



# The Prayer Path:

overcoming obstacles  
in prayer

Journal



# The Prayer Path

at The Water's Edge is exactly a quarter mile long.

This Prayer Path Journal is 31 days long.

But our prayer journey lasts much longer.

Prayer is a spiritual **practice**.

We never become perfect at praying.

We are always practicing.

We learn and grow over time.

As our lives change, the way we  
experience prayer changes.

As we spend time in prayer, we are changed too.

This devotional is a 31-day guide to practicing prayer.

Each day will have a unique prayer practice to try.

We'll talk to God and hear from God.

We'll learn from God and learn about God.

And 31 days from now, we'll be closer to God.

Monday, July 1<sup>st</sup>

Day 1 -

*A Prayer About Prayer*

God,

The biggest obstacle to prayer in my life has been...

I want to grow closer to You through prayer because...

Help me overcome these obstacles and  
grow closer to You by:

Amen.

Tuesday, July 2<sup>nd</sup>

## Day 2 - Be Still

Begin by finding a quiet space and taking deep breaths to center yourself.

Repeat the phrase **“Be Still and Know that I am God”** as a way to quiet your mind and open your heart to listen for God’s voice.

When you are ready, shift to the phrase **“Be Still and Know”**.

Then shorten the phrase to **“Be Still”**.

Lastly, repeat the word, **“Be”**.

What did you experience during this prayer time?

Amen.

Wednesday, July 3<sup>rd</sup>

# Day 3 - Our Lord's Prayer

Our Father, Who art in heaven, hallowed be Thy name.

**Give God glory and gratitude for who He is and what He has done...**

Thy kingdom come, Thy will be done, on earth as it is in heaven.

**In what ways does the world need to change to look more like heaven?**

Give us this day our daily bread, **What do you need to get through today?**

**Think physically, spiritually, and emotionally...**

Forgive us our trespasses, as we forgive those who trespass against us,

**What do you need forgiveness for? Who do you need to forgive?**

Lead us not into temptation, but deliver us from evil.

**What actions, words, and thoughts have been hurting you and others?**

For Thine is the kingdom, and the power, and the glory forever.

**In what areas of your life do you need let go of control and hand it over to God?**

Amen.

Thursday, July 4<sup>th</sup>

Day 4 -

## *A Prayer for Our Country*

Write a prayer for our country.

Friday, July 5<sup>th</sup>

Day 5 -

## Praying by Location

**Pray for a specific part of the world, our country, our city, your home, and yourself.**

God, I pray for:

In this part of the world, I pray for...

In our country, I pray for...

In our city, I pray for...

In my home, I pray for...

In myself, I pray for...

Amen.

Saturday, July 6<sup>th</sup>

Day 6 -

*How can I pray for you?*

Ask three people the above question today. You can call, text, or speak in person. Write down their responses below and pray for them. If possible, try praying with them.

1.

2.

3.



Day 7 -

## Praying Psalm 145

**Read the Psalm slowly, allowing the words to sink in. Reflect on how the passage speaks to you and underline the phrases that stand out to you. Listen for the message God might be speaking to you through this passage today.**

I will exalt you, my God and King, and praise your name forever and ever. I will praise you every day; yes, I will praise you forever. Great is the Lord! He is most worthy of praise! No one can measure his greatness. Let each generation tell its children of your mighty acts; let them proclaim your power. I will meditate on your majestic, glorious splendor and your wonderful miracles. Your awe-inspiring deeds will be on every tongue; I will proclaim your greatness. Everyone will share the story of your wonderful goodness; they will sing with joy about your righteousness. The Lord is merciful and compassionate, slow to get angry and filled with unfailing love. The Lord is good to everyone. He showers compassion on all his creation. All of your works will thank you, Lord, and your faithful followers will praise you. They will speak of the glory of your kingdom; they will give examples of your power. They will tell about your mighty deeds and about the majesty and glory of your reign. For your kingdom is an everlasting kingdom. You rule throughout all generations. The Lord always keeps his promises; he is gracious in all he does. The Lord helps the fallen and lifts those bent beneath their loads. The eyes of all look to you in hope; you give them their food as they need it. When you open your hand, you satisfy the hunger and thirst of every living thing. The Lord is righteous in everything he does;

he is filled with kindness. The Lord is close to all who call on him, yes, to all who call on him in truth. He grants the desires of those who fear him; he hears their cries for help and rescues them. The Lord protects all those who love him, but he destroys the wicked. I will praise the Lord, and may everyone on earth bless his holy name forever and ever.

