

2025

2025 PRAYER JOURNAL

REVIVE

RETURN | REFRESH | RESTORE | RENEW

2025

January Prayer Journal

We are so excited to begin this journey with you! January is a time when we often reset our natural and spiritual lives for the year ahead. As a church family, we want to do the same! In the book of Matthew, Jesus says, "Seek first the kingdom of God..." The principle of putting God first should include giving Him the first part of our year to pray, fast, and seek Him.

Along with starting the new year, we take a period of 21 days as a church to fast and pray. Biblical fasting is a willing abstinence from food for a set period of time. The intent is not to simply be hungry but to deny ourselves to say yes to God. Fasting is a time for us to have a greater sensitivity to God and align ourselves with him. We encourage you to partake in some type of fast during these 21 days. Here are some examples of certain types of fasts:

- **Water-only fast:** No food, only water
- **Partial fast:** Restriction of certain foods rather than complete abstinence
- **Daniel fast:** Fruits and vegetables only
- **Skipping a specific meal**
- **Abstaining from certain items:** For example, no caffeine or sweets
- **Water-only on a specific day of the week**
- **Hybrid fast:** Water-only on certain days and a Daniel fast on others

Remember, fasting should always go hand in hand with prayer. Make intentional time in your day to spend in prayer with the Lord. In addition to your personal prayer time, we will gather every Monday evening at 6:30 PM during the fast as a church family to pray and seek the Lord together. We would love to see you at these gatherings.

- January 6th - January 13th - January 20th

As a church, our January sermon series, Revive, will guide us through the next 28 days. Each week of this journal corresponds with Sunday's message and will help direct your prayer time throughout the month. Below is an overview of each week's message:

Week 1: Return

We begin the year by evaluating every area of our lives and choosing to return all we are to God. What areas of your life have drifted from the Lord? This week is about making the choice to return to Him fully.

Week 2: Refresh

Drawing inspiration from the early church in the Book of Acts, we are asking the Lord to refresh our spiritual lives to reflect the devotion of the early church. This week challenges us to devote all aspects of our lives to the Lord.

Week 3: Restore

God calls us to restore a passion for people and to fulfill the Great Commission. This week, we focus on reflecting on how we live, share, and pray for others, asking God to restore our hearts toward those around us.

Week 4: Renew

The church is not a building but a movement of God to reach the world. This week focuses on renewing our hearts to be the local church and playing our individual roles as members of the body of Christ.



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WEEK 1

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Sunday - Family Focus

At the start of each week, we will provide your family with a focused devotion, family activity options, discussion prompts, and a weekly challenge for your family to engage in. These are designed to be simple and adaptable for every family to use in their own context. You can choose to do the activity and discussion at the same time or space them out throughout the week. We hope this encourages your family to spend time together, grow together, and have insightful, meaningful spiritual conversations.

Family Devotion

The word revive means to restore or bring back to life. This week, we're focusing on what it means to revive our relationship with God as a family. Just like a plant needs water and sunlight to thrive, our relationship with God grows when we spend time with Him. But when distractions, busyness, or other scheduled items take over, we may feel distant from Him. The good news is that God's love is constant; He's always ready to welcome us back with open arms.

We can make intentional choices to draw close to God wholeheartedly. The Bible reminds us in Jeremiah 24:7, "I will give them hearts that recognize me as the Lord. They will be my people, and I will be their God, for they will return to me wholeheartedly."

As a family, we can take small but meaningful steps to return to God and love Him more. We can do this through prayer, reading His Word, spending time with Him, and showing His love to others. Let's work together to make God the center of our lives daily.

Scriptures:

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead.

1 Peter 1:3

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead.

1 Peter 1:3

Prayer:

Lord, we thank You for always calling us back to You with love and grace. Help us identify the things in our lives that pull us away from You and replace them with habits that draw us closer. Teach us to love You with all our hearts and trust in Your unfailing love. In Jesus' name, Amen.



Family Discussion

Make family discussion time fun and meaningful! Gather at the table with a favorite snack, placing discussion questions in a bowl for kids to pick and share. Turn scripture reading into a friendly race to locate verses, pairing up with younger kids to help them participate. Feel free to add your own questions or scriptures to explore together!

