheets Effectively
- Sunday
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday

## **3. Journaling Sheets**

- Tips & Insights for Using the Journaling Sheets
- Sunday
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday

# About

---

## My Story & the Inspiration Behind the Prayer Sheets

Hi, my name is Victor Carter. I'm a husband and a father of six children. I'd like to share with you how these prayer and journaling sheets came about and the impact they've had on me, my family, and countless others.

### My Faith Background

I was blessed to grow up in a Catholic family. My parents, who were converts from Protestantism, brought with them a deep love and knowledge of the Bible that they passed on to us, their children. Our home was filled with prayer, scripture memorization, and rich family discussions rooted in faith. This upbringing had a profound impact on me, shaping my understanding of God's Word and instilling a love for scripture that I wanted to pass on to my own family one day.

### Raising My Family in the Faith

When my wife and I started our own family, I had a strong desire to instill in our children not only a love for our beautiful Catholic faith, but also a deep personal relationship with the Lord. When my wife and I had our first 4 children in under 6 years, I experienced first hand the overwhelm of juggling time to nurture our relationship, run a business and be a good spiritual leader to my family.

We often struggled to make prayer a regular part of our family routine. When we did, it felt like we were going through the motions without really connecting on a deeper level. I wanted my children to experience faith that wasn't just confined to Sunday Mass and formal devotions, but be a vibrant relationship with God that shaped their everyday lives.

### The Shift in My Family's Prayer Life

During this season of life, my wife and I began a simple morning routine of prayer and journaling. Each day, we would write down things we were grateful for and share these things with each other. This practice led to meaningful conversations and deeper prayer time together. As we continued this practice, we started incorporating more reflective journaling questions, such as:

- *What are some of the hopes and dreams that I believe God has placed on my heart?*
- *What challenges am I facing, and how can I see the positive opportunities God is giving me through these challenges?*
- *What am I excited about in this season of life?*
- *What is on my heart that I want to renew my trust in God about?*

These questions not only deepened our prayer time with the Lord, but also paved the way to meaningful conversations about the deeper things in our hearts. As we continued these prayer

practices, we both began to notice incredible changes that were truly transformational in our day-to-day lives.

Our relationship grew stronger as a couple and our attitude and outlook on life began to shift dramatically. Instead of being focused on the negatives, we began to focus on being grateful for the many blessings we had, both big and small. When faced with challenges and hardships, we no longer found ourselves falling into complaints or discouragement. Instead, we started seeing them as positive opportunities to grow and support each other. Our daily attitudes and conversations became infused with more excitement, gratitude, and a positive, faith-filled outlook on life.

### **Becoming a Spiritual Leader in My Family**

During this time, I felt a renewed conviction to become the spiritual leader I wanted to be for my family. We began practicing gratitude together as a family and memorizing scripture verses and passages that inspired and uplifted us.

My desire to help my children develop a deep relationship with the Lord and know scripture in a way that had been instilled in me was beginning to take shape.

In my desire to prepare my children to live out God's purpose and plan for their lives, I compiled a collection of scripture verses and passages that I wanted to imprint on their hearts and minds - verses that would shape their outlook on life and guide their decisions both now and in the future. I then organized these scriptures into a simplified "Liturgy of the Hours" style of prayer that we could pray together as a family.

The results were profound and began bearing great fruit in our family's day-to-day life. Our focus on gratitude brought about a noticeable shift in our family's attitudes and conversations. Our children were more joyful and began to naturally express gratitude for little things in our lives, and were less inclined to complain or dwell on the negative.

I could already see our children beginning to absorb and live out the scripture verses we prayed as a family. When difficulties arose, it was often our children who would remind us, "God works all things together for the good of those who love Him" (Romans 8:28). Our older children, on their own initiative, began setting aside some of their money to give to the Church and to the poor, inspired by verses we prayed on generosity, such as "God loves a cheerful giver" (2 Corinthians 9:7).

When my wife experienced a miscarriage, one of our younger children came to her and gently said, "You know how God is like a shepherd caring for sheep. I think He's taking care of Paul [the baby we lost] for us like that," - words inspired by Psalm 23, which we had memorized and regularly prayed as a family. Moments like these showed me just how deeply God's Word was being imprinted on their hearts and how it was already shaping their outlook and responses to the various circumstances of life.

### **Creating the Prayer & Journaling Sheets (a fruit of our journey)**

Over time, we developed prayer and journaling sheets for each day of the week. Each sheet features a unique theme, designed to address the varied thoughts, emotions, and challenges we often encounter throughout life. We wanted these prayer sheets to be practical reminders to view the realities of life through God's perspective and to inspire us to be intentional in living as Christians in all the different aspects of our everyday lives.

