

Daily Time with the Lord

31 Day Journal



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Zoe Healing Ministries

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“Cause me to hear Your lovingkindness in the morning, for in You do I trust; Cause me to walk in the way in which I should walk, for I lift up my soul to You.” Psalm 143:8

This journal is comprised of several parts to record your time spent with the Lord each day. We encourage you to spend the time as the Lord leads, and use this journal as an outline to help if needed.

Included:

- **Daily Prayer Points**—This is where you can note people or areas that you want to remember to cover in prayer on a daily basis.
- **Scriptures to Pray**—Praying the Word is important. Here is where you can list scriptures that the Lord has placed on your heart to pray over those on your Daily Prayer Points list, etc.
- **Answers to Prayer**—Record here the areas that you have seen God answer your prayers.
- **31 days of Daily Time with the Lord**—4 key elements here are:
 - 1) Worship—start your morning out with worship, setting your focus on the Lord. Note songs you listened to or anything else here.
 - 2) Get Quiet—sit still for a few minutes (not thinking of other things, speaking, praying, etc.) Get quiet and see what the Lord wants to speak to you.
 - 3) Time in the Word—you may have heard a scripture passage during your quiet time that you look up here, or may be reading in a certain book or passage of scripture. This is a great place to note that and anything the Lord is showing you.
 - 4) Prayers and Petitions—once you have set your mind on the Lord, gotten quiet for direction, read the Word, now you can come before the Lord with prayers and petitions (from your daily list or other areas the Lord shows you). The importance of doing this after the other areas is that you have focused on the Lord, what He wants to say, what He has already said in His Word, and now, you are more able to pray from a stance of faith.
 - 5) Final Thoughts—note anything else you want to here. Maybe you had a dream in the night you want to record or make note to look up in your dream journal. Or maybe something the Lord spoke to you during prayer time or throughout the day you want to record.

We know you will be richly blessed by the time you spend with the Lord daily.

Continue seeking Him!

Daily Time with the Lord

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TODAY

TIME IN THE WORD

WHERE I STUDIED
TODAY AND WHAT
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PRAYER AND

PETITIONS

(Besides what is on
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