



prayer journal

21
proper & fasting



I will bless the **LORD** at all times;
his praise shall continually be in my mouth.
My soul makes its boast in the **LORD**;
let the humble hear and be glad.
Oh, magnify the **LORD** with me,
and let us exalt his name together!
Psalm 34:1-3



January

01-21

2026

Prayer is more than presenting our needs to God; it is presenting ourselves to God, seeking his will and submitting ourselves to him. It is listening for his voice and direction, believing that he hears us and answers us when we call.

When starting each time in Prayer, you can use this as a guide:

SILENCE

Spend a few moments in silence before the Lord and ask Him to open your heart prior to reading, reflecting, and prayer.

READ

Read the scripture.

REFLECT

Reflect on the scripture.

What did you learn about God?

What does God want you to understand?

What does God want you to desire?

PRAY

Pray the scripture.

Look for ways the verse encourages you to:

Praise: Praise God for His character and nature.

Repent: Acknowledge and confess your sins.

Ask: Bring personal needs and the needs of others before the Lord.

Yield: Express gratitude for God's Word and the blessings it contains and submit your prayer to His will, not your own.



January 1

Psalm 103

“

Bless the Lord, O my soul,
and all that is within me,
bless his holy name!

Psalm 103:1



January 2

Psalm 1

”

Blessed is the man
who walks not in the counsel of the wicked...
but his delight is in the law of the Lord,
and on his law he meditates day and night.

He is like a tree
planted by streams of water...
In all that he does, he prospers.
Psalm 1:1-2



January 3

Isaiah 40:21-31

“

But they who wait for the Lord shall renew their strength;
they shall mount up with wings like eagles;
they shall run and not be weary;
they shall walk and not faint.
Isaiah 40:31



January 4

Psalm 63:1-8

”

**For you have been my help,
and in the shadow of your wings I will sing for joy.**

**My soul clings to you;
your right hand upholds me.**

Psalm 63:7-8



January 5

John 17

“

I made known to them your name, and I will continue to make it known, that the love with which you have loved me may be in them, and I in them.

John 17:26



January 6

Psalm 51:1-12

”

Create in me a clean heart, O God,
and renew a right spirit within me.

Psalm 51:10



January 7

1 Chronicles 16:8-36

“

Sing to the Lord, all the earth!

Tell of his salvation from day to day.

Declare his glory among the nations,

his marvelous works among all the peoples!

For great is the Lord, and greatly to be praised,

and he is to be feared above all gods.

1 Chronicles 16:23-25



January 8

Philippians 2:1-11

”

Let each of you look not only to his own interests, but also to the interests of others.

Have this mind among yourselves, which is yours in Christ Jesus.

Philippians 2:4-5



January 9

Romans 8:26-39

“

What then shall we say to these things? If God is for us, who can be against us?
Romans 8:31



January 10

Psalm 27

”

One thing have I asked of the Lord,
that will I seek after:
that I may dwell in the house of the Lord
all the days of my life,
to gaze upon the beauty of the Lord
and to inquire in his temple.
Psalm 27:4



January 11

Hebrews 4

“

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.
Hebrews 4:16



January 12

Matthew 6:9-13

”

“...Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as it is in heaven.
Matthew 6:9-10



January 13

1 Peter 1:3-9

“

Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, obtaining the outcome of your faith, the salvation of your souls.

1 Peter 1:8-9



January 14

Psalm 24

”

**He who has clean hands and a pure heart,
who does not lift up his soul to what is false
and does not swear deceitfully.**

Psalm 24:4



January 15

Psalm 23

“

The Lord is my shepherd; I shall not want.

He makes me lie down in green pastures.

He leads me beside still waters.

He restores my soul.

He leads me in paths of righteousness

for his name's sake.

Psalm 23:1-3



January 16

Philippians 4:4-9

99

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7



January 17

Psalm 139:1-18

“

For you formed my inward parts;
you knitted me together in my mother's womb.
I praise you, for I am fearfully and wonderfully made.
Wonderful are your works;
my soul knows it very well.
Psalm 139:13-14



January 18

Hebrews 12:1-12

”

Looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.
Hebrews 12:2



January 19

Psalm 42

“

As a deer pants for flowing streams,
so pants my soul for you, O God.

My soul thirsts for God,
for the living God.

When shall I come and appear before God?

Psalm 42:1-2



January 20

Romans 12

”

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

Romans 12:1



January 21

Psalm 34

“

I will bless the Lord at all times;
his praise shall continually be in my mouth.
I sought the Lord, and he answered me
and delivered me from all my fears.
Psalm 34:1 & 4



JANUARY 7
RENEW
NIGHT

NIGHT

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

JANUARY 14
RENEW
NIGHT

RENEW NIGHT

JANUARY 21

RENEW NIGHT

Bless the Lord.
Bless the city.
Bless the nations.
Bless the generations.



21
prayer & fasting