### **Sharing the Prayer Sheets**

As I began sharing the prayer sheets with family and friends, I received wonderful feedback on how much they loved them and how helpful they were finding them. Those family and friends began sharing them with others and that is what inspired the creation of [catholicfamilyprayer.org](http://catholicfamilyprayer.org) – to make these prayer sheets accessible to anyone who might find them helpful in deepening their faith and strengthening their relationship with God.

These prayer sheets are not meant to replace the rich tradition of Catholic prayer, but are simply meant to complement it. The focus of these prayer sheets is to nourish one's heart and mind on many of the more practical and inspiring passages of scripture that more closely relate to the realities of our everyday lives.

While these prayer and journaling sheets may not be for everyone, I put this material out there because I know some will find it helpful and a great means for nurturing family prayer and growing in one's personal relationship with Jesus Christ.

I hope you'll give these prayer and journaling sheets a try and adjust it to fit your family and your needs.

God bless!  
Victor Carter

P.S. If you have any questions, comments or feedback, please feel free to reach out to me here: [victor@catholicfamilyprayer.org](mailto:victor@catholicfamilyprayer.org)

# How to Use the Prayer Sheets

---

The Prayer Sheets are designed to enrich your family's prayer life and to deepen your personal relationship with the Lord. Each sheet features a unique theme for each day of the week, addressing the diverse thoughts and emotions we often encounter throughout our daily lives.

The sheets are divided into four main sections: **Opening**, **Verses**, **Passage**, and **Conclusion**. Each section includes designated parts for the **Leader** and **All** participants, fostering a communal and dynamic prayer experience.

## Structure and Flow

### Opening:

- The Leader begins the prayer by saying, "God, come to my assistance," as everyone makes the sign of the cross.
- The group responds, "Lord, make haste to help me."
- The Leader then says, "Glory be to the Father and to the Son and to the Holy Spirit," to which everyone replies, "as it was in the beginning, is now, and ever shall be, world without end. Amen."

### Verses:

- When you reach the "Verses" section, you'll notice the numbers **[1]** or **[2]** preceding each scripture verse. These markers are meant for alternating responses between two individuals or groups, similar to the format of the Liturgy of the Hours. This responsive structure helps one to both engage and reflect on the verses being prayed.

### Passage:

- After completing the verses, move to the "Passage" section. Here, the Leader begins with a prayer, followed by the entire group reading the passage together.

### Conclusion:

- The Leader concludes with a prayer that draws from the theme of the verses and passage. This is followed by a recommended three minutes of silence, allowing time for personal prayer and reflection.
- This period of silence can be extended or followed by additional activities such as gratitude sharing, family discussions, Bible study, or other devotions.

### Final Prayer:

- After the period of reflection and any additional activities, the Leader invites everyone to pray the "Our Father" together.
- The prayer session concludes with **All** participants saying:  
"May almighty God bless us, strengthen us, and guide us as we go forth to glorify the Lord by our lives," while making the sign of the cross.

# Tips for Using the Prayer Sheets Effectively

---

The overall structure of these prayer sheets can easily be adapted for many different settings, occasions and seasons of life. As a family, we strive to pray these prayer sheets every day and here are a few practical insights that my wife and I have found beneficial for our family.

## **Silent Prayer & Reflection:**

The silent time for prayer and reflection has been absolutely key and transformational for our family. We always start with at least the 3 minutes of silence as suggested on the prayer sheets. Over time, we've gradually extended this to 20 minutes, and occasionally we'll make it longer for an at-home family holy hour. While this may sound like a lot, our children have adapted, and it has proven to be incredibly beneficial. During this extended silence, we often turn on Gregorian chant or praise and worship music. The younger kids will color pictures and the older ones sometimes join in, but more often they pick up their Bibles, a rosary, a book, or simply sit in prayerful silence.

This practice has greatly helped each of them develop a more personal relationship with the Lord and build the habit of personal prayer. We've noticed that our children have developed a more peaceful disposition that carries into their daily lives. Our older children have shared various insights with us—whether it's people they've prayed for, issues they've worked through in prayer, or personal challenges they've felt led to discuss with us. All of these insights have been a fruit of this personal quiet time with God.

## **Family Sharing:**

After our time of silent prayer and reflection, we often continue with family sharing or other forms of prayer. One of my goals is to have my children experience a variety of prayers and devotions that will help shape their spirituality. While we enjoy many different practices, what we have found particularly beneficial has been our time of family sharing and discussion. This can include going around the room to share things we're grateful for, offering spontaneous prayers from the heart, reflecting on Bible verses that stood out, or engaging in a Bible study where we explore the context of a specific verse. My favorite thing to do is to use this time to teach "life lessons," connecting our faith to real-life situations. We like to keep this part of our prayer time flexible and dynamic, adapting it to the circumstances and season of life we're in as a family.

