

A SOUL INSPIRED PRAYER JOURNAL

SAMPLE

PRAY
Relentlessly

JANA KENNEDY-SPICER

Featuring BETSY DE CRUZ

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PRAY
Relentlessly

A decorative flourish consisting of a horizontal line with ornate scrollwork at both ends and a central teardrop-shaped element.

JANA KENNEDY-SPICER

featuring
BETSY DE CRUZ

SWEET TO THE SOUL  PRESS

The logo for Sweet to the Soul Press, featuring a stylized cross or anchor symbol.

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**Rejoice
always,
PRAY
Relentlessly
Give Thanks in
all circumstances**

**FOR THIS IS THE WILL
OF GOD IN CHRIST JESUS
FOR YOU**

1 Thessalonians 5:16-18



INTRODUCTION

PRAYER.

I have to admit, this word has always intimidated me. I spent many years feeling inadequate and unworthy to come before God with my petitions. Fumbling through the right words, careful to try and say just the right thing. For some reason thinking I had to silently pray in the “King James Version”.

It was a struggle, so I would find myself there only as a last resort.

I spent so much time thinking that prayer was just a way to ask God for what I wanted, never understanding that prayer served a much greater purpose. I never really grasped that God loves me and wanted to have a relationship with me.

Of course, to build a relationship with someone takes time. It demands spending time with each other. And maybe most important, it requires communication.

Prayer.

PRAYER WARRIOR OR PRAYER WIMP?

Hello, I’m Jana, and I’m a prayer wimp.

In Max Lucado’s book, “*Before Amen*”, he starts off with this:

“Hello, my name is Max. I’m a recovering prayer wimp. I doze off when I pray. My thoughts zig, then zag, then zig again. Distractions swarm like gnats on a summer night. If attention deficit

disorder applies to prayer, I am afflicted. When I pray, I think of a thousand things I need to do. I forget the one thing I set out to do. Pray.”

Does this sound familiar to you?

It is so me! I can be there talking to God, journaling what is on my heart and then I remember that we need milk. Or that I forgot to call someone back. And is that pizza from last night in the fridge, because now I need a snack.

If you know me, I’m sure you are not surprised because conversations with me kind of flow the same way.

I must admit it is a bit comforting to know that a pastor and man of God such as Max Lucado has struggled with prayer also.

Somehow knowing I am not alone tells me there is hope for me! And friend if you are saying, “yea, that sounds like me too”, then know that there is hope for you also!

A CONVERSATION

I had never thought of prayer as a conversation between myself and God. I was intimidated. How do you have a conversation with the creator of the universe? Why would He want to talk to me?

A conversation seems personal, confidential, mutual. Yes a conversation is all of those things and that is part of the beauty of prayer. *God wants to be personal with us.*

We are told in Hebrews 4:14-16 that God is approachable:

“Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.

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.”

This is a wonderful encouragement for us!

In Old Testament days, there was a section of the tabernacle which housed the Ark of the Covenant, the early dwelling place of God’s earthly presence. This Holy of Holies was separated by a tall thick veil, or curtain. No one could enter this sacred chamber except the high priest and he only entered once a year on the Day of Atonement. On that day, the High Priest would make intercession for sin on behalf of the people.

The veil represented the separation of man from God because of our sin. At Christ’s death, that separation was removed, and mankind could have direct access to God the Father, as symbolized by the tearing of the thick and heavy veil.

“And Jesus cried out again with a loud voice and yielded up his spirit. And behold, the curtain of the temple was torn in two, from top to bottom. And the earth shook, and the rocks were split.” Matthew 27:50-51

Yes Christ’s sacrifice took away this veil. Christians today, with the indwelling of the Holy Spirit, have direct access to God the Father, and are not separated from Him as if by a veil.

Friends this is such a gift!

PROGRESS

If I am honest with you, I still consider myself a bit of a prayer wimp. I am not where I want to be, and not where I think I need to be, but with God’s help, I am not where I used to be. *Progress.*

One thing which helps me is writing down my prayers, journaling my prayers. You may already use this practice also, but if not I want to encourage you to journal about your time with God.

