

Starting a Prayer Journal Review

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Understanding Communication with God

Name: _____

Date: _____

Answer the following questions based on what you learned about starting a prayer journal.

1. What is one purpose of a prayer journal?

- A. To write stories
- B. To track conversations with God
- C. To draw pictures

2. What are the four sections we created in our journal?

3. Philippians 4:6-7 encourages us to present our requests to God with ____ and thanksgiving.

4. A prayer journal is only for writing down requests and not for praises.

- True False

5. How can writing down prayers help you remember to pray?

6. What does 1 Thessalonians 5:17 tell us about prayer?

- A. Pray only on Sundays
- B. Pray without ceasing
- C. Pray only when in trouble

7. Keeping track of our prayers helps us see how God is ____ in our lives.

8. A prayer journal can help us grow closer to God.

- True False

9. What might you want to include in your prayer journal?

10. Why is it important to keep track of our prayers?

- A. So we can impress others
- B. To remember what we have prayed for
- C. To have a diary about our day

Answer Key

1. To track conversations with God 2. The four sections are prayer requests, praises, answers to prayer, and reflections. 3. thanksgiving 4. False 5. Writing down prayers helps me remember to pray because I can see my requests and praises clearly. It reminds me of what I want to talk to God about. 6. Pray without ceasing 7. working 8. True 9. I would include my prayer requests, things I'm thankful for, answers to my prayers, and notes about how I feel when I pray. 10. To remember what we have prayed for