## **Simplicity & Focus:**

While there are prayer sheets for each day of the week, we've sometimes found it helpful to focus on just one or two prayer sheets for an extended period. This approach has made it easier for our children to memorize the Scriptures and it's especially beneficial for the younger ones who can't yet read. Repeating the same sheets allows them to better be able to memorize the prayers and pray with the family.

**Variance & Breaks:**

At times we've taken breaks from the prayer sheets to focus on other forms of prayer and fellowship, such as Bible studies, catechesis lessons, focused family discussion, etc. While the prayer sheets are the core of what we always return to, introducing variety has only helped us return to the prayer sheets with a renewed appreciation and refreshed perspective.

**Final Thoughts:**

I want to say that all the insights I've shared with you are the ideal of what we shoot for as a family. We are far from perfect, life has its crazy times when everything seems to fall through the cracks, but these are the 'train tracks' we are always striving to get back on.

My hope is that you and your family will give these prayer sheets a try and discover the various methods of prayer that help you and your children grow in a "vital and personal relationship with the living and true God." (CCC 2558)



# SCRIPTURE PRAYER SHEETS

---

**SUNDAY**  
**The Peace Of God, That Surpasses All Understanding**

**OPENING**

**Leader:** God † come to my assistance...

**All:** Lord make haste to help me...

**Leader:** Glory to the Father...

**All:** As it was in the beginning...

**Leader:** Lord Jesus, your words are living and active. As we pray these scripture verses, we ask that you lead us to a deeper conversion of heart and transform us by the renewing of our minds in your Word.

**VERSES**

**Leader:** Let us Pray...

[ 1 ] Let the hearts of those who seek the Lord rejoice.  
Psalm 105:3

[ 2 ] As the deer longs for streams of water, so my soul  
longs for you, O God. Psalm 42:1

[ 1 ] Come to me, all you who are weary and burdened,  
and I will give you rest. Matthew 11:28

[ 2 ] Take my yoke upon you and learn from me, for I am  
gentle and humble in heart, and you will find rest for your  
souls. For my yoke is easy and my burden is light.  
Matthew 11:29-30

[ 1 ] Oh my people, trust in him at all times; pour out  
your heart to him; for God is our refuge. Psalm 62:8

[ 2 ] You will keep in perfect peace all who trust in you,  
all whose minds are fixed on you. Isaiah 26:3

[ 1 ] 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

[ 2 ] Seek the Lord and his strength, seek his presence  
continually. Psalm 105:4

**PASSAGE**

**Leader:** Let us pray together from Philippians chapter 4  
where St. Paul urges us to have a spirit of joy, peace and  
trust in the Lord.

**All:**

4 Rejoice in the Lord always; again I will say, Rejoice.

5 Let your gentle spirit be known to all people. The Lord  
is near.

6 Have no anxiety about anything, but in everything by  
prayer and petition, with thanksgiving let your requests be  
made known to God.

7 And the peace of God, which surpasses all  
understanding, will guard your hearts and your minds in  
Christ Jesus.

8 Finally, brethren, whatever is true, whatever is  
honorable, whatever is just, whatever is pure, whatever is  
lovely, whatever is gracious, if there is any excellence, if  
there is anything worthy of praise, think about these  
things.

9 What you have learned and received and heard and  
seen in me, put into practice; and the God of peace will  
be with you.

**CONCLUSION**

**Leader:** Lord Jesus, you keep in perfect peace all who  
trust in you. Help us to trust in you, and to seek your  
strength and your presence throughout our daily lives.

As we enter into this moment of silent prayer, help us to  
pour out our hearts to you, and enter into your peace that  
surpasses all understanding.

**3 minutes of silence for personal prayer & reflection**

*After the 3 minutes of personal reflection, consider continuing  
your prayer time with "The Prayer Journaling Sheets" and  
other forms of prayer and meditation.*

**Leader:** Let us all pray together as Jesus taught us...

**All:** Our Father, who art in heaven...

**All:** May † almighty God bless us, strengthen us and  
guide us as we go forth to glorify the Lord by our lives.

## MONDAY

### Fixing Our Eyes On Jesus As We Pursue His Purpose And Plan For Our Lives

#### OPENING

**Leader:** God † come to my assistance...

**All:** Lord make haste to help me...

**Leader:** Glory to the Father...

**All:** As it was in the beginning...

**Leader:** Lord Jesus, your words are living and active.

As we pray these scripture verses, we ask that you lead us to a deeper conversion of heart and transform us by the renewing of our minds in your Word.

