

# Prayer Journal

## Prayer Journal

Adoration  
Adoration

Confession  
Confession

Thanksgiving  
Thanksgiving

Supplication  
Supplication

This Prayer Journal belongs to:

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**Adoration:** Giving praise to God. Acknowledging who he is and what he has done.

**Confession:** Stating thing you have done that you need forgiveness for. Asking for strength to overcome things that you or another person is struggling with.

**Thanksgiving:** Giving thanks for someone or something. Stating gratitude for blessings in your life. Asking for blessings to come to you or another person.

**Supplication:** Giving yourself to God to do something. Presenting requests to him on behalf of yourself or another person.

# Adoration/Confession/Thanksgiving/Supplication

Prayer: \_\_\_\_\_  
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Type: \_\_\_\_\_

Answered: \_\_\_\_\_

Prayer: \_\_\_\_\_  
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