

A FREE 7-DAY GUIDED EXPERIENCE

PRAYER JOURNAL

PRAY BOLDLY • REFLECT DEEPLY • SOAR FAITHFULLY

Created by Renee PHIT Queen

WELCOME TO YOUR QUIET PLACE

This seven-day sampler is an invitation to pause, pray, listen, and move forward with intention. There is no perfect way to journal—only an honest one.

HOW TO USE THIS JOURNAL

- Choose a consistent time and a distraction-free place.
- Begin with one slow breath and a simple prayer for clarity.
- Write without editing yourself. Let truth reach the page.
- Close by naming one faithful action you can take today.

MY INTENTION FOR THESE SEVEN DAYS

DAY 1

CLARITY

TODAY I AM GRATEFUL FOR

PRAYER PROMPT

What do I need God to help me see clearly today?

REFLECTION

Where have I been moving from pressure instead of purpose?

MY ONE FAITHFUL ACTION

_____

DAY 2

COURAGE

TODAY I AM GRATEFUL FOR

PRAYER PROMPT

What brave step have I been postponing?

REFLECTION

What truth can I carry with me when fear gets loud?

MY ONE FAITHFUL ACTION

_____

DAY 3

GRATITUDE

TODAY I AM GRATEFUL FOR

PRAYER PROMPT

What three gifts can I recognize in this season?

REFLECTION

How does gratitude change the way I see what is possible?

MY ONE FAITHFUL ACTION

_____

DAY 4

ALIGNMENT

TODAY I AM GRATEFUL FOR

PRAYER PROMPT

What needs to come back into alignment—my time, energy, or priorities?

REFLECTION

What can I release so I can move with greater peace?

MY ONE FAITHFUL ACTION

_____

DAY 5

PURPOSE

TODAY I AM GRATEFUL FOR

PRAYER PROMPT

Which gift, skill, or lived experience am I being called to use?

REFLECTION

Who could be served by what I already carry?

MY ONE FAITHFUL ACTION

_____

DAY 6

DISCIPLINE

TODAY I AM GRATEFUL FOR

PRAYER PROMPT

What small promise can I keep to myself today?

REFLECTION

What simple routine would support the person I am becoming?

MY ONE FAITHFUL ACTION

_____

DAY 7

SOAR

TODAY I AM GRATEFUL FOR

PRAYER PROMPT

What has become clearer during these seven days?

REFLECTION

What is my next faithful action?

MY ONE FAITHFUL ACTION

_____



YOU COMPLETED THE 7-DAY JOURNEY

KEEP BUILDING. KEEP BELIEVING.

KEEP SOARING.

Continue your growth inside PHIT TO SOAR™ Academy.

LEARN • BUILD • PROFIT • SOAR