1. What does it mean to “return to God”?
2. How does God show us grace and love even when we drift away?
3. Jeremiah 24:7 talks about having a heart to know God. What are some ways we can grow a heart that truly loves and follows Him?
4. In Revelation 3:20, Jesus says, “Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.” What do you think it means to open the door to Jesus in our lives? How can we, as a family, invite Him in this week?

Family Activities: Choose an activity from the lists below.



Scan the QR code to download and print the weekly Family Activity.

(Younger Children)

Trail Back to God: Create a simple path around your house or backyard with string or paper arrows. Along the path, place prompts like “What do you love about God?” or “How can you show God love?” Walk together, share answers, and talk about how God leads us back to Him.

Heart Mapping: Cut out a large heart. Each family member draws or writes what they love most (e.g., family, hobbies, game night). Discuss where God fits and what it looks like when He’s at the center of our hearts.

(Teen Option)

Heart Checklist: On paper, make two columns: “Closer to God” and “Further from God.” Teens list habits or activities that fit each. Discuss ways to focus on the “Closer to God” list this week.

Distraction Jar: Set a 5-minute timer. Write down daily activities (e.g., social media, gaming, watching TV). Share and discuss how these might distract from God, then brainstorm ways to prioritize Him each day. You can challenge your teen to pull a piece of paper from the jar daily and swap that activity with spending time with God.

Weekly Challenge

As a family, choose one new habit to focus on this week to return to God:

- Start each morning with a short family prayer.
- Read one Bible verse together daily and discuss how it applies to your day.
- Practice gratitude by sharing one thing you’re thankful for at the end of each day.

At the end of the week, reflect on how this habit has impacted your connection with God and with each other as a family!

Monday: Return to My First Love

Scripture:

“But I have this against you, that you have abandoned the love you had at first. Remember therefore from where you have fallen; repent, and do the works you did at first.”

Revelation 2:4-5

Reflection Questions:

What was your relationship with God like when you first came to faith?

Are there areas in your life where your love for God may have waned?

How can you rekindle the passion you once had for Him?

Prayer:

“Lord, I come to You with a heart that longs to return to You. Help me to remember the joy of being Your child and revive a passion to know You more. Renew my love for You, and help me to put You first in all areas of my life. Amen.”



Tuesday: Return to a Heart of Worship

Scripture:

“O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. So I have looked upon you in the sanctuary, beholding your power and glory. Because your steadfast love is better than life, my lips will praise you. So I will bless you as long as I live; in your name I will lift up my hands.”

Psalm 63:1-4

Reflection Questions:

Is there anything that has been distracting you from giving God your whole heart?

When you come to worship, are there barriers that keep you from truly connecting with God?

What would returning to Him with your whole heart look like?

Prayer:

“Lord, I want to return to You with all my heart. Remove any distractions that have taken priority over You. Help me to worship You wholeheartedly, with honesty and love. Guide me as I bring my whole life and heart before You. Amen.”



Wednesday: Return to Trust in God's Promises

Scripture:

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Isaiah 41:10

Reflection Questions:

Are there areas in your life where you've struggled to trust God fully?

What specific promises of God do you need to return to and trust today?

How can resting in God's faithfulness help you experience His peace?

Prayer:

"Lord, I return to You, seeking rest and trust in Your promises. Remind me of Your faithfulness and give me peace in the knowledge that You are with me. Help me lay down any anxieties and place my trust completely in Your hands. Amen."



Thursday: Return to God's Path

Scripture:

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take."

Proverbs 3:5-6

Reflection Questions:

Are there areas in your life where you've strayed from God's path?

What might returning to His path look like practically?

How does it feel to know that God is compassionate and seeks after us when we stray away?

Prayer:

"Jesus, thank You for being so loving and gracious. I acknowledge the ways I've wandered from Your path. Thank You for Your compassion and Your promise to guide and shepherd me. Continue to draw me closer to You, that I may walk in alignment with where You lead me. I return to Your way and ask for strength to stay on the path You have for me. Amen."



Friday: Return to a Life of Service

Scripture:

“My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one’s life for one’s friends”

John 15:12-13

Reflection Questions:

Who is someone God may be asking you to intentionally serve right now?

In what ways might God be calling you to serve others with a heart of hope?

How can returning to God’s strength empower you to serve effectively?

