

Daily Divine Bread

30-Day Prayer Journal

A guided journey to deepen your daily prayer life

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Day 1-5: Praise & Adoration

Day 1: Read Psalm 145:1-7. Write five attributes of God you are thankful for today.

Day 2: Read Psalm 100. What does it mean to "enter His gates with thanksgiving"?

Day 3: Read Revelation 4:8-11. Reflect on God's holiness. How does this change your perspective?

Day 4: Read Isaiah 6:1-8. Write a prayer of awe and reverence to God.

Day 5: Read Psalm 19:1-6. Go outside and observe creation. Write what it reveals about God.

Day 6-10: Confession & Repentance

Day 6: Read Psalm 51:1-12. Ask the Holy Spirit to reveal any unconfessed sin.

Day 7: Read 1 John 1:9. Write about an area where you need God's cleansing.

Day 8: Read Isaiah 1:18. Reflect on the promise that God makes our scarlet sins white as snow.

Day 9: Read Psalm 139:23-24. Pray "Search me, O God" and journal what comes to mind.

Day 10: Read Romans 8:1. Write about the freedom of no condemnation in Christ.

Day 11-15: Thanksgiving

Day 11: Read 1 Thessalonians 5:18. List 10 things you are grateful for today.

Day 12: Read Philippians 4:6-7. What anxieties can you replace with thankful prayer?

Day 13: Read Psalm 107:1. Write about a time God showed you His steadfast love.

Day 14: Read Colossians 3:15-17. How can gratitude rule in your heart today?

Day 15: Read James 1:17. Identify the "good and perfect gifts" in your life.

Day 16-20: Intercession

Day 16: Read 1 Timothy 2:1-4. Pray for leaders in your community and nation.

Day 17: Read Colossians 1:9-12. Pray Paul's prayer for someone you love.

Day 18: Read Matthew 9:37-38. Pray for missionaries and gospel workers worldwide.

Day 19: Read James 5:16. Write the names of 5 people who need prayer and pray for each.

Day 20: Read Ephesians 6:18-20. Pray for your church and pastoral leadership.

Day 21-25: Petition & Supplication

Day 21: Read Matthew 7:7-11. What do you need from God today? Ask boldly.

Day 22: Read Philippians 4:19. What needs are you trusting God to meet?

Day 23: Read Psalm 37:4-5. What desires has God placed in your heart?

Day 24: Read Mark 11:24. Write a prayer of faith for something specific.

Day 25: Read Hebrews 4:16. Approach the throne of grace with confidence today.

Day 26-30: Listening & Surrender

Day 26: Read 1 Samuel 3:10. Spend 5 minutes in silence. Write what comes to mind.

Day 27: Read Proverbs 3:5-6. What area of life do you need to surrender?

Day 28: Read Romans 12:1-2. Write about what "living sacrifice" means for you today.

Day 29: Read Jeremiah 29:11-13. Journal God's promises over your future.

Day 30: Read Psalm 46:10. "Be still and know that I am God." Reflect on your 30-day journey.