

A PRINTABLE FROM THIRTY, FLIRTY & FAITHFUL

Quiet Morning Prayer Journal

“In the morning, Lord, you hear my voice.” — Psalm 5:3

How to use this journal

Print the pages front-and-back or single-sided. Keep them in a binder, folder, or your favorite Bible cover.

Set aside 10–15 quiet minutes each morning. Brew a cup of coffee or tea. Silence your phone.

Work through the five sections in order. Don't rush — the goal is presence, not productivity.

Gratitude

Write three specific things you're thankful for today. Big or small — both count.

1. _____

2. _____

3. _____

Scripture

Today's passage: _____

What stood out? _____

What is God saying to me? _____

Confession

Where do I need grace today? _____

“If we confess our sins, he is faithful and just and will forgive us.” — 1 John 1:9

Requests

For myself: _____

For my people: _____

For the world: _____

Listen

Sit in silence for two minutes. Write what comes to mind. _____