Prayer:

“Lord, help me to serve others from a place of hope and faith, knowing that You are restoring and redeeming all things. Let my life reflect Your love and hope to those around me. Amen.”



Saturday: A Day to Reflect

Take time today to sit in silence and solitude with the Lord. Reflect on what the Holy Spirit has been revealing to you throughout this week.



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WEEK 2

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Sunday Family Focus

Make family discussion time fun and meaningful! Gather at the table with a favorite snack, placing discussion questions to Week 2 of our family devotion series. This week we're focusing on Refresh, exploring how rest, renewal, and recharge our spiritual lives as a family. We're so glad you're taking the time to engage with these devotions and grow together. Each week, we'll continue to provide you with a focused devotion, family activity options, discussion prompts, and a weekly challenge designed to inspire meaningful spiritual conversations and connections.

1. What does it mean to "return to God"?

2. How does God show us grace and love even when we drift away?

3. Jeremiah 24:7 talks about having a heart to know God. What are some ways we can grow a heart that truly loves and follows Him?

Family Devotion

4. In Revelation 3:20, Jesus says, "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with them and drink with them." This verse is a powerful reminder that when we are weary, our spirit needs refreshment too! When we feel tired, sad, discouraged, or overwhelmed, God invites us to come to Him for rest and strength.

Family Activities: Choose an activity from the lists below.

The Bible says in Matthew 11:28-29, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls."



(Younger Children)

When we take time to spend with God through prayer, worship, or reading His Word, He refreshes us and gives us the peace and strength we need to keep going. As a family, let's learn to rest in God and allow Him to refresh our hearts this week.

• Heart Mapping: Cut out a large heart. Each family member draws or writes what they love most (e.g., family, hobbies, game night). Discuss where God fits and what it looks like when He's at the center of our hearts.

(Teen Option)

• Heart Check List: On paper, make two columns: "Closer to God" and "Further from God." Teens list habits or activities that fit each. Discuss ways to focus on the "Closer to God" list this week.

• Distraction Jar: Set a 5-minute timer. Write down daily activities (e.g., social media, gaming, watching TV). Share and discuss how these might distract from God, then brainstorm ways to prioritize Him each day. You can challenge your teen to pull a piece of paper from the jar daily and swap that activity with spending time with God.

• Psalm 29:11: "The Lord gives His people strength. The Lord blesses them with peace."

"The law of the Lord is perfect. It gives us new strength..."

Psalm 19:7

Weekly Challenge

As a family, choose one new habit to focus on this week to return to God:

- Start each morning with a short family prayer.
- Read one Bible verse together daily and discuss how it applies to your day.

Prayer:

Lord, thank You for being the source of our strength and for giving us peace. When we reach the end of the week, reflect on how this habit has impacted your connection with God and with each other as a family. Refresh our hearts and minds, and help us walk in Your love and grace. In Jesus' name, Amen.

Sunday Family Discussion Focus

Make this discussion time a chance to relax together! Enjoy it with hot chocolate, cozy blankets, or even outdoors on a quiet walk. Let each family member take turns sharing their thoughts and reflections. At the start of each week, we will provide your family with a focused devotion, family activity options, discussion prompts, and a weekly challenge for your family to engage in. These are designed to be simple and adaptable for every family to use in their own context. You can choose to do the activity and discussion at the same time, or space them out throughout the week. We hope this encourages your family to spend time together, grow together, and have insightful, meaningful spiritual conversations.

1. What does it mean to feel refreshed?
2. Have you ever felt like your spirit was “tired”? What do you think causes that feeling?
3. In Matthew 11:28-29, Jesus invites us to come to Him for rest. How can we “come to Him” as a family this week?

Family Devotion

4. Psalm 29:11 says that God gives strength and peace to His people. What are some ways you’ve experienced God’s peace or strength in your life? The word revive means to restore or bring back to life. This week, we’re focusing on what it means to revive our relationship with God as a family. Just like a plant needs water and sunlight to thrive spiritually, our relationship with God grows when we spend time with Him. But when distractions, busyness, or other scheduled items take over, we may feel distant from Him. The good news is that God’s love is constant; He’s always ready to welcome us back with open arms.

Family Activities: Choose an activity from the lists below.



We can make intentional choices to download and print the weekly Family Activity rer in Jeremiah 24:7, “I will give them hearts that recognize me as the Lord. They will be my people, and I will be their God, for they will return to me wholeheartedly.”