#### VERSES

**Leader:** Let us Pray...

[ 1 ] For God so loved the world that he gave his only Son, that whoever believes in him shall not perish but have eternal life. John 3:16

[ 2 ] In this the love of God was revealed among us: that God sent his only-begotten Son into the world, so that we might live through him. 1 John 4:9

[ 1 ] I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life. John 8:12

[ 2 ] Do not fear, for I am with you; do not be discouraged, for I am your God. I will strengthen you and help you; I will uphold you with my victorious right hand. Isaiah 41:10

[ 1 ] I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. Romans 8:18

[ 2 ] For this slight momentary affliction is preparing for us an eternal weight of glory beyond all comparison. 2 Corinthians 4:17

[ 1 ] No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him. 1 Corinthians 2:9

[ 2 ] Let us lay aside everything that hinders us and the sin that entangles us, and let us run with perseverance the race that is set before us, fixing our eyes on Jesus the pioneer and perfecter of our faith, who for the joy that was set before him, endured the cross. Hebrews 12:1

#### PASSAGE

**Leader:** Let us pray together a summary of Psalm 37 where we renew our commitment to God's ways that lead to true peace and prosperity

**All:** 1 Fret not yourself because of the wicked, be not envious of wrongdoers! 2 For they will soon fade like the grass, and wither like the green herb.

3 Trust in the Lord, and do good; so you will dwell in the land, and enjoy security. 4 Take delight in the Lord, and he will give you the desires of your heart.

5 Commit your way to the Lord; trust in him, and he will help you. 7 Be still before the Lord, and wait patiently for him; fret not yourself over him who prospers in his way, over the man who carries out wicked schemes!

8 Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil. 16 Better is a little that the righteous has than the abundance of the wicked.

23 The steps of a man are from the Lord, and he establishes him in whose way he delights; 24 though he may stumble, he shall not fall, for the Lord upholds him with his hand.

25 I have been young, and now I am old; yet I have not seen the righteous forsaken or his children begging for bread. 27 Turn away from evil, and do good; and you shall abide forever.

34 Wait for the Lord, and keep to his way, and he will exalt you to possess the land.

#### CONCLUSION

**Leader:** Lord Jesus, you came that we might have life through you and have it abundantly.

As we enter this moment of silent prayer, grant us the clarity and courage to fix our eyes on you, and to let go of everything that hinders us from living out your purpose and plan for our lives.

**3 minutes of silence for personal prayer & reflection**

*After the 3 minutes of personal reflection, consider continuing your prayer time with "The Prayer Journaling Sheets" and other forms of prayer and meditation.*

**Leader:** Let us all pray together as Jesus taught us...

**All:** Our Father, who art in heaven...

**All:** May † almighty God bless us, strengthen us and guide us as we go forth to glorify the Lord by our lives.

**TUESDAY**  
**Being Good Stewards Of The Gifts God Has Entrusted To Us**

**OPENING**

**Leader:** God † come to my assistance...

**All:** Lord make haste to help me...

**Leader:** Glory to the Father...

**All:** As it was in the beginning...

**Leader:** Lord Jesus, your words are living and active. As we pray these scripture verses, we ask that you lead us to a deeper conversion of heart and transform us by the renewing of our minds in your Word.

**VERSES**

**Leader:** Let us Pray...

[ 1 ] Each of you has received a gift to use to serve others. Be faithful stewards of God's grace in its various forms. 1 Peter 4:10

[ 2 ] Remember the words of the Lord Jesus: "It is more blessed to give than to receive." Acts 20:35

[ 1 ] Then Peter said, "Silver or gold I do not have, but what I do have I give you. In the name of Jesus Christ of Nazareth, rise up and walk." Acts 3:6

[ 2 ] And if anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will certainly not lose their reward. Matthew 10:42

[ 1 ] As we have the opportunity, let us do good to all people, especially to those who belong to the family of believers. Galatians 6:10

[ 2 ] Each of you should give what you have decided in your heart to give, not reluctantly or in response to pressure, for God loves a cheerful giver. 2 Corinthians 9:7

[ 1 ] For God is at work in you, giving you the desire and the power to do what pleases him. Philippians 2:13

[ 2 ] 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's joy!' Matthew 25:21

**PASSAGE**

**Leader:** Let us pray together Psalm 112 where we reflect on having a spirit of generosity and trust in God's ways.

**All:** 1 Blessed is the man who fears the LORD, who greatly delights in his commands.

2 His descendants shall be mighty in the land, the generation of the upright will be blessed.

3 Wealth and riches shall be in his house; and his righteousness shall endure forever.

4 Light shines through the darkness for the upright, for those who are gracious, compassionate and righteous.

5 Good will come to those who are generous and give freely, who conduct their affairs with justice.

6 For the righteous will never be shaken; he will be remembered forever.

7 He is not afraid of bad news; his heart is firm, trusting in the Lord.

8 His heart is steady, he will not be afraid, until at last he looks in triumph on his foes.

9 He gives freely to those in need; his righteousness shall endure forever; he shall have influence and honor.

10 The wicked sees and is angry; gnashes his teeth and wastes away; the desire of the wicked comes to nothing.

**CONCLUSION**

**Leader:** Lord Jesus, you teach us that whatever we do for the least among us, we do for you.

As we enter this moment of silent prayer, grant us the wisdom to recognize ourselves as stewards of the gifts you have entrusted to us, and open our eyes to the opportunities you give us to be a blessing to others.

