



Kristen Neighbarger

Refresh your Faith

Prayer Journal

Day 1: Make a Commitment

What do you look forward to the most about making this commitment for the next 40 days?

What are you apprehensive about relating to this 40-day commitment?

What is it that you are hoping to gain in terms of your faith?

Additional Thoughts:

Prayer:

Prayer List

Day 2: Set Aside Time

When is the best time in your day for you to set aside a specific time to intentionally study and grow in your relationship with God?

What is your biggest obstacle to staying committed to keeping this time?

What are your concerns about being or becoming lukewarm?

Additional Thoughts:

Prayer:

Prayer List

Day 3: Take it One Step at a Time

When are the times when you feel like you aren't doing enough in your relationship with God or in refreshing your faith?

What is one thing you can do to remind yourself to take your relationship with God one day at a time?

Additional Thoughts:

Prayer List

Day 4: Create a Prayer Journal

How often do you present your faith-filled requests to God?

How does it make you feel when you are constantly asking God for things?

What does showing gratitude toward God look like for you?

What is one thing you want to do better in terms of how you tell God all about your life?

Additional Thoughts:

Prayer List

Day 5: Identify the Chaos

What are the areas in your life that are causing chaos?

How is the chaos in your life a hindrance to your faith and your relationship with God?

What is one thing you can do this week to begin to remove that chaos and be still with God?

Additional Thoughts:

Additional Thoughts:

Prayer List

Day 6: Don't be Pulled in Different Directions

What are the main things in your life that are pulling you in different directions?

Which of these can you eliminate today?

Which of these do you need to offer to God in faith, asking him to help you remove them?

What is one strategy you can use to help you be saturated in prayer throughout your day?

Additional Thoughts:

Prayer List

Day 7: Focus on all that is authentic and real

What is the biggest way Satan attacks you with thoughts that aren't authentic and real?

When these thoughts start to enter your mind, what is one way you can combat them?

How do these chaotic thoughts affect you personally? Your faith?
Your relationship with God?

Additional Thoughts

Prayer

Prayer List

Day 8: Focus on what is honorable and admirable

What are your biggest challenges when it comes to thinking about things that are honorable and admirable?

Where do you struggle the most with your thought-life? Home? Work? Church? The Ball field?

What is one reminder you can give yourself when you feel your mind start to travel down one of these paths?

Additional Thoughts

Prayer

Prayer List

Day 9: Focus on what is beautiful and respectful

What is one area where you are highly critical of yourself?

When are the times you find yourself slipping into a negative self-view?

What are the habits or relationships you need to change to help you stop thinking this way?

When you find yourself starting to think negatively about yourself, how can you replace those thoughts with thoughts that are beautiful and respectful?

Prayer

Prayer List

Day 10: Focus on what is Pure and Holy

What, if any, ways do you see toxicity in your church?

What are the temptations/influences in your life that cause your thoughts to be less than holy and pure?

What is one action step you can take to eliminate those things from your life?

Additional Thoughts:

Prayer

Prayer List

Day 11: Focus on what is Merciful and Kind

What are the situations or who are the people who cause your mind to spiral into thoughts of anger, frustration, and even hate?

What is it about those people and situations that really drive you crazy?

When you think about these individuals, what are they getting out of acting this way?

What is one strategy you can use to start replacing your thoughts of anger, frustration, and hate with mercy and kindness?

Prayer

Prayer List

Day 12: Be Honest

How would you rate your honesty with God on a scale from 1-10?

If you didn't give yourself a 10, why do you think you struggle to be completely honest with God?

What is one thing you can take to God in prayer that you haven't been completely honest about?

Additional Thoughts:

Prayer

Prayer List

Write out your prayer today, including praise for WHO God is specifically and how he has worked in your life specifically.

Additional Thoughts:

Prayer

Prayer List

Day 14: Focus on WHAT God's done

One thing David did throughout his prayers is list specifically what God had done for him and his ancestors. Think about what God has already done for you and your loved ones and make a list.

What is one Goliath you're facing today?

How can you shift your prayer from focusing on your Goliath to focusing on God and his past faithfulness?

Additional Thoughts:

Prayer

Prayer List

Day 15: Thank God for what he WILL do

What are the situations in your life right now that you are waiting for God to intervene in?