Refreshing Water Relay: Set up a fun water relay using cups or sponges to transfer water from one container to another. Afterward, talk about how water refreshes our bodies just like spending time with God refreshes our souls. As a family, we can take small but meaningful steps to return to God and love Him more. We can do this through prayer, reading His Word, spending time with Him, and showing His love to others. Let’s work together to make God the center of our lives daily.

Draw Rest: Use crayons or markers to draw a picture of what rest or peace looks like to each person. Share and discuss your drawings together.

Refreshment Scavenger Hunt: Create a scavenger hunt in your home or yard, searching for items that bring refreshment, like a water bottle, a cozy blanket, or a Bible. After the hunt, talk about how each item connects to God refreshing our spirits.

Bubble Blowout: Spend time blowing bubbles together and watching them float. Use this as a moment to talk about letting go of worries and trusting God to fill us with peace.

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead.

Screen-Free Hour: Choose an hour each day to turn off screens and focus on restful activities like reading the Bible, journaling, or praying. Reflect on how it feels to take a break from distractions.

Refresh Playlists: Work together to create a playlist of worship songs that refresh and encourage you. Play it throughout the week and discuss which songs stand out to each person.

Soul Recharge Jar: Have each family member write on slips of paper activities or moments that help them feel refreshed spiritually (e.g., a favorite worship song, a quiet walk, or reading a Psalm). Place these in a jar and pull one out to do as a family each day.

Nature Reset: Take a family walk or hike to appreciate God’s creation.

Prayer: Weekly Challenge

Create a Family Refresh Corner: Designate a “refresh” space in your home where family members can go to pray, read the Bible, or listen to worship music. Decorate it with cozy items, Scripture verses, or even drawings made by the kids. in Your unfailing love. In Jesus’ name, Amen.

Monday Refresh-My Spirit

Scripture:

Blessed is the Shepherd of the flock of the world, Jesus Christ. According to his promise, he leads me beside quiet waters, and refreshes my soul through the resurrection of Jesus Christ from the dead.

Psalm 23:1-3

Reflection Questions:

Question 1: When was the last time you allowed God to refresh your soul?

Question 2: What distractions or burdens do you need to lay down to experience God's peace?

Question 3: How often do you intentionally make space for rest and refreshment in God's presence this week?

Prayer:

"Lord, thank You for being my shepherd and my source of rest. Refresh my weary soul and lead me to Your quiet waters where I can experience Your peace and renewal. Help me to trust in Your care and find true refreshment in Your presence. Amen."



Tuesday Before Lent: Renew My Heart for God

Scripture:

Because in the goodness of God and love of Jesus Christ, a spirit living in me, of great mercy, he has caused us again to a living hope through the resurrection of Jesus Christ from the dead.

Psalm 51:10
1 Peter 1:3

Reflection Questions:

Question 1: In what areas of your life do you feel spiritually dry or disconnected?

Question 2: What specific practices, habits, or routines you could change to allow for more time with God?

Question 3: What is one step you can take today to invite God to renew your heart and refresh your faith?

Prayer:

“Lord, I want to return to You with all my heart. Remove any distractions that have taken priority over You. Help me to worship You wholeheartedly, with honesty and love. Guide me as I bring my whole life and heart before You. Amen.”



Wednesday: Refresh My Engagement with God

Scripture:

Blessed be the God of every Father who drinks this Jesus Christ. He is the living water, and whoever drinks the water will never thirst again. Indeed, the water that he has drunk will become in him a spring of water welling up to eternal life.

1 Peter 1:3

John 4:13-14

Reflection Questions:

Question 1: What are some "wells" you tend to go to for satisfaction that leave you thirsty again?

Question 2: What areas of your life do you need Christ's living water to refresh you?

Question 3: How do you engage with Christ this week to be filled by Him?

Prayer:

"God, I pray that I would daily engage with You and be filled with Your living water. I pray that I would be refreshed by you today. In Jesus' name, Amen."



