

Prayer Journal

Date: _____

Thank God, **O**pen yourself up to God,
Praise God, **R**epent of your sins, **A**sk God for Help, **Y**ield to God's will!

Father, I **THANK** you for:

(OPEN yourself to God. Open your heart, mind, and ears to Him. He already knows everything you are thinking, so don't hold back. Be willing to share your innermost thoughts.)

Father, I **PRAISE** you for:

(REPENT of your sins. Confess your sinful thoughts, words, and deeds to God. Recognize how sin separates you from Him, and turn away from it.)

Father, I **ASK** you to help with:

(YIELD to God. Be prepared to follow His guidance. Place His desires above your own, and yield to His direction and plan; be ready and willing to obey.)