

A PRAYER JOURNALING COMPANION

A Quiet Start to Prayer Journaling

A gentle guide for the days you don't know what to write

Simplify to Glorify

How to Use This Guide

Read one chapter at a time, slowly, with no schedule to keep. There is nothing here to fall behind on.

Keep this guide open beside your journal and a pen. Every chapter ends with a page made for your own words.

Use the daily prayer page near the end as often as you like. Print a fresh one whenever you sit down to pray.

Lean on the prompt page on the empty days, when the words will not come. It is there to meet you exactly then.

A gentle reminder before the first page. The goal is not a fuller journal. The goal is an honest few minutes with God.

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BONUS JOURNAL PAGES

Daily Prayer Page

Prompts to Keep Nearby

A Note From Me

WELCOME

You Don't Need the Right Words

You sit down to pray, and the words will not come. That silence is not a failure, and it does not mean you are doing this wrong.

Maybe you have believed that prayer should sound polished before God will listen. That belief has kept the page blank far longer than it needed to.

Most advice about prayer assumes the problem is your discipline. It rarely tells you that honest and unfinished is already enough.

This guide begins somewhere gentler than the perfect prayer. It begins with the true words you already have.

We will move slowly and on purpose. You can pause on any page and simply breathe before going on.

Honest, Not Polished

Trust in Him at all times, you people; Pour out your hearts before Him; God is a refuge for us. Selah.

Psalm 62:8

You have sat down to pray and felt the words go missing. That blank quiet is not a sign that something is wrong with you.

Somewhere along the way you may have learned that prayer should sound careful and complete. That belief turns an honest page into a test you keep failing.

Scripture tells a gentler story than the one you have been carrying. You are invited to pour out your heart, not to perform it.

David moved from confusion to trust inside a single psalm, without tidying himself first. Your journal is allowed to hold that same unfinished honesty.

You do not need the right words to begin today. You only need to tell God what is true.

Honest Words

Write to God exactly as you are right now. No tidy sentences required, and nothing here needs to be fixed first.

What is on my heart, in whatever words come

One thing I have been afraid to say out loud

AN HONEST FIRST LINE

*Father, I do not have the right words today, so I am bringing You the true ones instead.
Thank You that this is enough.*

A Simple Way to Begin

Therefore let us approach the throne of grace with confidence, so that we may receive mercy and find grace for help at the time of our need.

Hebrews 4:16

When the page feels too open, a little structure can carry you. You are not boxing in your prayer; you are giving it a place to land.

One gentle framework is the word ACTS, four small movements you can lean on. You do not have to use all four on any given day.

Adoration is praising God for who He is, before you ask Him for anything. Confession is naming honestly where you have struggled or fallen short.

Thanksgiving is noticing the mercies, the large ones and the quiet small ones. Supplication is bringing your needs and the people you love into His hands.

On a heavy day, one of these is plenty. You can approach the throne of grace with confidence, even with very few words.

The ACTS Prayer

Try one box or all four. Even a single line in one section is a real and complete prayer.

Adoration – who God is to me today

Confession – where I have struggled

Thanksgiving – a mercy I noticed

Supplication – a need I am bringing

A WORD BEFORE YOU START

Lord, I am coming as I am, with confidence in Your kindness and not in my own words.
Meet me here.

Let Scripture Start the Prayer

Do not be anxious about anything, but in everything by prayer and pleading with thanksgiving let your requests be made known to God.

Philippians 4:6

Some mornings your own words feel thin, and that is a hard place to pray from. On those days, you do not have to start with yourself.

Scripture can hand you the first words when you have none of your own. You borrow its truth, and your prayer grows out from there.

Write a verse at the top of the page, then sit with it for a moment. Ask gently what it is saying to the heart you brought today.

Then turn it back to God as a prayer in your own voice. A verse about worry can become a simple plea to stop carrying it alone.

This keeps your journal anchored in something steadier than your mood. You are praying from truth, even on the days truth is hard to feel.

From Verse to Prayer

Let one verse lead. Move through these three small steps slowly, in as few words as you like.

A verse I want to sit with

What it seems to be saying to me today

Turning it into my own prayer

AN EXAMPLE

After writing Philippians 4:6, you might pray: God, help me bring my worries to You today instead of carrying them alone.

Prompts for the Stuck Days

Now in the same way the Spirit also helps our weakness; for we do not know what to pray for as we should, but the Spirit Himself intercedes for us with groanings too deep for words.

Romans 8:26

There are days when you sit down and nothing will come at all. That stuck feeling is common, and it does not mean your prayer has failed.

Even Scripture admits there are times we do not know what to pray. The Spirit Himself meets that weakness and prays underneath our silence.

A few simple questions can loosen the words when you feel frozen. You are not starting from nothing; you are answering a gentle prompt.

Ask what is weighing on you, or where you noticed God this week. Ask who needs prayer, or what you most need strength to carry.

Let the questions do the heavy lifting on the empty days. You only have to answer the one that meets you.