Thursday Reflection My Prayer Life

Scripture:

But when the crowd and the Pharisees and the scribes came to you, they said, "Blessed is the man who fasts, who gives alms, and who prays." But Jesus said to them, "You are like the hyacinths and the flowers that grow up and flourish today, but tomorrow they will be cut down and thrown away. But blessed is the man who hears the word and keeps it, for he will be like a tree that is planted by the water, which bears fruit in season and whose leaves do not wither, and whose fruit does not fall off. And of whom does the Father hear prayer?"

Matthew 6:6-7

Reflection Questions:

Why do you think Jesus emphasized sincerity and focus in prayer rather than outward appearances or empty words?

Are you praying with your head, or are you praying with your heart?

What would it look like to pray wholeheartedly?

Prayer:

"Lord, thank You for the privilege of coming to You in prayer, knowing You see and hear me in secret. Help me to connect with You deeply and sincerely so that my heart is aligned with Your mission. Restore my passion to make disciples—not out of obligation, but out of the overflow of my love for You. Teach me to lead others to You by modeling a life of authentic faith and dependence on Your Spirit. Amen."



Friday Reflection Weekly Community

Scripture:

Passing on the Good and Father with all the people Christ. According to their members by those who have begun to edifying hope through the resurrection of Jesus Christ from the dead.

Acts 2:47

Reflection Questions:

Question 1: Where do you currently find relational community?

Question 2: What community do you need to be more spiritually intentional with?

Question 3: How do you expand your community in a God-honoring way?

Prayer:

"Dear Heavenly Father, thank You for the community I'm in right now. I pray You bring people into my life that I can grow with and that we can sharpen one another. Lord, refresh my soul and guide me through this season I'm in. Amen."



Saturday: A Day to Reflect

Take time today to sit in silence and solitude with the Lord. Reflect on what the Holy Spirit has been revealing to you throughout this week.



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WEEK 3

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Sunday - Family Focus

Welcome to Week 3! This week, we're focusing on Restore, diving into how God can renew our passion for loving and serving others. We're delighted to see your family continuing this journey, and we hope this week's devotion inspires you to deepen your love, not only for one another but also for everyone around you. Each week, we'll provide you with a focused devotion, family activity options, discussion prompts, and a weekly challenge designed to help your family make lasting connections and have meaningful spiritual conversations.

Family Devotion

The word restore means repairing, rebuilding, or returning to its original state. This week, we're focusing on how God restores our passion for people, renews our love for others, and inspires us to serve as Jesus did. In the Bible, Jesus teaches us to love others selflessly. He said in John 13:34-35: "I give you a new command. Love one another. You must love one another, just as I have loved you. If you love one another, everyone will know you are my disciples."

Sometimes, we can feel tired or unmotivated to show love to others, especially when we're busy or have been hurt, but God can restore our hearts, filling us with His love so we can share it with those around us. As a family, let's ask God to restore our passion for loving and serving others. Let's also look for ways to show kindness and compassion to our neighbors, friends, and those who serve our community this week.

Scriptures:

"The Lord is tender and kind. He is gracious. He is slow to get angry. He is full of love."

Psalms 103:8

"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up."

Galatians 6:9

Prayer:

Lord, thank You for restoring our hearts with Your perfect love. Teach us to love others the way You love us—with kindness, grace, and patience. Help us to see opportunities to serve and care for the people around us. Restore our passion for doing good and remind us never to grow tired of showing love. In Jesus' name, Amen.

Family Discussion

Make this discussion time fun and engaging! Share your favorite family snacks and sit around your table with blank heart templates that each person can decorate with crayons, markers, or watercolors. Take turns answering the questions. Encourage each person to share from their heart. When complete, display your family's hearts. What does it mean to love others the way Jesus loves us?



1. Why do you think it's sometimes hard to show love to others?
2. John 13:34-35 talks about how loving others shows we are Jesus' disciples. What are some ways we can show love to the people in our lives?
3. Galatians 6:9 encourages us not to grow tired of doing good. Have you ever felt tired of being kind or helping others? What can we do about it?
4. How can our family work together to serve and care for the people in our community this week?

Family Activities: Choose an activity from the lists below.



Scan the QR code to download and print the weekly Family Activity.

(Younger Children)

Kindness Bingo: Create a simple bingo card with acts of kindness (e.g., "share a toy," "help clean up," "say thank you"). Each time someone completes an act, they mark it on their card. Celebrate together when the card is full!

