

# PRAY FIRST

A 7-DAY PRAYER JOURNAL



**“IF MY PEOPLE, WHO ARE  
CALLED BY MY NAME,  
WILL HUMBLE  
THEMSELVES AND PRAY  
AND SEEK MY FACE AND  
TURN FROM THEIR  
WICKED WAYS, THEN  
I WILL HEAR FROM  
HEAVEN, AND I WILL  
FORGIVE THEIR SIN AND  
WILL HEAL THEIR LAND.”**

**2 CHRONICLES 7:14**

## **Prayer works.**

**If you ever get to a place in your life where you feel like something is missing, it's probably a connection problem: you are disconnected from God and too connected to the world.**

Prayer can have a powerful impact on setting your life back on track. Prayer, simply, connects us to God.

I'm convinced most people don't enjoy prayer because they have never been taught how to pray. That's where this Prayer Journal can help. When you discover the beauty of daily conversation with Him, you'll experience the presence of God that will change your life. Over the next 7 days, we are going to do just that.

Once you learn how to pray, prayer can become a part of everyday life:

Before the day begins -  
Before you go to bed -  
Before you go to work or school -  
Before you send that text -  
Before you react -  
Before bad things happen -  
Before you eat, drive, or travel -

In every situation — PRAY FIRST!

**To make your prayer time over the next 7 days even more meaningful:** write out your prayers, keep a list of things you're praying for currently and even play worship music as you set aside intentional time to pray. The most important step is committing to regularly entering God's presence through prayer.

I can't wait to hear how prayer impacts your life!

**It's our hope that your prayer life becomes more natural, effective, and enjoyable.**

*Pastor Joey Adkins*  
Wellspring Community Church

# PRAYER LIST

*Who/what are you praying for this week?*

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**“DON'T WORRY ABOUT  
ANYTHING; INSTEAD,  
PRAY ABOUT EVERYTHING.  
TELL GOD WHAT YOU NEED,  
AND THANK HIM FOR ALL  
HE HAS DONE.”  
PHILIPPIANS 4:6**

## The Lord's Prayer

*God loves when we worship Him, and there is power in His name. Proclaim who He is and pray His agenda first. Then ask God for what you need today. Bring them to God, and trust Him enough to hand them over to Him fully.*

*Ask God to check your heart and life and show you areas where you might need to ask for forgiveness or forgive others. Take your stand in victory and then end by praising Him and declaring your faith in Him.*

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## The Tabernacle Prayer

*In the Old Testament, the Tabernacle was the dwelling place of God, built to His specifications, where He would meet His people. As they entered the Tabernacle, they passed through seven stations, following God's instructions, to experience His presence. Today, even though we no longer need the physical Tabernacle to meet with God, these same steps can help us connect with Him.*

*Begin by writing about blessings in your life for which you're thankful for. Thank God for the power and healing that the cross and resurrection of Jesus gives you. Confess your sins to Him and receive complete forgiveness and a fresh start. Thank God for the Holy Spirit that lives inside of you. Read Romans 12 then praise and worship God. End by interceding on behalf of those around you.*

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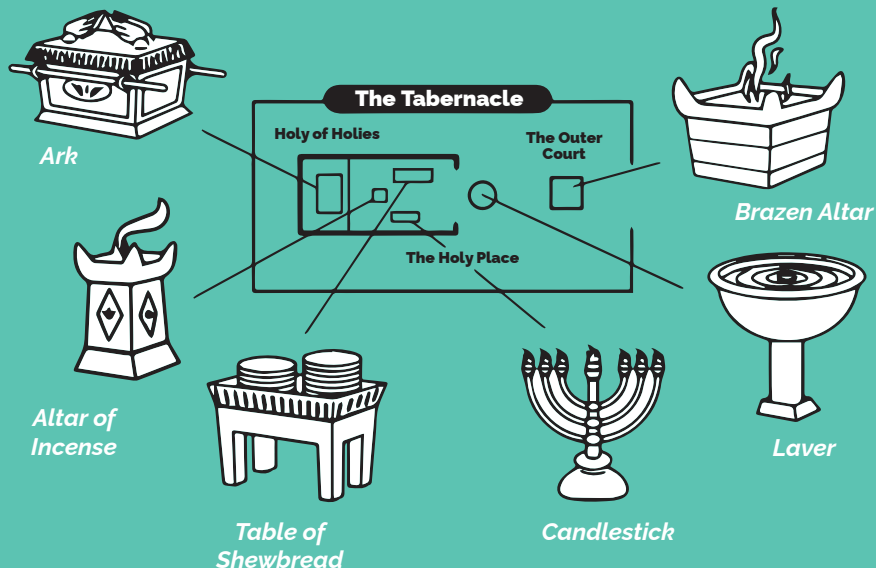
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**“I APPEAL TO YOU THEREFORE,  
BROTHERS, BY THE MERCIES OF  
GOD, TO PRESENT YOUR BODIES  
AS A LIVING SACRIFICE, HOLY  
AND ACCEPTABLE TO GOD,  
WHICH IS YOUR SPIRITUAL  
WORSHIP.”  
ROMANS 12:1**