What message is God speaking to me through this passage today?

# Day 8 - Daily Examen

**The Daily Examen is a Jesuit prayer practice that helps us review our day and reflect on how we experienced God. Walk through the guide below at the end of your day.**

**1. Focus:** Find a quiet and comfortable space where you can be alone and undisturbed. Close your eyes and take a few deep breaths to center yourself.

**2. Gratitude:** Begin by reflecting on the moments from your day for which you are grateful. Take a few moments to express gratitude for the blessings, opportunities, and positive experiences that you encountered throughout the day.

**3. Review of the Day:** Slowly walk through your day in your mind, starting from the moment you woke up. Recall the events, conversations, and emotions that stood out to you. Notice where you felt God's presence.

**4. Examination of Conscience:** Reflect on any moments from your day where you may have fallen short. Acknowledge any mistakes or shortcomings without judgment, and ask for God's forgiveness and guidance.

**5. Resolution:** Consider how you can learn from your experiences and make positive changes moving forward. Set an intention or resolution for the next day based on what you have learned from your reflections.

**6. Closing Prayer:** Conclude your Daily Examen with a prayer of gratitude for the insights and guidance you have received. Invite God to continue to be present in your life as you navigate the journey ahead.

Tuesday, July 9<sup>th</sup>

Day 9 -

## Praying through Music

**Select one of the songs below to be your prayer for today. Listen to the song and pray along with the lyrics.**

**If you need hope:**

Just as Good – Chris Renzema



**If you need guidance:**

Be Thou My Vision



**If you need to slow down:**

Not in a Hurry - Will Reagan



What did you experience during this prayer time?

Wednesday, July 10<sup>th</sup>

Day 10 -

## A Prayer of Gratitude

Write a thank you note to God.

Give thanks to the Lord, for He is good; His love endures forever.

**Psalm 107:1**

Thursday, July 11<sup>th</sup>

Day 11 -

## Prayer Request List

Make a list of all the prayer needs you recognize around you right now. Think of prayers for other people, your family, yourself, etc. Pray through this list three times today.

Friday, July 12<sup>th</sup>

Day 12 -

*Praying for Someone  
Who is Hard to Love*

Write a prayer for someone you are in conflict with or who is hard for you to love.

“But to you who are willing to listen, I say, love your enemies! Do good to those who hate you. Bless those who curse you. Pray for those who hurt you.”

**Luke 6:27-28**

Saturday, July 13<sup>th</sup>

Day 13 -

Lectio Divina - John 15:1-8

Lectio Divina means “divine reading”. It is the practice of reading and listening to scripture.

Read the passage slowly, allowing the words to sink in. Reflect on how the passage speaks to you and underline the phrases that stand out to you.

“I am the true grapevine, and my Father is the gardener. He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more. You have already been pruned and purified by the message I have given you. Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me.

Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. Anyone who does not remain in me is thrown away like a useless branch and withers. Such branches are gathered into a pile to be burned. But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted! When you produce much fruit, you are my true disciples. This brings great glory to my Father.”

What message is God speaking to me through this passage today?

Sunday, July 14<sup>th</sup>

## Day 14 - Listening Prayer

Listening prayer is a way to quiet your mind and hear from God. Begin by finding a quiet space and taking deep breaths to center yourself. Focus on a word or phrase (such as “peace” or “love”) and repeat it gently as a way to quiet your mind and open your heart to listen for God’s voice. Stay in this quiet place of prayer for 3 minutes.

What did you experience during this prayer time?



Monday, July 15<sup>th</sup>

Day 15 -

## *Praying with a Partner*

Find time to pray with your spouse, children, or a friend. Write down your prayer requests and their prayer requests, then pray for each other out loud.

**My Prayer Request:**

\_\_\_\_\_’s Prayer Request:

Tuesday, July 16<sup>th</sup>

Day 16 -

*Help. Thanks. Wow.*

**Write three simple prayers. Asking God for help, thanking God, and praising God.**

Help...

Thanks...

Wow...

Amen.

