

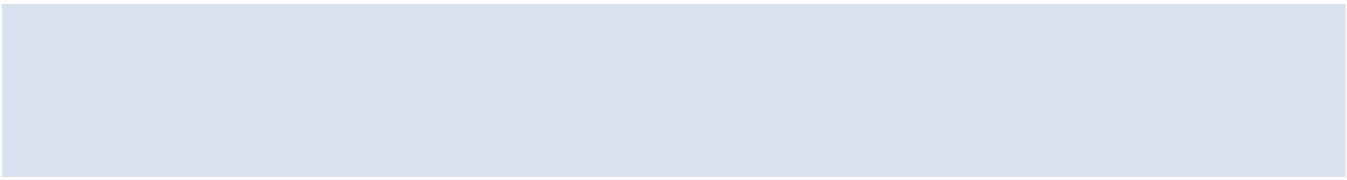


# **PRAYERS FROM ME TO GOD**

*A Heartfelt Journal for Daily Conversations With God*

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**SheysUniverse**



# Welcome

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This journal is a quiet space to bring your honest words to God — the ones you say out loud and the ones you've only thought. Each page offers a short reflection and a few guided lines to help you put your prayers into words, one day at a time.

How to use this journal: Set aside a few quiet minutes. Read the thought for the day, sit with it, then use the guided lines to write freely — there's no wrong way to fill this in. Move at your own pace; return to any page whenever you need it again.

# 1

## Starting the Conversation

*“Cast all your anxiety on Him because He cares for you.” — 1 Peter 5:7*

Prayer doesn't need perfect words. It just needs to be honest. Today, simply tell God what's really on your heart — nothing dressed up, nothing held back.

**What's really on my heart today?**

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**God, here's what I need You to know:**

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## 2

## Gratitude First

*“Give thanks in all circumstances.” – 1 Thessalonians 5:18*

Even in a hard season, gratitude has a way of softening what feels heavy. Before you ask for anything today, start with thanks.

**Three things I'm grateful for right now:**

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**A prayer of thanks I want to write:**

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### 3 Bringing My Worries

*“Do not be anxious about anything, but in every situation, by prayer... present your requests to God.” – Philippians 4:6*

You don't have to carry your worries alone. Naming them in prayer is the first step to laying them down.

**What am I anxious about today?**

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**God, I'm placing this worry in Your hands:**

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## 4 Praying For Others

Prayer isn't only for ourselves. Today, lift up the people on your heart — by name, if you can.

**Who do I want to pray for today, and why?**

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**What do I hope for them?**

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## 5 Asking For Strength

*"I can do all things through Him who strengthens me." – Philippians 4:13*

Some days call for more strength than we feel we have. That's exactly what this prayer is for.

**Where do I need strength today?**

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**God, help me find the strength to:**

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## 6 A Prayer of Forgiveness

Whether it's forgiving someone else or forgiving yourself, prayer can be a place to release what you've been holding onto.

**Is there something (or someone) I need to forgive?**

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**What would it feel like to let it go?**

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## 7 Trusting the Plan

*“For I know the plans I have for you,” declares the Lord. — Jeremiah 29:11*

When the path ahead isn't clear, prayer is a way of saying: I trust You with what I can't see yet.

**What am I struggling to trust right now?**

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**God, help me release control of:**

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## 8

## A Prayer For Peace

*“And the peace of God, which transcends all understanding, will guard your hearts.” —  
Philippians 4:7*

Peace isn't always the absence of a storm — sometimes it's calm in the middle of one. Ask for that peace today.

**Where do I need peace right now?**

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**A prayer for calm in this season:**

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## 9 Praying Over Tomorrow

You don't have to face what's ahead without covering it in prayer first.

**What's coming up that I want to pray over?**

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**God, walk with me through:**

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## 10 Closing With Thanks

*“The Lord is close to the brokenhearted.” — Psalm 34:18*

However this journal found you — tired, hopeful, uncertain, or steady — close it knowing you were never praying alone.

**What has this time in prayer given me?**

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**One thing I want to remember from this journal:**

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# **You Made It Through**

Keep this journal close and return to it any time you need a reminder of how far you've come.

**With love, SheysUniverse**