

TRINITARIAN PRAYER JOURNALING

An appointment with God on paper: speak honestly to the Father, follow Jesus into confession and mission, then become quiet enough to listen to the Holy Spirit.



BEFORE YOU BEGIN Find a place where you can focus. Handwrite if you can. A short passage of Scripture can give the prayer a framework by reminding you who God is and what he is like.



1

FATHER *Praise + Pour Out*

- Begin with gratitude. Name God's character, creation, mercy, kindness, and what you have seen him do.
- Then tell the Father what you want, need, fear, hope for, and feel. Do not filter it. You are a child speaking to a good Father.
- Let the page hold the whole conversation: what is happening, what you wish would happen, and what you do not understand.



2

SON *Confess + Join*

- Remember the gospel: Jesus died for your sin, rose from the dead, forgives you, and has called you to follow him.
- Confess specifically. Name the moment, the person, the action, and the broken pattern instead of using vague categories.
- Ask: "Jesus, what are you doing here?" and "How can I join you?" Bring him your home, church, work, relationships, and particular people.



3

HOLY SPIRIT *Listen + Write*

- Write: "Holy Spirit, you have heard everything I have written. I am going to listen." Then stop for a minute or two and become still.
- Write what comes to mind without editing it as you go. You can begin with your own name and let the thoughts come in a stream.
- You are listening for what fits the character of God and the truth of Scripture. You are recording what you understand in that moment, not declaring every thought to be revelation.



DISCERN WHAT YOU WROTE

Return to Scripture and the character of God. Look for forgiveness, affirmation, correction, courage, and direction that are consistent with Jesus. If what you wrote involves a major decision, a prediction, or a message for someone else, submit it to trusted believers and let the community help test it before you act.

READ IT AGAIN LATER. Over time, your journal becomes an Ebenezer - a place of remembrance where you can return and notice the consistency of God's presence and direction.