Day 17 -

## Morning and Bedtime Prayers

**Start and end your day with these prayers.**

### **The Morning Prayer**

God,  
So far I've done all right.  
I haven't gossiped,  
haven't lost my temper,  
haven't been greedy, grumpy, nasty, selfish, or overindulgent.  
I'm really glad about that.  
But in a few minutes, God,  
I'm going to get out of bed.  
And from then on,  
I'm going to need a lot more help.  
Amen.

### **The Bedtime Prayer**

God,  
Many things have happened today.  
Some good, some bad, some hard, some joyful.  
Before I go to sleep, I want to entrust all these things to You.  
I may not know how all these things will work out, but I know that You are good,  
and I know that I can completely trust You.  
Sleep is a reminder that I am totally and completely dependent upon You.  
I don't have infinite strength.  
I cannot keep working indefinitely.  
I need sleep to refresh me.  
As I drift off to sleep-sustain me, refresh me, and give me grace.  
Amen.

Thursday, July 18<sup>th</sup>

## Day 18 - Form Me

Dear God,

Form my mind.

Give me your wisdom.

Open my ears.

Instruct me with Your words.

Open my eyes.

Give me Your vision for the world.

Guide my mouth.

Make my words constructive and encouraging.

Form my heart.

Make me more like You.

Amen.

Today, I need You to form me by...

Amen.

Friday, July 19<sup>th</sup>

# Day 19 - Our Lord's Prayer

Our Father, Who art in heaven, hallowed be Thy name.

**Give God glory and gratitude for who He is and what He has done...**

Thy kingdom come, Thy will be done, on earth as it is in heaven.

**In what ways does the world need to change to look more like heaven?**

Give us this day our daily bread, **What do you need to get through today?**

**Think physically, spiritually, and emotionally...**

Forgive us our trespasses, as we forgive those who trespass against us,

**What do you need forgiveness for? Who do you need to forgive?**

Lead us not into temptation, but deliver us from evil.

**What actions, words, and thoughts have been hurting you and others?**

For Thine is the kingdom, and the power, and the glory forever.

**In what areas of your life do you need let go of control and hand it over to God?**

Amen.

Saturday, July 20<sup>th</sup>

Day 20 -

*How can I pray for you?*

Ask three people the above question today. You can call, text, or speak in person. Write down their responses below and pray for them. If possible, try praying with them.

1.

2.

3.

Day 21 -

## Praying Psalm 25

**Read the Psalm slowly, allowing the words to sink in. Reflect on how the passage speaks to you and underline the phrases that stand out to you. Listen for the message God might be speaking to you through this passage today.**

O Lord, I give my life to you. I trust in you, my God! Do not let me be disgraced, or let my enemies rejoice in my defeat. No one who trusts in you will ever be disgraced, but disgrace comes to those who try to deceive others. Show me the right path, O Lord; point out the road for me to follow. Lead me by your truth and teach me, for you are the God who saves me. All day long I put my hope in you. Remember, O Lord, your compassion and unfailing love, which you have shown from long ages past. Do not remember the rebellious sins of my youth. Remember me in the light of your unfailing love, for you are merciful, O Lord. The Lord is good and does what is right; he shows the proper path to those who go astray. He leads the humble in doing right, teaching them his way. The Lord leads with unfailing love and faithfulness all who keep his covenant and obey his demands. For the honor of your name, O Lord, forgive my many, many sins. Who are those who fear the Lord? He will show them the path they should choose. They will live in prosperity, and their children will inherit the land. The Lord is a friend to those who fear him. He teaches them his covenant. My eyes are always on the Lord, for he rescues me from the traps of my enemies. Turn to me and have mercy, for I am alone and in deep distress. My problems go from bad to worse. Oh, save me from them all!

Feel my pain and see my trouble. Forgive all my sins. See how many enemies I have and how viciously they hate me! Protect me! Rescue my life from them! Do not let me be disgraced, for in you I take refuge. May integrity and honesty protect me, for I put my hope in you. O God, ransom Israel from all its troubles.

What message is God speaking to me through this passage today?

# Day 22 - Daily Examen

**The Daily Examen is a Jesuit prayer practice that helps us review our day and reflect on how we experienced God. Walk through the guide below at the end of your day.**

**1. Focus:** Find a quiet and comfortable space where you can be alone and undisturbed. Close your eyes and take a few deep breaths to center yourself.