Prompts When Words Feel Stuck

Choose the one that meets you today. A sentence or two beneath it is plenty.

What am I most worried about today?

Where did I notice God's goodness recently?

What am I grateful for right now?

What do I most need strength for today?

Who can I lift up in prayer today?

WHEN NOTHING COMES

Lord, I do not know what to pray, so I trust Your Spirit to pray for me. Here is my quiet, and here is my heart.

Short and Steady

| *pray without ceasing,*

| 1 Thessalonians 5:17

You may believe a real prayer time has to be long to count. That quiet pressure is exactly what keeps so many pages blank.

Consistency matters far more than length when it comes to prayer. Five honest minutes, repeated, will carry you further than one long burst.

Two true sentences on a tired night are not a lesser prayer. They are simply the prayer you had room for, and God receives it fully.

To pray without ceasing is less about long sittings than about staying turned toward Him. Short and steady keeps that thread unbroken.

Aim to show up, not to fill the page. The showing up is the whole practice.

A Five-Minute Prayer

When time is short, this is enough. Move gently through each small step.

One thing I want to praise God for – 1 min

One thing I am handing Him – 2 min

One thing I am thankful for – 1 min

One person or need I am praying for – 1 min

A SHORT PRAYER IS STILL A PRAYER

Father, this is all I have time for today, and I am giving it to You gladly. Thank You that You count the showing up.

A Peaceful Routine

And in the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and prayed there.

Mark 1:35

A new habit rarely survives on willpower alone, and prayer is no different. What it needs is a gentle place to live inside your day.

Jesus Himself slipped away to a quiet place to pray before the day rose. Even He kept a rhythm and a setting that protected the time.

Choose one consistent moment, like the early morning or the hush before bed. A habit tied to a time you already keep is far easier to hold.

Find a quiet corner where the noise of the day fades a little. Pair the page with something calming, a warm cup or a soft candle.

The routine is not the point, but it makes the point easier to reach. You are simply building a doorway you can walk through each day.

My Prayer Routine

Build something small enough to keep. A gentle rhythm forgives you in a way a strict plan never will.

A time I can return to most days

The place where I will keep my journal

One calming thing I will pair it with

A small reminder so I remember to begin

A GENTLE NOTE

Lord, help me build a small doorway to You, and meet me there. When I miss a day, draw me back without shame.

Grace for the Dry Days

The Lord's acts of mercy indeed do not end, for His compassions do not fail. They are new every morning; great is Your faithfulness.

Lamentations 3:22-23

Some days the page will feel alive, and other days it will feel like dust. Both kinds of days belong in a real prayer life.

Please do not measure your faith by how a single morning felt. Feelings rise and fall, and they were never the proof of God's nearness.

The dry days are not wasted, even when they seem to give nothing back. You are still showing up, and that faithfulness quietly does its work.

His compassions are described as new every single morning, without fail. Whatever yesterday's page held, today opens clean in His mercy.

So begin again, as many mornings as you need to. The same God who met you before is already waiting on this page.

Showing Up

Mark each day you came to the page, in any form. Showing up counts, even when the words were few.

Week one

Week two

Week three

Week four

WHEN A DAY SLIPS BY

A missed day is not a failure of faith. You simply begin again, with the same God who meets you new every morning.

Daily Prayer Page

Print this as often as you need. A simple page you can return to, even on the tired days.

Date

A verse for today

On my heart today

Something I am thankful for

Someone I am praying for

A small grace I noticed

A LINE TO CLOSE

Father, thank You for meeting me here, in whatever words I had today. In Jesus' name,
Amen.

Prompts to Keep Nearby

Keep this page where you can see it. On the stuck days, let one line do the starting for you.

The ACTS Reminder

Adoration · Praise God for who He is.

Confession · Name honestly where you have struggled.

Thanksgiving · Notice the mercies, large and small.

Supplication · Bring your needs and the people you love.

When you feel stuck, answer one

What am I most worried about today?

Where did I notice God's goodness recently?

What am I grateful for right now?

What do I most need strength for today?

Who can I lift up in prayer today?

A REMINDER

You are not starting from nothing. You are answering a gentle question, and that is already a prayer.

Why I Made This for You

I have met so many women who love God and still freeze the moment they sit down to pray. They are sure their words are not good enough, so they say nothing at all.

The problem was never their words. The trouble was a quiet belief that prayer had to sound a certain way to be heard.

This little guide begins with honesty on purpose. It starts with the blank page and the worry that you have nothing worth writing.

Once you stop reaching for the right words, the praying gets simpler. You bring what is true, and you let that be your prayer.

Your journal is meant to be a place to meet God, not a performance to get right. I hope this one feels like an open door.

With you in it,

Carla

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A Note Before You Go

However these pages found you, I am so glad they did. Please know that nothing on your worst day disqualifies you from being deeply loved by God.

If you would like to keep going, my journals, scripture cards, and devotionals are gentle companions for longer seasons – grief, caregiving, depression, and more. You can find them at simplifytoglorify.com.

With love and prayers,

Carla

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