**3 minutes of silence for personal prayer & reflection**

*After the 3 minutes of personal reflection, consider continuing your prayer time with "The Prayer Journaling Sheets" and other forms of prayer and meditation.*

**Leader:** Let us all pray together as Jesus taught us...

**All:** Our Father, who art in heaven...

**All:** May † almighty God bless us, strengthen us and guide us as we go forth to glorify the Lord by our lives.

**WEDNESDAY**  
**Trusting In The Lord Through Life's Challenges**

**OPENING**

**Leader:** God † come to my assistance...

**All:** Lord make haste to help me...

**Leader:** Glory to the Father...

**All:** As it was in the beginning...

**Leader:** Lord Jesus, your words are living and active. As we pray these scripture verses, we ask that you lead us to a deeper conversion of heart and transform us by the renewing of our minds in your Word.

**VERSES**

**Leader:** Let us Pray...

[ 1 ] Count it all joy, my brethren, when you meet various trials, for you know that the testing of your faith produces perseverance. And let perseverance have its full effect, that you may be perfect and complete, lacking in nothing. James 1:2-4

[ 2 ] For the moment all discipline seems painful rather than pleasant; later it yields the peaceful fruit of righteousness to those who have been trained by it. Hebrews 12:11

[ 1 ] For I know the plans I have for you, says the Lord, plans to prosper you and not harm you, plans to give you a hope and a future. Jeremiah 29:11

[ 2 ] Trust in the Lord with all your heart, and do not rely on your own understanding. In all your ways acknowledge him, and he will guide your paths. Proverbs 3:5

[ 1 ] Cast all your anxiety on him because he cares for you. 1 Peter 5:7

[ 2 ] Seek first the kingdom of God and his righteousness, and all these things will be given to you as well. Matthew 6:33

[ 1 ] Commit your way to the Lord; trust in him, and he will help you. Psalm 37:5

[ 2 ] And we know that God works all things for the good of those who love him. Romans 8:28

**PASSAGE**

**Leader:** Let us all pray together Psalm 23, where we reflect on Jesus as our Good Shepherd.

**All:**

1 The Lord is my shepherd, I shall not want;

2 He makes me lie down in green pastures. He leads me beside peaceful waters; he restores my soul.

3 He leads me in paths of righteousness for his name's sake.

4 Even though I walk through the valley of the shadow of death, I fear no evil; for thou art with me; thy rod and thy staff, they comfort me.

5 Thou preparest a table before me in the presence of my enemies; thou anointest my head with oil, my cup overflows.

6 Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the Lord for ever.

**CONCLUSION**

**Leader:** Heavenly Father, we know that even through life's challenges, you work all things for the good of those who love you.

As we take a few minutes for silent prayer, open our hearts to your guidance and fill us with the courage to take bold action on the path that you make known to us.

**3 minutes of silence for personal prayer & reflection**

*After the 3 minutes of personal reflection, consider continuing your prayer time with "The Prayer Journaling Sheets" and other forms of prayer and meditation.*

**Leader:** Let us all pray together as Jesus taught us...

**All:** Our Father, who art in heaven...

**All:** May † almighty God bless us, strengthen us and guide us as we go forth to glorify the Lord by our lives.

**THURSDAY**  
**Having A Spirit Of Love In Everything**

**OPENING**

**Leader:** God † come to my assistance...

**All:** Lord make haste to help me...

**Leader:** Glory to the Father...

**All:** As it was in the beginning...

**Leader:** Lord Jesus, your words are living and active. As we pray these scripture verses, we ask that you lead us to a deeper conversion of heart and transform us by the renewing of our minds in your Word.

**VERSES**

**Leader:** Let us Pray...

[ 1 ] Let no unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who hear. Ephesians 4:29

[ 2 ] Avoid foolish controversies and arguments for they are unprofitable and useless. As for a person who stirs up division, after admonishing him once and then twice, have nothing more to do with him. Titus 3:9-10

[ 1 ] But as for you, man of God, shun all this; and pursue righteousness, godliness, faith, love, steadfastness, gentleness. Fight the good fight of the faith. 1 Timothy 6:11

[ 2 ] If we live in the Spirit, let us also walk in the Spirit. Let us not be boastful, let us not provoke one another, or be envious of one another. Galatians 5:25-26

[ 1 ] If any one says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen, cannot love God whom he has not seen. 1 John 4:20

[ 2 ] Put on love, which binds everything together in perfect harmony. Colossians 3:14

[ 1 ] Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Ephesians 4:31-32

[ 2 ] Therefore encourage one another and build one another up, just as you are doing. 1 Thessalonians 5:11

**PASSAGE**

**Leader:** Let us all pray together 1 Corinthians 13, where we are called to have a spirit of love in everything we do.

**All:** 1 If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. 2 And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to move mountains, but have not love, I am nothing.