**2. Gratitude:** Begin by reflecting on the moments from your day for which you are grateful. Take a few moments to express gratitude for the blessings, opportunities, and positive experiences that you encountered throughout the day.

**3. Review of the Day:** Slowly walk through your day in your mind, starting from the moment you woke up. Recall the events, conversations, and emotions that stood out to you. Notice where you felt God's presence.

**4. Examination of Conscience:** Reflect on any moments from your day where you may have fallen short. Acknowledge any mistakes or shortcomings without judgment, and ask for God's forgiveness and guidance.

**5. Resolution:** Consider how you can learn from your experiences and make positive changes moving forward. Set an intention or resolution for the next day based on what you have learned from your reflections.

**6. Closing Prayer:** Conclude your Daily Examen with a prayer of gratitude for the insights and guidance you have received. Invite God to continue to be present in your life as you navigate the journey ahead.



Tuesday, July 23<sup>rd</sup>

Day 23 -

## Praying through Music

**Select one of the songs below to be your prayer for today. Listen to the song and pray along with the lyrics.**

**If you need courage:**

Oceans - Hillsong United



**If you don't feel loved:**

You Say - Lauren Daigle



**If you need a fresh start:**

Times - Tenth Avenue North



What did you experience during this prayer time?

Day 24 -

## *A Prayer of Confession*

**Practice confession with this prayer from  
The Book of Common Prayer.**

Merciful God,

I confess that I have sinned against You in thought, word, and deed, by what I have done, and by what I have left undone. I have not loved You with my whole heart and mind and strength. I have not loved my neighbors as myself.

Specifically, forgive me for...

In Your mercy, forgive what I have been, help me amend what I am, and direct what I will be, so that I may delight in Your will and walk in Your ways, to the glory of Your holy name.

Through Christ, our Lord. Amen.

Thursday, July 25<sup>th</sup>

Day 25 -

## Praying by Location

**Pray for a specific part of the world, our country, our city, your home, and yourself.**

God, I pray for:

In this part of the world, I pray for...

In our country, I pray for...

In our city, I pray for...

In my home, I pray for...

In myself, I pray for...

Amen.

Friday, July 26<sup>th</sup>

Day 26 -

## A Prayer to Remember

Write a prayer about a time from your past when God was present and faithful in your life. Reflect on your experience and thank God for this time.

I will remember the deeds of the Lord; yes, I will remember Your miracles of long ago.

**Psalm 77:11**

Saturday, July 27<sup>th</sup>

Day 27 -

## Praying with a Partner

Find time to pray with your spouse, children, or a friend. Write down your prayer requests and their prayer requests, then pray for each other out loud.

**My Prayer Request:**

\_\_\_\_\_’s Prayer Request:

Sunday, July 28<sup>th</sup>

## Day 28 - Listening Prayer

Listening prayer is a way to quiet your mind and hear from God. Begin by finding a quiet space and taking deep breaths to center yourself. Focus on a word or phrase (such as “peace” or “love”) and repeat it gently as a way to quiet your mind and open your heart to listen for God’s voice. Stay in this quiet place of prayer for 3 minutes.

What did you experience during this prayer time?

Monday, July 29<sup>th</sup>

Day 29 -

## Prayer Request List

Make a list of all the prayer needs you recognize around you right now. Think of prayers for other people, your family, yourself, etc. Pray through this list three times today.

Day 30 -

## Lectio Divina - Isaiah 55:6-9

Lectio Divina means “divine reading”. It is the practice of reading and listening to scripture. Read the passage slowly, allowing the words to sink in. Reflect on how the passage speaks to you and underline the phrases that stand out.

Seek the Lord while you can find Him.

Call on Him now while He is near.

Let the wicked change their ways

and banish the very thought of doing wrong.

Let them turn to the Lord that He may have mercy on them.

Yes, turn to our God, for He will forgive generously.

“My thoughts are nothing like your thoughts,” says the Lord.

“And My ways are far beyond anything you could imagine.

For just as the heavens are higher than the earth,

so My ways are higher than your ways

and My thoughts higher than your thoughts.”

What message is God speaking to me through this passage today?



Wednesday, July 31<sup>st</sup>

Day 31 -

## *A Prayer about Prayer*

God,

Over the last 31 days of prayer, I have experienced...

Over the last 31 days of prayer, thank You for...

As I continue my prayer journey, help me to...

Amen.