Find some post-its or note cards or even write them out right here in statements that show your faith in what God will do in those situations. For example: God, I know you will provide me with the new job that you want me to have.

How comfortable are you praying these types of prayers?

Additional Thoughts:

Prayer

Prayer List

Day 16: Don't Hide your Emotions

On a scale of 1-10, how emotionally honest are you with God?

Why do you think that is? Are there walls hindering you from being emotionally honest and vulnerable with God?

What are three emotions you need to lay at the feet of Jesus today?

Additional Thoughts:

Prayer

Prayer List

Day 17: Believe in the Impossible

What is one impossible thing you need to believe God will bring to fruition?

What has been holding you back from praying God will do that thing?

Prayer

Prayer List

Day 18: Ask for it!

When you made your notecards this week, how many of those notecards were for your own needs or desires?

What are you trying to hold on to yourself and solve instead of laying it at the feet of Jesus and being transparent with God about it?

Make at least two more notecards that are solely about your wants and desires.

Additional Thoughts:

Prayer

Prayer List

Day 19: Be Still.

What do you need to have quiet and stillness in your own world today?

Elijah traveled 40 days and 40 nights to separate himself and arrive at Mt. Horeb. Is there separation you need in your life in order to have peace and find stillness?

What is keeping you from contentment in your life?

Additional Thoughts:

Prayer

Prayer List

Day 20. Be Ready

When was the last time you heard God's voice clearly in your life?

What obstacles might be interfering with your ability to hear God's voice in your life?

What is one step you can take today to begin removing those obstacles from your life?

Additional Thoughts:

Prayer

Prayer List

Day 21: Find the Thin Places

What are the miraculous thin places you have experienced?

Describe what those experiences were like for you.

What are the everyday thin places you experience?

How can you spend more time in those places?

Prayer

Prayer List

Day 22: Believe God's Faithful

What lies of Satan are standing between you and your ability to hear God's voice?

Today, quiet the lies of Satan by actively telling Satan that you know he is a liar and you aren't going to believe his lies any longer.

When Satan starts to fill your head with doubt, write out one affirmation you can repeat to yourself to remind you who God says you are.

Additional Thoughts:

Prayer

Prayer List

Day 23: Listen, but not with your ears (God moving)

As you look back on your life, when are the times when God has stepped in to help or deliver you?

How do you typically respond when these things happen?

What do you want your response to be to these situations in the future?

Additional Thoughts:

Prayer

Prayer List

Day 24: Pay Attention

When has there been a time when God has spoken to you in a way that wasn't his audible whisper?

How open are you to the different ways God can speak to you?

Do you accept God's voice in different ways, or do you tend to look at those things as coincidences or luck?

How might it change your life and perspective if you started to look at those as God moments instead?

Prayer

Prayer List

Day 25: Name it!

What are the obstacles that are keeping you from naming God's voice and sharing what he is saying to you?

What is one way you can work with God to remove those obstacles today?

The next time God speaks to you, what are you going to do with that message?

Additional Thoughts:

Prayer

Prayer List

Day 26: Don't Lose Days

What are the three biggest things you worry about in your life?

If you haven't given them to God, do that now. Lay those worries down at the feet of Jesus and remind yourself and God that he will work these things out for the good and walk with you through these hard times.

When you feel yourself starting to worry, what is one short prayer you can repeat to help you to stop worrying and accept the peace God has for you?

Additional Thoughts

Prayer

Prayer List

Day 27: Trust God

Do you tend to trust God with your journey or do you tend to try to create your own path and your own journey?

When is it easiest for you to trust God—on the mountaintops or when you find yourself in the Valleys?

How can you work toward trusting God at all times and not just when it is easiest for you?

Additional Thoughts:

Prayer

Prayer List

Day 28: Rest like David

What are the situations in my life that keep me from rest?

What about those situations are a struggle for me.

Give those situations to God now, ask for his peace and comfort as you let him fight these battles for you.

Additional Thoughts:

Prayer

Prayer List

Day 29: The Battle is Real

What are the areas in your life Satan attacks the most?

When was there a specific time when, looking back, you know Satan was attacking you?

Have you audibly told Satan to leave you alone? Why or why not?

When you realize Satan is attacking you next, what is your strategy?

Prayer

Prayer List

Day 30: Focus on what God will do instead of Worst-Case Scenarios

When you are faced with any kind of trauma, what is your gut reaction—worst-case-scenario or best-case-scenario?