My friend Karmen Smith is an avid prayer journaler, and in her book *“When You Pray Big Things Happen”*, tells us *“I wish I could put my finger on the day journaling changed for me. All I know is that when I did start journaling for real, my life changed. I’ve been an avid journaler for a little over a decade. Journaling has allowed me to purge my soul of toxic emotions. Some journal entries have been peaceful, while others were so full of pain that I actually tore the page as I wrote. There have been pages of praise and pages full of questions for God.”*

IN THIS JOURNAL

In this prayer journal, *“Pray Relentlessly”*, we are going to take a deeper look into what God’s Word has to reveal to us about why and how we are to pray.

Included in these pages you will find a daily **SCRIPTURE READING LIST** with 31 verses meant to encourage you in developing a daily habit of prayer. You will read encouragements for your own prayers, Biblical accounts of other’s prayers, and scriptures which teach us how we should pray.

In **PROPELLED TO PRAY**, we dig into the Scriptures to learn how our faith in God moves us to spend time with Him in prayer.

Betsy DeCruz joins us to talk about one of my favorite methods of prayer, **PRAYING SCRIPTURE** and discover the sections of God’s Word which we can pray back to Him for many situations.

In **LORD, TEACH US TO PRAY**, we will learn prayer is so much more than just asking God for the things we want as we discuss the five principles of

prayer as Jesus taught His disciple how to pray. pray.

You will also find many pages available for you to journal your personal prayers as you study through this Prayer Journal.

Friends, my prayer for you is that *Pray Relentlessly* will encourage you in the building of a daily habit of prayer and the deepening of a relationship with God.

My personal prayer for me is that as I study through this prayer journal myself, that it will stretch my prayer muscles and that the woman I am when I close this journal is not the same as the one who opened it.

Father God, thank You for the great privilege to meet with you through prayer. The idea that You want to have relationship with us is humbling and quite astounding. Father, I ask you today to give each of us a desire to sit at your feet, a desire to build relationship with you and a hunger that only prayer can satisfy. In Jesus's name, Amen

Blessings Soul Friends, *Jana*

MAKE A PLAN

In the space below take a few minutes to talk to God and set your own personal goal using this journal. Then identify 3 specific actions you can take to help achieve this goal.

I WANT TO:

To Make this Happen, I will Commit to:

1

2

3

PRAYER NEEDS

Name: _____

Need: _____

Name: _____

Need: _____

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Need: _____

OTHER GREAT RESOURCES

From Sweet To The Soul Ministries



LET YOUR LIGHT SHINE

We live in a dark world, and it seems to be getting darker day by day. Fear, depression, grief, abuse, illness can seem overwhelming. But there is hope.

There is a light. *Let Your Light Shine* is a 31-day journey through God's Word to learn about the hope we have in Christ Jesus.



GRACIOUS WORDS

James warns us that the tongue is small but mighty. The ability to control our tongues and our words comes only through surrendering them to God and allowing the Holy Spirit to intercede. It takes great obedience on our part to keep our words gracious.



REVIVE US AGAIN

We live in a broken and fallen world, but recent events have left many of us feeling despair and seeking God for revival, like never before.

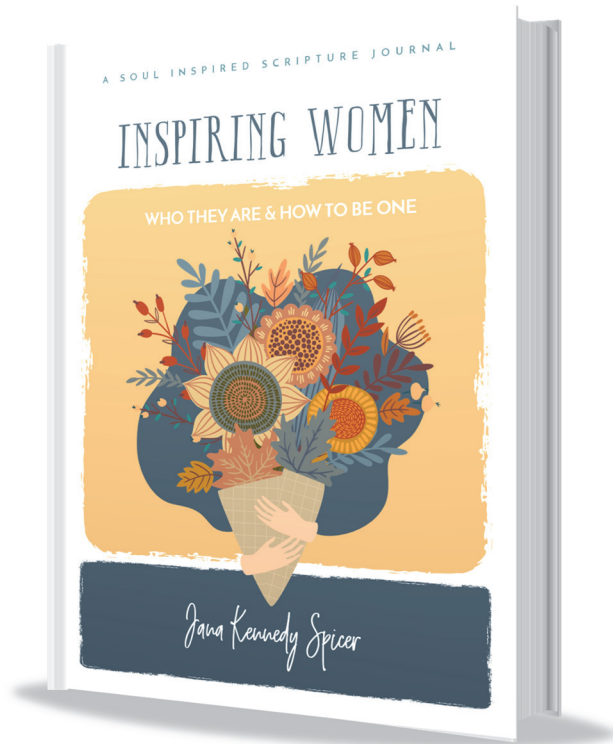
Revive Us Again is 31 day Scripture Study Journal which includes journaling / study scripture prompts to help us learn more about the revival we seek.