3 If I give away all I have, and if I deliver my body to be burned, but have not love, I gain nothing. 4 Love is patient and kind; love is not jealous or boastful; 5 it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; 6 it does not rejoice at wrong, but rejoices in the right.

7 Love bears all things, believes all things, hopes all things, endures all things. 8 Love never ends; as for prophecies, they will pass away; as for tongues, they will cease; as for knowledge, it will pass away. 9 For our knowledge is imperfect and our prophecy is imperfect; 10 but when the perfect comes, the imperfect will pass away.

11 When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became a man, I gave up childish ways. 12 For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall understand fully, even as I have been fully understood. 13 So faith, hope, love abide, these three; but the greatest of these is love.

**CONCLUSION**

**Leader:** Lord Jesus, help our words and actions to be motivated by our love for you and one another.

As we take a few minutes for silent prayer and reflection, we ask that you move our hearts to see how we can be more focused on building others up and praising all that is good, true and beautiful.

**3 minutes of silence for personal prayer & reflection**

*After the 3 minutes of personal reflection, consider continuing your prayer time with "The Prayer Journaling Sheets" and other forms of prayer and meditation.*

**Leader:** Let us all pray together as Jesus taught us...

**All:** Our Father, who art in heaven...

**All:** May † almighty God bless us, strengthen us and guide us as we go forth to glorify the Lord by our lives.

FRIDAY  
Walking in God's Ways That Lead To Life

OPENING

**Leader:** God † come to my assistance...

**All:** Lord make haste to help me...

**Leader:** Glory to the Father...

**All:** As it was in the beginning...

**Leader:** Lord Jesus, your words are living and active. As we pray these scripture verses, we ask that you lead us to a deeper conversion of heart and transform us by the renewing of our minds in your Word.

VERSES

**Leader:** Let us Pray...

[ 1 ] Create in me a clean heart oh God and renew within me a steadfast spirit. Psalm 51:10

[ 2 ] You correct little by little those who offend you. You remind and warn them of the things wherein they sin, that they may be freed from wickedness and put their trust in you, O Lord. Wisdom 12:1

[ 1 ] Turn my eyes from looking at worthless things; and give me life in your ways. Psalm 119:37

[ 2 ] Be as careful to follow my teaching as you are to protect your eyes. Keep my teaching with you all the time; write it in your heart. Proverbs 7:2

[ 1 ] Do not be overcome by evil, but overcome evil with good. Romans 12:21

[ 2 ] I have come that they may have life, and have it abundantly. John 10:10

[ 1 ] I will never forget your precepts; for by them you give me life. Psalm 119:93

[ 2 ] He who walks with the wise will become wise, but the companion of fools fares badly. Misfortune pursues sinners, but the righteous are rewarded with good things. Proverbs 13:20-21

PASSAGE

**Leader:** Let us all pray together Psalm 1, where we reflect on the two ways, one of life and one of death.

**All:**

1 Blessed is the man who does not walk in the counsel of the wicked, nor stand in the way of sinners, nor sit in the seat of scoffers;

2 but his delight is in the law of the Lord, and on his law he meditates day and night.

3 He is like a tree planted by streams of water, that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.

4 The wicked are not so, but are like chaff which the wind drives away.

5 Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous;

6 for the Lord knows the way of the righteous, but the way of the wicked will perish.

CONCLUSION

**Leader:** Lord Jesus, your ways lead to the abundance of life that our hearts desire.

As we take a few minutes for silent prayer and reflection, we ask that you open our hearts and minds to see how we can more fully walk in your ways.

**3 minutes of silence for personal prayer & reflection**

*After the 3 minutes of personal reflection, consider continuing your prayer time with "The Prayer Journaling Sheets" and other forms of prayer and meditation.*

**Leader:** Let us all pray together as Jesus taught us...

**All:** Our Father, who art in heaven...

**All:** May † almighty God bless us, strengthen us and guide us as we go forth to glorify the Lord by our lives.

**SATURDAY**  
**Loving Others As Christ Loved Us**

**OPENING**

**Leader:** God † come to my assistance...

**All:** Lord make haste to help me...

**Leader:** Glory to the Father...

**All:** As it was in the beginning...

**Leader:** Lord Jesus, your words are living and active. As we pray these scripture verses, we ask that you lead us to a deeper conversion of heart and transform us by the renewing of our minds in your Word.