Why do you think you react that way?

What is going on right now that has the potential to cause you to worry and think about worst-case scenarios?

Take a few minutes to meditate on those scriptures and to lay your worries at the feet of God, to focus on what he will do instead of the worst thing that could happen.

Prayer

Prayer List

Day 31: Practice Gratitude

Is your spirit more often one of worry or one of gratitude?

What are the things that remind you to be grateful daily?

What practices can you employ to help you replace your worry with gratitude?

Additional Thoughts:

Prayer

Prayer List

Day 32: Gratitude Journal

Prayer

Prayer List

Day 33: Love

What is the biggest hurdle you have when it comes to love?

What is one practical step you can take to start loving better?

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Additional Thoughts

Prayer

Prayer List

Day 34: Joy

When you are faced with chaos, how do you typically respond?

Do you consider yourself a joyful person? Why or why not?

What is one practical step you can take to help you cultivate more joy in your life?

Additional Thoughts

Prayer

Prayer List

Day 35: Peace

When do you find yourself struggling the most with rules and regulations?

What is the biggest obstacle to peace in your life?

Prayer

Prayer List

Day 36: Patience

What stands out to you the most about this definition of patience?

How likely are you to seek revenge when you've been wronged?

Is patience something that comes naturally to you, or is it something you need to continue to work on?

Additional Thoughts

Prayer

Prayer List

Day 37: Kindness

What is one aspect of your life that needs to be saturated with grace?

How well do your faith communities display kindness in action?

What is your biggest struggle when it comes to kindness?

Additional Thoughts

Prayer

Prayer List

Day 38: Goodness

How well do you practice goodness in action?

What is easier for you—serving individuals with needs or working in a faith community?

What is one way you can be more aware of the needs around you this week?

Additional Thoughts?

Prayer

Prayer List

Day 39: Gentleness

What is your biggest internal struggle when it comes to having gentleness of heart?

What are your triggers? What makes you lose control and struggle with gentleness in action?

Who do you struggle with the most when it comes to controlling your strength and power?

Additional Thoughts

Prayer

Prayer List

Day 40: Unworthy (Palm Sunday)

When have you felt unworthy in your life?

How does the story of David encourage you?

What is one step you can take toward allowing God to use you like he used David?

Additional Thoughts:

Prayer

Prayer List

Day 41: Unqualified:

How does your own doubt about your qualifications or inadequacies interfere with your quest to chase after God's heart?

When has that doubt really been an obstacle in your life?

Take a few minutes today to lay your insecurities and feelings of inadequacy at the feet of your Father.

Additional Thoughts:

Prayer

Prayer List

Day 42: You aren't too Broken

When has there been a time when you felt you were too broken for God?

What is your gut reaction to knowing everyone has failed and that God wants to make you a new creation?

What is one thing you can do this week to allow yourself to be made whole into a new creation?

Additional Thoughts:

Prayer

Prayer List

Day 43: You aren't Damned by your Past.

What are you struggling to forgive yourself for?

What about yourself do you feel is too complicated for God?

What about yourself do you feel is too complicated for God?

Additional Thoughts:

Prayer

Prayer List

Day 44: Humility and Servanthood: Maundy Thursday

When you think about living a life of humility and servanthood, what does that look like for you?

Where are your biggest struggles with living life this way?

Who are the people and where are the places you struggle the most with sin and betraying God?

Additional Thoughts:

Prayer

Prayer List

Day 45: Choosing God isn't Always Easy (The Crucifixion)

When have you faced a trial or fire you knew God was calling you to?

How honest are you with God when you face these types of situations?

How do you respond to God when he places you in these hard times? Do you do what he is asking, or do you do what you think is better for you?

Additional Thoughts

Prayer

Prayer List

Day 46: The Darkest Day

When have you felt this same darkness or hopelessness the disciples must have felt on this dark Saturday?

How did you make it through that dark time?

When you encounter other people who are sitting in these dark days, how can you support them?

Additional Thoughts:

Prayer

Prayer List

Day 47: Chase God's Goodness (The Resurrection)

How has your faith and relationship with God changed over the last 40 days?

What is one thing you still want to work on?

Take a few minutes to express your gratitude and emotion to God for the sacrifice of Jesus.

Additional Thoughts:

Prayer

Prayer List
