



JavaJourneys



FAITH & PRAYER JOURNAL

NAME:.....

DATE:.....

JAVAJOURNEYS.TODAY

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ISAIAH 40:31

But those who hope in
the Lord will renew
their strength.

*They will soar on wings like
eagles; they will run and
not grow weary,*

they will walk and not
be faint.

MY BIBLE STUDY NOTES

Date: / /

How to use this page:

Use the sections here to record the bible verses you are reading at the moment, and how they have impacted you and what god is speaking to you through them.

Verses: What verses did you read today?

Prayer & Application: What is your prayer and how will you apply this to your life?

Notes

PRAYERS/REFLECTIONS

Date: / /

Prayers for Others:

List people you want to pray for and what you are praying for them

1

2

3

4

Thanks and Praise:

List the things you are thankful for and how God has answered your prayers

Prayer Notes:

Write here any prayers and thoughts

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PSALM 94:19

When anxiety was great
within me

*your consolation brought me
joy*

PEACE IN ANXIETY

Date: / /

My anxiety today:

What is causing you to feel
anxious at the moment?



Philippians 4:7

‘And the peace of God,
which surpasses all
understanding, will guard
your hearts and your
minds in Christ Jesus’

Anxiety:

This verse from Philippians, talks about peace that God gives us. Anxiety is such an intense and often overwhelming emotion. It can be scary, unsettling and paralysing. God’s promise from this verse, is that when we feel anxious we can come to Him and God will grant us peace. This is a peace that goes beyond understanding and situations you might be in. It doesn’t mean you lack faith if you feel anxious, but today if you do feel that overwhelming anxiety, take it to God and let him start to fill you with that peace.

My Anxiety Prayer:

SERMON NOTES

SERMON TITLE: _____

DATE: _____

NOTES

KEY VERSE

WORSHIP SONGS

HOW I WANT TO APPLY THIS TO MY LIFE

My faith journal

Write here any thoughts, experiences, moments and anything else you are experiencing in your walk with God

GRATITUDE & PRAISE

Date: / /

Gratitude List:

Write down 3 things you are grateful to God for today.

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-
-

Reflection on Faith:

How has your faith grown or changed recently?

Space to praise:

What are you praising God for today?



"I will praise the LORD at all times. I will constantly speak his praises."

- Psalm 34:1