**VERSES**

**Leader:** Let us Pray...

[ 1 ] A new commandment I give to you, that you love one another; even as I have loved you, that you also love one another. John 13:34

[ 2 ] By this all men will know that you are my disciples, if you have love for one another. John 13:35

[ 1 ] And as you wish that men would do to you, do so to them. Luke 6:31

[ 2 ] Through love be servants of one another. For the whole law is fulfilled in one word, "You shall love your neighbor as yourself." Galatians 5:14

[ 1 ] Whatever you did for one of the least of these my brothers and sisters of Mine, you did for me. Matthew 25:40

[ 2 ] These things I have spoken to you, that my joy may be in you, and that your joy may be full. John 15:11

[ 1 ] If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth will set you free. John 8:31

[ 2 ] Those who have put their trust in God will come to understand the truth of his ways, and the faithful shall abide with him in love. Wisdom 3:9

**PASSAGE**

**Leader:** Let us all reflect on God's love for us as we pray together from First John chapter four.

**All:** 7 Beloved, let us love one another; for love is of God, and he who loves is born of God and knows God.

8 He who does not love does not know God; for God is love.

9 In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him.

10 In this is love, not that we loved God but that he loved us and sent his Son to be the expiation for our sins.

11 Beloved, if God so loved us, we also ought to love one another.

12 No man has ever seen God; if we love one another, God abides in us and his love is perfected in us.

16 God is love, and he who abides in love abides in God, and God abides in him.

18 There is no fear in love, but perfect love casts out fear.

20 If any one says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen, cannot love God whom he has not seen.

**CONCLUSION**

**Leader:** Lord Jesus, you give us the words of everlasting life so that your joy may be in us and our joy may be full.

As we take a few minutes for prayer and reflection, open our eyes to see how we can more fully abide in your truth, and trust in your ways. Help us to live as your disciples who love others as you have loved us.

**3 minutes of silence for personal prayer & reflection**

*After the 3 minutes of personal reflection, consider continuing your prayer time with "The Prayer Journaling Sheets" and other forms of prayer and meditation.*

**Leader:** Let us all pray together as Jesus taught us...

**All:** Our Father, who art in heaven...

**All:** May † almighty God bless us, strengthen us and guide us as we go forth to glorify the Lord by our lives.



# Tips & Insights for Using the Journaling Sheets

---

The purpose of these journaling sheets is to help you cultivate a spirit of gratitude, develop a more faith-filled outlook on life, and grow in your relationship with Christ.

Each sheet starts by focusing on gratitude, followed by carefully crafted questions to guide you into deeper prayer and conversation with Christ about the experiences in life we all encounter.

You'll notice that the questions in these journaling sheets are intentionally specific, like, "What are 3 things I am grateful for?" This focus on a specific number is purposeful. It encourages you to be concrete, to push beyond surface level thinking and to reflect more deeply.

## Getting the most out of the journaling sheets

- 1. Be present with Christ:**

Before beginning the journaling sheets, make yourself aware of Christ's presence and make your journaling a prayerful conversation with Him. Take a moment to read the scripture verse that accompanies each question and let God's Word guide your heart and mind.

- 2. Be open and honest:**

You will get out of the journaling sheets what you put into them. Go deep and be honest with what's on your heart. True transformation will happen to the degree that you allow yourself to be vulnerable and open with God during this time.

- 3. Be Flexible:**

While there are sheets for each day of the week, this tool is meant to be flexible. If you miss a day, simply pick up where you left off. You may also find it helpful to repeat a day multiple times if those particular questions are resonating with you. The goal is growth and transformation so be sure to adapt it to your needs.

- 4. Be Committed:**

Commit to using these journaling sheets consistently for at least a month. Research shows that it takes about 21 days to form new habits and start rewiring the brain. As you continue this practice, you'll notice positive shifts in your attitude and outlook on life.

## Personal Insights

As my wife and I developed these journaling sheets, we began using them during our morning prayer time together. We would start with personal reflection, filling out the sheets individually, and then share what we had written with each other. I can't recommend this practice enough. It has had a profound impact on our relationship, fostering deeper conversations and helping us connect over the important matters in our hearts and lives. This shared time has truly helped us to experience growth and transformation together as a couple.

# **JOURNALING SHEETS**

---

SUNDAY

Date: \_\_\_\_\_

**What are 3 things I am grateful to God for?**

"Let the hearts of those who seek the Lord rejoice." Psalm 105:3

---

---

---

---

**What are 3 ways I can find rest and rejuvenation in enjoying the simple things in life that God has given me to enjoy?**

"This is the day that the Lord has made; let us rejoice and be glad in it." Psalm 118:24

---

---

---

---

**What is on my heart that I want to talk to God about in heart-to-heart prayer?**

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

---

---

---

---

---

---

---

---

**Write out and reflect on the verse you are taking to heart and memory this week / today:**

"Seek the Lord and his strength, seek his presence continually." Psalm 105:4

---

---

---

---

MONDAY

Date: \_\_\_\_\_

**What are 3 things I am grateful for?**

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-18

---

---

---

---

---

**What are 3 things I am excited about this week?**

"Light in a messenger's eyes brings joy to the heart, and good news gives health to the bones." Proverbs 15:30