Secret Service Challenge: Each family member draws the name of another member in secret. Throughout the week, they perform small acts of kindness for their person without being found out! At the end of the week, reveal who served who.

Family "Love in Action" Poster: Create a poster listing practical ways your family can show love to people in your community (e.g., donating to a food bank, visiting someone lonely, praying for others). Check off items as you do them together.

Random Acts of Kindness Walk: Take a walk through your neighborhood and find ways to show kindness as a family: picking up litter, leaving a cheerful note for a neighbor, donating faith-based books to a park Library Box, or praying for homes as you pass by.

(Teen Option)

Restore Journal: This week, encourage teens to keep a journal to write down ways to restore broken relationships or show unexpected kindness to others. Share reflections at the end of the week.

Social Media Kindness Blitz: Challenge teens to post or share encouraging messages, Bible verses, or faith-based reels to friends on social media to spread love.

Weekly Challenge

This week, choose one way your family can show love to others:

- Commit to saying one kind thing to each family member every day.
- Plan and complete a small service project as a family.
- Identify one person outside your home who could use encouragement. Pray for them and find a way to show them God's love.
- Blessing Basket: Create a basket with small treats and notes of encouragement and love from the entire family. Together, deliver it to someone in need or to the person your family felt led to bless with God's love.

At the end of the week, reflect on how loving others has impacted your hearts and strengthened your passion for serving and loving others!

Monday: Restore the Way I Live

Scripture:

“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven..”

Matthew 5:13-16

Reflection Questions:

Do you feel you have lost your sense of purpose, or are unsure of what it is?

Are you living in your identity as the salt and light of the world?

When you shine your light before others, do your actions bring glory to God?

Prayer:

“Heavenly Father, restore my passion for people. Help me to live with purpose, intentionally reflecting the light of Jesus. Teach me not to hide my light but to be sensitive to divine opportunities to reveal Your truth and point others to You. Amen.”



Tuesday: Restore the Way I Share

Scripture:

“But in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect, having a good conscience, so that, when you are slandered, those who revile your good behavior in Christ may be put to shame.”

1 Peter 3:15-16

Reflection Questions:

What fuels your resilience when facing life’s setbacks, and how does humility play a role?

Does the way you live reflect that you are set apart and living in God’s kingdom (e.g., your social media, thoughts, and actions)?

Does hope regularly emerge in your daily conversations?

Prayer:

“Lord, show me the transformative steps I can take today to glorify You and expand Your kingdom with the hope You have entrusted to me. May I share this unshakable hope with others to inspire courage and plant seeds for Your glory. In Jesus’ name, Amen.”



Wednesday: Restore the Way I See Scripture

Scripture:

“Go therefore and make disciples... teaching them to observe all that I have commanded you.”

Matthew 28:20

Reflection Questions:

How do you view your relationship with God and His Word?

What areas of your life are you struggling to fully trust God with?

What steps can you take to better reflect the love and truth of Christ to those around you?

Prayer:

“Father God, thank You for Your constant presence and for teaching me Your ways. Help me see more clearly through Your Word and walk in obedience to Your commands. Give me the strength to guide others as they grow in faith. Refresh my vision and give me a heart of understanding to align with Your will. Amen.”



Thursday: Restore the Way I Pray

Scripture:

“For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of His will through all the wisdom and understanding that the Spirit gives.”

Colossians 1:9

Reflection Questions:

How often do you take time to pray for the people around you, both close to you and those you encounter daily?

Are there specific individuals or groups in your life who are struggling, and how can you intercede for them in prayer?

How can you cultivate a deeper compassion for others that motivates you to bring their needs before God?

Prayer:

“Lord, restore in me a heart of compassion for those around me. Help me to see their needs, struggles, and hopes through Your eyes. Fill me with a desire to pray for them. Teach me to pray with love, faith, and compassion, interceding for their healing and guidance. Thank You for the privilege of partnering with You in prayer. Amen.”



Friday: Restore a Passion to Make Disciples

Scripture:

“Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”

Matthew 28:19-20

Reflection Questions:

What might be holding you back from fully embracing the call to make disciples?

How can you rekindle a passion for sharing the gospel and investing in others?

Who in your life might God be calling you to disciple, encourage, or walk alongside in faith?