PRAYING FOR REVIVAL

At times we can feel beaten and broken by life. But we have a God who loves us and longs to bring restoration and revival. *Praying for Revival*, is a 40 day Prayer Journal which includes scripture based prayer prompts to guide us as we pray for the revival we seek.

INSPIRING WOMEN WHO THEY ARE & HOW TO BE ONE



Learn about Biblical examples of inspiring women
Hear personal testimony from friends about the inspiring women in their lives
Study 31 Biblical Characteristics of an Inspiring Woman

**There's not an age requirement to being an Inspiring Woman,
but yet I feel now some ownership of this responsibility.
Had it not been for the Inspiring Women in my life,
where would I be today?
~ Jana Kennedy-Spicer**

VISIT [SWEETTOThESOUL.COM/INSPIRING-WOMEN](https://www.sweettothesoul.com/inspiring-women) FOR INFORMATION

VISIT US ON-LINE

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SweetToTheSoulShope.com

SOUL INSPIRED SCRIPTURE READING PLANS: Each month consists of a topic-driven reading plan, complete with 31 Scriptures to use in your Bible study and quiet time. The verses serve as a guide to dive deep into God's Word as you focus on small portions. Blank Scripture Journal pages are also available for download.

SOUL INSPIRED BIBLE STUDY RESOURCES: Soul Inspired Bible Study is about spending time in the scripture with God and allowing the Holy Spirit to give us understanding. These Bible Studies cover a variety of topics and offer resources in multiple formats including journals, devotionals and more.

INSPIRED INBOX: These free Soul Inspired Bible Studies are delivered directly to your inbox. Choose from several topics. Just sign up, check your email box, then download and print all your study materials. Study alone at your own pace or invite friends to join you and study the Bible together.

SOUL INSPIRED BIBLE JOURNALING RESOURCES: are designed to inspire your soul and encourage you to use your creativity during your Bible Study time. Our journaling resources include Bible Journaling Kits, printable templates / colorable bookmarks, coloring pages, scripture cards and more!

SOUL INSPIRED COLORING BOOKS: Coloring is a wonderful way to relax and destress. Our coloring books include inspirational Scripture and encouraging quotes through beautifully hand-drawn artwork. Be inspired as you spend time reflecting on scripture as well as enjoying the calming and refreshing benefits of coloring.

SWEET TO THE SOUL SHOPPE: Our on-line shoppe is where you will find all of our Bible Journaling and creative resources. Many resources are printable instant digital downloads. We also have several sets of scripture cards and blank encouragement cards. Visit sweettothesoulshope.com to see our full line of products.

Our Bible Studies and Journals are available for purchase via Amazon. Visit sweettothesoul.com for direct links to each of our books or journals.

MEET OUR AUTHORS

Jana Kennedy Spicer

JANA KENNEDY SPICER, Founder of *Sweet To The Soul Ministries*, is a wife, mom and Nana. She is a born and raised Texas girl who loves boots, sunflowers and sweet tea. She has a heart for studying God's Word and is passionate about encouraging women to do the same.

After a 30 year corporate career, God called her to share her art and love of Bible Study with others. Her favorite part of ministry is where her faith and art collide! This is the sweet spot where souls become inspired.

She is the author of *Let Your Light Shine: Being a Light in a Dark World* and *Gracious Words: Speaking with Kindness and Mercy*; and the illustrator of the scripture based *Garden of Life Coloring Book* and *Coloring the Scriptures*.

You can follow Jana on Instagram @ [jana_sweettothesoul](#) and Facebook @ [Sweet.To.The.Soul.Ministries](#)

Follow her Bible Journaling and creative arts on Facebook and Instagram @ [SweetToTheSoulShope](#)



Betsy de Cruz

BETSY DE CRUZ helps overwhelmed women take small steps to invite more of God's presence and power into their lives. Connect with Betsy to get your free Quiet Time Renewal Guide and other resources at [FaithSpillingOver.com](#). Her book *More of God* is a distracted woman's guide to more meaningful quiet times. After living in the Middle East for 16 years with her husband and two children, Betsy landed in Texas, where she still enjoys drinking chai with friends.



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