## Praying Scripture

*Praying Scripture is one of the most powerful things you can do because you are proclaiming the Truth that is living and active. Pray and ask God to search your heart. Ask him to find anything in you that is offensive, and to help you remove it from your life. Repent and forgive. Pray that He would teach you to love others and live a life that points people to Him.*

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**“SEARCH ME, GOD, AND  
KNOW MY HEART; AND TEST  
ME KNOW MY ANXIOUS  
THOUGHTS. SEE IF THERE IS  
ANY OFFENSIVE WAY IN ME,  
AND LEAD ME IN THE  
EVERLASTING.”  
PSALM 139:23-24**

## The Prayer of Jabez

*Begin by asking God boldly, with the right heart, for His blessing. Not simply His physical blessing but emotional and mental as well. You do not have, because you do not ask. Pray for more influence. In humility, acknowledge your need for God's presence. Finally ask and trust the Lord to protect you.*

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**“JABEZ CRIED OUT TO THE GOD OF  
ISRAEL, “OH, THAT YOU WOULD  
BLESS ME AND ENLARGE MY  
TERRITORY! LET YOUR HAND BE WITH  
ME, AND KEEP ME FROM HARM SO  
THAT I WILL BE FREE FROM PAIN.”  
AND GOD GRANTED HIS REQUEST.”  
1 CHRONICLES 4:10**

**Warfare Prayers**

*Every time the enemy tried to tempt Him, Jesus responded with a reference from the Bible. Acknowledge that you're in a spiritual battle. Whether lies, fear or anxiety - you can command anything that comes against the truth of God and His Word to bow to the name of Jesus. Take a bold stand, praying specifically and confidently through God's power and His Spirit.*

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**Psalm 23 Prayer**

*Pray in sequence by thanking God in advance for who He is and how He will show up in your life:*

*He's my shepherd (vs 1),*

*He's my provider (vs 1),*

*He's my peace (vs 2),*

*He's my healer (vs 3),*

*He's my righteousness (vs 3),*

*He's my friend (vs 4).*

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**“THE LORD IS MY SHEPHERD; I  
SHALL NOT WANT. HE MAKES ME  
LIE DOWN IN GREEN PASTURES. HE  
LEADS ME BESIDE STILL  
WATERS. HE RESTORES MY SOUL.  
HE LEADS ME IN PATHS OF  
RIGHTEOUSNESS FOR HIS NAME’S  
SAKE. EVEN THOUGH I WALK  
THROUGH THE VALLEY OF THE  
SHADOW OF DEATH, I WILL FEAR  
NO EVIL, FOR YOU ARE WITH ME;  
YOUR ROD AND YOUR STAFF, THEY  
COMFORT ME”**

**PSALM 23:1-4**

## Psalm 23 Prayer (Continued)

*Pray in sequence by thanking God in advance for who He is and how He will show up in your life:*

*He's my defender (vs 5),*

*He's my sanctifier (v 5),*

*He's my banner of goodness (vs 6),*

*He's my safe dwelling place forevermore (vs 6).*

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**“YOU PREPARE A TABLE BEFORE  
ME IN THE PRESENCE OF MY  
ENEMIES; YOU ANOINT MY HEAD  
WITH OIL; MY CUP OVERFLOWS.  
SURELY GOODNESS AND  
MERCY SHALL FOLLOW ME ALL  
THE DAYS OF MY LIFE, AND I  
SHALL DWELL IN THE HOUSE OF  
THE LORD FOREVER.”**

**PSALM 23:5-6**

*Congratulations! You just completed 7 days of intentionally setting your focus on God through prayer.*

*What has God done in your life the past 7 days?*

*How has your perspective shifted?  
Imagine how much more is available if you continue this spiritual habit of prayer in your daily life.*

# Prayer Resources

**Wellspring Bible Reading Plan**  
**[wellspringfl.com/bible](https://wellspringfl.com/bible)**

*Read the Bible and pray with us daily!*

**Pause App**  
**[pauseapp.com](https://pauseapp.com)**

*Take a pause. A simple way to connect with God in the middle of your busy day.*

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**[wellspringfl.com](http://wellspringfl.com)**