



Prayer journal

A seven day journal focused on trusting God

welcome!

We are so glad you are here! Each of us have seasons of life where trusting God may be more challenging than others. We can all agree that during times where things in life are falling into place trusting God is easier because we see that God is good, and that He loves us. It's in the challenging times, when we start to doubt our trust in God. These are the times we have to dig down deep, pray, and open our hearts to trusting God, because He is still the same God that He was in the good times.

Let's spend these next seven days focusing on scripture that talks about trusting God, and praying through these verses. We hope this journal will bring you closer to God and that you are able to fully trust in Him.

a prayer for trust

“We know that all things work together for the good of those who love God,
who are called according to his purpose.”

romans 8:28

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, we thank you that you know us far better than we could ever know ourselves. You have plans for us that we could never even imagine. Your love for us is unfathomable. And yet, we struggle to always trust that the messes in our lives will work out for good. We pray today that you can help us to trust in you. Help us to remember that you are good, and that you make all things in our lives work together for good. Let us be people that trust your words God. We pray all these things in Jesus' name, Amen.

a prayer for trust

“This I declare about the LORD:
He alone is my refuge, my place of safety; he is my God, and I trust him.”

psalms 11:2

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, we have times when our faith fails us, and our fears rise up. God, in those times remind us that you are our place of safety. That we can trust wholeheartedly in you, and place our fears in your hands. Help to remind us today when our fears take control that you are here for us, that you will keep us safe, and that you are a God that loves us beyond what we could ever imagine. We pray all these things in Jesus' name, Amen.

a prayer for trust

“I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.”

romans 15:13

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, we pray today that we can be filled with your hope. That your hope would give us joy and peace. Help us to completely trust in you so that we can be filled with these things. We pray that your peace and joy will overflow us with your hope so that we can share your love with others. Help us to be people that are able to show others to you because of how you have worked through us. We pray all these things in Jesus' name, Amen.

a prayer for trust

Don't let your hearts be troubled. Trust in God, and trust also in me.

john 14:1

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, we thank you for these words that Jesus spoke. We thank you for giving us your son. And we pray today that we can trust in you because of the sheer amount of love you have for us. Without your love you would not have given your son to die for us, the sinners of the world. We pray today that we can fully trust in you God, and through that our hearts may be settled. We pray all these things in Jesus' name, Amen.

a prayer for trust

“Trust in the LORD forever, because in the LORD, the LORD himself, is an everlasting rock!”

isaiah 26:4

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, we pray today that we can fully believe these words that are written. Allow us to trust fully in you God. We know that you are almighty, and the creator of this universe. You have given us all we have. We pray today that we can leave our burdens, our worries, our stresses, every at your feet. We pray that we can trust fully that you will be there, and help us through, because you have always been there. Help us to believe that will never change. We pray all these things in Jesus' name, Amen.

a prayer for trust

“Trust in the LORD and do what is good; dwell in the land and live securely.”

psalm 37:3

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, be with us today, and allow our trust in you to show through in how we live our lives. We trust you Lord, and want others to know you as well. We pray that you will help us to rest in your Word. Help us to remember that because you allowed your son to lay down his life for us, that we can trust you in all we do. We pray all these things in Jesus' name, Amen.

a prayer for trust

“But even when I am afraid, I keep on trusting you. I praise your promises! I trust you and am not afraid. No one can harm me.”

psalm 56:3-4

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, we thank you for this week of prayers. We thank you for giving us your word. We pray that we can trust you more deeply. We pray that we can lay our worries, our burdens, our fears at your feet. Let us trust that you can and will take care of us. Allow us to trust in you enough to know you will take care of it. God, we thank you for everything you have given us in this life. We pray all these things in Jesus' name, Amen.



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