Prayer:

“Jesus, You’ve called me to make disciples and share the hope of Your gospel. Forgive me when I’ve grown complacent or distracted from this mission. Restore my passion to invest in others, teaching and encouraging them in Your truth. Give me boldness, wisdom, and a heart that longs to see lives transformed for Your glory. Remind me that You are always with me in this calling. Amen.”



Saturday: A Day to Reflect

Take time today to sit in silence and solitude with the Lord. Reflect on what the Holy Spirit has been revealing to you throughout this week.



2025

2025 PRAYER JOURNAL

WEEK 4

RETURN | REFRESH | RESTORE | RENEW

2025

Sunday Family Focus

Make family discussion time fun and meaningful! Gather at the table with a favorite snack, placing discussion questions in a bowl for kids to pick and share. Turn scripture reading into a friendly race to locate verses, for the local church. We're so encouraged by your family's dedication to this journey and pray that this week's devotion inspires your family to rediscover the joy of being part of God's family and His mission here at Real Life Church.

Below is a focused devotion, family activity options, discussion prompts, and a weekly challenge to help your family make lasting connections.

1. What does it mean to "return to God"?
2. How does God show us grace and love even when we drift away?

Family Devotion

3. Jeremiah 24:7 talks about having a heart to know God. What are some ways we can grow a heart that truly loves and follows Him?
The word renew means to make new again or restore to a fresh state. This week, we're focusing on renewing our hearts for the local church, where we worship, serve, and grow together as a family of believers.

4. In Revelation 3:20, Jesus says, "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me." What do you think it means to "open the door" to Jesus in our lives? How can we, as a family, invite Him in this week?
The church isn't just a building; it's a community of people who love and follow Jesus. God has given us unique gifts to use in the church to bless others and share His love with the world. When we work together as a church, amazing things can happen!

Family Activities: Choose an activity from the lists below.

The Bible says in Hebrews 10:24-25: "Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of His return is drawing near." Scan the QR code to download and print the weekly Family Activity.



As a family, let's ask God to renew our love for our church and show us how to serve and encourage others in our church community.

(Younger Children)
Trail Back to God: Create a simple path around your house or backyard with string or paper arrows. Along the path, place prompts like "What do you love about God?" or "How can you show God love?" Walk together, share answers, and talk about how God leads us back to Him.

Scriptures:

"You are the body of Christ. Each one of you is a part of it."
Heart Mapping: Cut out a large heart. Each family member draws or writes what they love most (e.g., family, hobbies, game night). Discuss where God fits and what it looks like when He's at the center of our hearts.

"God's gifts of grace come in many forms. Each of you has received a gift in order to serve others. You must use them faithfully."

(Teen Option)
1 Peter 4:10 Heart Check List: On paper, make two columns: "Closer to God" and "Further from God." Teens list habits or activities that fit each. Discuss ways to focus on the "Closer to God" list this week.

Prayer:

Distraction Jar: Set a 5-minute timer. Write down daily activities (e.g., social media, gaming, watching TV). Share and discuss how these might distract from God, then brainstorm ways to prioritize Him each day. You can challenge your teen to pull a piece of paper from the jar daily and swap that activity with spending time with God.
Lord, thank You for blessing us with Real Life Church, where life changes happen and we can grow in worship and serve together. Renew our hearts for Your church and remind us of the joy and purpose of being part of Your family. Open our eyes to the unique ways You've gifted us to make a difference in our church community.

Lord, deepen my family's heart to serve. Help us to see the opportunities where You are calling us to use our gifts, whether in Kids Ministry, Student Ministry, Hospitality, or other areas where we can make a difference. Guide us to serve with love, humility, and a heart for life change in others. Unite us in Your mission and teach us to reflect Your grace and kindness in all we do. In Jesus' name, Amen!

Weekly Challenge

As a family, choose one new habit to focus on this week to return to God:

- Start each morning with a short family prayer.
- Read one Bible verse together daily and discuss how it applies to your day.

Family Discussion

Make this discussion time fun by having each child take turns reading a verse and asking a question. Each child gets to read a special verse from the week's church community. As you had discussed in the devotion, discuss how the church with each other as a family. Individuals working together to shine for Jesus. Enjoy the snack as you take turns answering the questions and sharing personal experiences.

Sunday - Family Focus

1. What does it mean to be part of the church?

2. Why do you think God wants us to work together as a church?

3. