



Journaling can help you to stay focused during your prayer time. It's also a good way to remember what you've prayed in the past and how God has answered.

Here's a guide you can use as you journal:

P - **Praise** God for all of the good things He has done in your life

R - **Repent** (say I'm sorry and commit to change)

A - **Ask** Him for the things that you need

Y - **Yield** (pause, block out noise, listen to God)

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