

Daily Love

From Him Above

A GUIDED PRAYER JOURNAL

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My 30-Day Prayer Journal

Write it down. Stand on the Word.

Watch how God answers.

Pastor Otis J. Petteway, III

DAILYLOVEFROMHIMABOVE.COM

How to use this journal

Prayer is a conversation with a Father who listens. This journal gives you a place to write down what you are bringing to Him, so that later you can look back and see how faithful He has been.

1 Write the request

Be honest and be specific. God already knows what you need, and putting it on paper helps you see what you are really asking Him for.

2 Write the Scripture you are standing on

Every page opens with a verse about prayer to get you started. Add any promise from the Word that God puts on your heart for this request.

3 Give thanks and lift up somebody else

Gratitude and praying for others keep our prayers from becoming only about us. Name what you are thankful for, then name someone who needs prayer today.

4 Come back and mark how God answered

Some answers come quickly. Others take a while. When the answer comes, return to that page, write what God did and add the date. These pages will become your testimony.

One day at a time is enough. If you miss a day, simply pick up on the next page. There is no falling behind in prayer.

Day 1

Date _____

*Do not be anxious about anything, but in every situation, by prayer and petition,
with thanksgiving, present your requests to God.*

PHILIPPIANS 4:6 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 2

Date _____

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

MATTHEW 7:7 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 3

Date _____

Call to me and I will answer you and tell you great and unsearchable things you do not know.

JEREMIAH 33:3 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 4

Date _____

In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.

PSALM 5:3 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 5

Date _____

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.

1 JOHN 5:14 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 6

Date _____

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

MARK 11:24 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 7

Date _____

Be joyful in hope, patient in affliction, faithful in prayer.

ROMANS 12:12 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 8

Date _____

The Lord is near to all who call on him, to all who call on him in truth.

PSALM 145:18 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 9

Date _____

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

MATTHEW 6:6 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 10

Date _____

Devote yourselves to prayer, being watchful and thankful.

COLOSSIANS 4:2 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 11

Date _____

The righteous cry out, and the Lord hears them; he delivers them from all their troubles.

PSALM 34:17 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 12

Date _____

Then you will call on me and come and pray to me, and I will listen to you.

JEREMIAH 29:12 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 13

Date _____

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.

PSALM 55:22 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 14

Date _____

Cast all your anxiety on him because he cares for you.

1 PETER 5:7 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 15

Date _____

Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

HEBREWS 4:16 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 16

Date _____

And I will do whatever you ask in my name, so that the Father may be glorified in the Son.

JOHN 14:13 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 17

Date _____

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

JAMES 5:16 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 18

Date _____

*And pray in the Spirit on all occasions with all kinds of prayers and requests.
With this in mind, be alert and always keep on praying for all the Lord's people.*

EPHESIANS 6:18 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 19

Date _____

I love the Lord, for he heard my voice; he heard my cry for mercy.

PSALM 116:1 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 20

Date _____

Before they call I will answer; while they are still speaking I will hear.

ISAIAH 65:24 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 21

Date _____

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

JAMES 1:5 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 22

Date _____

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.

ROMANS 8:26 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 23

Date _____

Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

PSALM 62:8 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 24

Date _____

I call on you, my God, for you will answer me; turn your ear to me and hear my prayer.

PSALM 17:6 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 25

Date _____

May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.

PSALM 141:2 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 26

Date _____

If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.

JOHN 15:7 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 27

Date _____

He will respond to the prayer of the destitute; he will not despise their plea.

PSALM 102:17 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 28

Date _____

When I am in distress, I call to you, because you answer me.

PSALM 86:7 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 29

Date _____

*Answer me when I call to you, my righteous God. Give me relief from my distress;
have mercy on me and hear my prayer.*

PSALM 4:1 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Day 30

Date _____

*Then Jesus told his disciples a parable to show them that they should always pray
and not give up.*

LUKE 18:1 (NIV)

LORD, I'M ASKING YOU FOR

THE SCRIPTURE I'M STANDING ON

I'M THANKFUL FOR

SOMEONE I'M PRAYING FOR

HOW GOD ANSWERED *(come back and fill this in)*

Date answered: _____

Keep going

What God started in you on these pages does not have to stop on the last one. If you want a little help staying close to Him every day, here is where we would love to walk with you next.

The Daily Love devotional email

FREE

A short devotional with Scripture and a prayer, waiting in your inbox every morning before your day gets busy.

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Find it at dailylovefromhimabove.com

The Daily Love Circle

\$9.99 A MONTH

A membership for people who want to go deeper together. Members receive:

- ◆ A weekly prayer group
- ◆ A private weekly session with Pastor Otis
- ◆ A booklet for every series

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See you tomorrow morning.

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