---

---

---

---

---

**What is on my heart that I want to renew my trust in God about?**

"Trust in the Lord, and do good; so you will dwell in the land, and enjoy security. Take delight in the Lord, and he will give you the desires of your heart." Psalm 37:3-4

---

---

---

---

---

**Write out and reflect on the verse you are taking to heart and memory this week / today:**

"Your word is a lamp for my feet, a light to my path." Psalm 119:105

---

---

---

---

TUESDAY

Date: \_\_\_\_\_

**What are 3 things I am grateful to the Lord for?**

"The Lord is my shepherd, I shall not want; he makes me lie down in green pastures. He leads me beside peaceful waters; he restores my soul." Psalm 23:1-2

---

---

---

---

**What are some of the hopes and dreams that I believe God has placed on my heart?**

"For I know the plans I have for you, says the Lord, plans to prosper you and not harm you, plans to give you a hope and a future." Jeremiah 29:11

---

---

---

---

---

**What are some ways I can renew my commitment to being a good steward of the gifts, and responsibilities God has entrusted to me right now?**

"Well done, my good and faithful servant. Since you were faithful with a few things, I will put you in charge of many things. Come, share your master's joy." Matthew 25:21

---

---

---

---

**Write out and reflect on the verse you are taking to heart and memory this week / today:**

"Each of you has received a gift to use to serve others. Be faithful stewards of God's grace in its various forms." 1 Peter 4:10

---

---

---

---

WEDNESDAY

Date: \_\_\_\_\_

**What are 3 things I am grateful to God for?**

"I have come that they may have life, and have it abundantly." John 10:10

---

---

---

---

**A challenge in my life right now is \_\_\_\_\_**

**and three great opportunities I can take from this challenge are:**

"And we know that God works all things for the good of those who love him." Romans 8:28

---

---

---

---

---

**What is on my heart that I want to open up to God about in sincere, heart-to-heart prayer?**

"Trust in the Lord with all your heart, and do not rely on your own understanding. In all your ways acknowledge him, and he will guide your paths. Proverbs 3:5

---

---

---

---

---

---

**Write out and reflect on the verse you are taking to heart and memory this week / today:**

"Seek first the kingdom of God and his righteousness, and all these things will be given to you as well." Matthew 6:33

---

---

---

---

THURSDAY

Date: \_\_\_\_\_

**What are 3 things I am grateful for?**

"I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds." Psalm 9:1

---

---

---

---

**What is on my heart that I want to renew my trust in God about?**

"Commit your way to the Lord; trust in him, and he will help you." Psalm 37:5

---

---

---

---

**Who or what is on my heart to pray for? What are some petitions that I want to bring before God in prayer right now?**

"Have no anxiety about anything, but in everything by prayer and petition, 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 4:6-7

---

---

---

---

---

---

**Write out and reflect on the verse you are taking to heart and memory this week / today:**

"Let no unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who hear." Ephesians 4:29

---

---

---

---

FRIDAY

Date: \_\_\_\_\_

**What are 3 things I am grateful to the Lord for?**

"The Lord has done great things for us, and we are filled with joy." Psalm 126:3

---

---

---

---

**What are some of the hopes and dreams that I believe God has placed on my heart?**

"For God is at work in you, giving you the desire and the power to do what pleases him." Philippians 2:13

---

---

---

---

---

**What is on my heart that I want to talk to the Lord about in heart-to-heart prayer?**

"Cast all your anxiety on him because he cares for you." 1 Peter 5:7

---

---

---

---

---

---

---

**Write out and reflect on the verse you are taking to heart and memory this week / today:**

He who walks with the wise will become wise, but the companion of fools fares badly. Misfortune pursues sinners, but the righteous are rewarded with good things." Proverbs 13:20-21

---

---

---

---



SATURDAY

Date: \_\_\_\_\_

**What are 3 things I am grateful for from this past week?**

"Give thanks to the Lord, for he is good; for his mercy endures forever." Psalm 107:1

---

---

---

---

---

**What are 3 things I could have done better this past week?**

"A new commandment I give to you, that you love one another; even as I have loved you, that you also love one another." John 13:34

---

---

---

---

---

**What are 3 things I am excited about?**

"A joyful heart is the health of the body, but a depressed spirit dries up the bones." Proverbs 17:22

---

---

---

---

---

**Write out and reflect on the verse you are taking to heart and memory this week / today:**

"Through love be servants of one another. For the whole law is fulfilled in one word, 'You shall love your neighbor as yourself.'" Galatians 5:14

---

---

---

---