



My Inner Room  
**Prayer Journal for  
Praying Women of Faith**

*When you pray, go into your inner room,  
close your door, and pray to your Father who is in secret;  
and your Father who sees what is done in secret will reward you.*

Matthew 6:6 (NASB)

# PRAYER PHONE LINE MINISTRY

*Opening our Hearts to God*

**Every Saturday morning: 10 am – 11 am**

Bring Scripture to share, concern or thanksgiving of prayer

**To register, call: +1 (317) 455-8301**

## Selah Christian Women's Fellowship Ministry, Inc.

### **Who We Are**

We are a 501(c)(3) non-profit education and human services organization serving women and girls through mentoring, spiritual care and personal wellness, guided by Biblical Christian standards.

### **Our Vision**

We envision self-reliant women and girls modeling Biblical Christian principles, positively contributing to the overall well-being of their self, their family, and their communities.

### **Our Mission**

Our mission is to provide a Biblical holistic approach to addressing issues affecting women and girls, meeting their basic needs, to achieve self-sufficiency and wellness.

*"Women and Girls Set Apart for an Exceptional Purpose"  
Now may the God of peace Himself sanctify you completely.  
And may your whole spirit, soul, and body be kept sound  
and blameless at the coming of our Lord Jesus Christ.*

1 Thessalonians 5:23-24 [HCSB]

# Introduction

Selah Christian Women's Fellowship Ministry Inc. is delighted and humbled to provide "My Inner Room" prayer journal as a self-care tool for women of faith to record our intimate conversations with our Holy, Almighty God. May this journal aid your spiritual growth to a strong lifestyle of prayer.

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*Now this is the confidence that we have in Him,  
that if we ask anything according to His will, He hears us.  
And if we know that He hears us, whatever we ask,  
we know that we have the petitions that we have asked of Him.*

[1 John 5:14-15]

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Journals can be used to write our thoughts toward God, our thanks to Him, our confessions to Him, and our requests to Him. What's more, we can record what God tells us in our quiet time when we pray and read His Word, and how we'll adjust our life to respond in obedience to what God has revealed to us through prayer. Reviewing our journals over time, we can begin to see what God is telling us about Himself, His purpose and His ways, and even see a pattern develop. Prayer journaling can be used as a spiritual self-care tool to develop our prayer habit, helping us critically evaluate our life's direction, while steering us toward a closer relationship with God, and better alignment to His will for us.

Consistent formats for capturing our prayers are provided to help us grow our prayer habit, remain focused, and build a history of God's faithfulness.

**The journal is organized to include:**

- **My Prayer**
- **Bible Verse**
- **Song**
- **Adoration and Praise**  
(Praising God for his greatness and admitting dependence on Him)
- **Confession**  
(Owning up to sin and asking for God's mercy and forgiveness)
- **Thanksgiving**  
(Thankfulness and gratitude to God for his many blessings)
- **Supplication / Petitions**  
(Asking God for something)
- **Reflections**
- **Calls to Action**
- **Prayer Requests, Answered Prayers and Praise Reports**
- **Bible Study, Application and Prayer**
- **Scriptures encouraging prayer habit**

## Our Prayers

- Prayer is our personal communication with God. It is a relationship to our holy, Almighty God, not a religious activity. “Prayer is the very will of God, penetrating a heart and every facet of a person’s life” [Stanley]. Essentially, it can be defined as an earthly request for heavenly intervention [Evans].
- For women of faith (followers of Christ), prayer is pivotal in developing an intimate relationship with our God. “Draw near to God and he will draw near to you” [James 4:8]. He’ll walk with us through life as a partner, God and Sovereign King, when prayer becomes a dominant form of communication in our lives. In fact, it’s prayer that gives us access to that kind of relationship. [Evans]
- As followers of Christ, scripture instructs us to “pray without ceasing” [1 Thes 5:17], meaning that we’re to be in a continual attitude of prayer. Seeking God in prayer through everything we see and experience fulfills the ultimate purpose of our salvation to glorify God, and to bring us into intimate, rich fellowship with Him.
- “For any mature Christian, prayer is a permanent state of mind by which the promises and purposes of God, the spiritual well-being of His people, the advance of His gospel, and the growth of His church are passionately desired. What concerns the Lord must concern you if you truly desire to glorify Him in your life.” [MacArthur]
- To cultivate a prayerful lifestyle, priority has to be given to prayer, on a regular basis. Devote yourselves to prayer; stay alert in it with thanksgiving [Colossians 4:2].
- As Christ followers, we have power in our prayer through the Holy Spirit, who living in us, searches our hearts, knows the mind of the Spirit, and intercedes for us presenting our words perfectly to our God. [Romans 8:26-27]
- Jesus provides a pattern for prayer in Matthew 6:9-13, also known as The Model Prayer or The Disciples Prayer. The Bible is abundant with guiding prayers & praises for every need that we may have. For example, powerful prayers were offered by the apostle Paul for spiritual growth [Colossians 1:9-14] and for spiritual power [Ephesians 3:14-21]. Search the scriptures and pray with God’s Word open.
- Prayer is our spiritual access to the full armor of God, to be strong in the Lord and in the strength of His might, so that we will be able to stand firm against the schemes of the devil [Ephesians 6: 10-11].

*Praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints* [Ephesians 6:18]

My Inner Room

# Prayer Journal for Praying Women of Faith

Belongs to:

Dedicated to:

Purpose for my journal:



Date: \_\_\_\_\_

Bible Verse: \_\_\_\_\_

Song on my Heart: \_\_\_\_\_

## MY PRAYER

### Adoration and Praise

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### Confession

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### Thanksgiving

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### Supplication / Petition

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*Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened [Matthew 7: 6-7]*

Date: \_\_\_\_\_

## REFLECTIONS

- What is God saying to me today in my quiet prayer time?
- What is the scripture God uses?
- What is God saying about Himself from that passage?
- Is He confirming through circumstances what He said?
- Is He verifying what He said through the counsel of other believers?
- What is my prayer response to what God is telling me?
- How do I need to adjust my life & respond in obedience to what he's shown me?

Date: \_\_\_\_\_

## CALLS TO ACTION

- What and how will I strive to improve today?
- Who will I share the Good News with today?
- Who and how will I serve or uplift today?

*for it is God who is at work in you, both to desire and to work for His good pleasure*  
[Philippians 2:13]



# PRAYER REQUESTS

## Consider:

How will God's program be advanced through the granting of my requests?

Prayer Requests	Date	Prayers Answered	Date

## Guiding Scriptures:

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## Praise Reports:

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*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.* [Philippians 4:6]

Date: \_\_\_\_\_

## BIBLE STUDY

Bible Verse(s):

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Observations	Application

## MY PRAYER RESPONSE

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*Therefore we also pray always for you that our God would count you worthy of this calling, and fulfill all the good pleasure of His goodness and the work of faith with power, that the name of our Lord Jesus Christ may be glorified in you, and you in Him, according to the grace of our God and the Lord Jesus Christ. [2 Thessalonians 1:11-12]*



## Pray with God's Word open. Add Scriptures to encourage your prayer time.

*So the word that comes from my mouth will not return to me empty, But it will accomplish what I please and will prosper in what I send it to do. [Isaiah 55:11]*

### **Matthew 6:33**

God's Kingdom is our Priority - The Kingdom of God is the rule of God in the hearts of people around the world.

"But seek first His kingdom and His righteousness, and all these things will be provided to you" [NASB]

### **Matthew 28:18-20**

Great Commission - We have responsibility as the Church (Body of Believers) to advance God's Kingdom and to equip others to live their lives as disciples.

And Jesus came up and spoke to them, saying, "All authority in heaven and on earth has been given to Me. Go, therefore, and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to follow all that I commanded you; and behold, I am with you always, to the end of the age."

### **Acts 1:8**

God has given us the power to witness through the Holy Spirit.

but you will receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem and in all Judea, and Samaria, and as far as the remotest part of the earth."

### **Matthew 22: 37-39**

Great Commandment

God wants to have a relationship with us, all of us - our heart, mind & soul. We must pursue the well-being of others. God will return it back to us for a deeper experience with Him.

Jesus said to him, "You shall love the Lord your God with all your heart, with all your soul, and with all your mind." This is the first and great commandment. And the second is like it: "You shall love your neighbor as yourself."

### **John 14:15**

We align our decisions to his expectations because we love Him.

If you love Me, you will keep My commandments.

### **Philippians 2:13**

The Spirit of God will touch our hearts and causes us to seek to know God's will.

for it is God who is at work in you, both to desire and to work for His good pleasure.

### **Jeremiah 29:13**

You will seek me and find me when you seek me with all your heart.

### **Isaiah 65:24**

Even before they call, I will answer; while they are still speaking, I will hear.

### **Romans 12:1-2**

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.



## Resources

- Blackaby, Henry; *Experiencing God*; 2008; B&H Publishing Group, Nashville, TN
- Evans, Tony; *Praying Through the Names of Jesus*; 2019; Harvest House Publishers, Eugene, OR
- Evans, Tony; *The Tony Evans Bible Commentary*; 2019; Holman Bible Publishers; Nashville, TN
- Evans, Tony; You Tube–Tony Evans; *The Purpose of Prayer*; Nov. 29, 2020 sermon
- Evans, Tony; You Tube–Tony Evans; *The Kingdom Power of Prayer*; Feb. 13, 2022 sermon
- Jeremiah, David; *Turning Point – Overcoming Everything in Prayer*; Feb. 14, 2022 TV broadcast
- Jeremiah, David; *Turning Point – PRAY: Consult Your Creator*; Jan. 9, 2022 TV broadcast
- MacArthur, John; *Alone with God*; 1981; David Cook Publishing, Colorado Springs, CO
- Pink, A. W.; *The Attributes of God*; 1978; GLH Publishing, Louisville, KY
- Stanley, Charles; In Touch Ministries; *A Pattern of Powerful Prayer*; Jan. 15, 2022 TV sermon

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