

# Prayer Journal

*Adoration*

*Confession*

*Thanksgiving*

*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 the thing(s) 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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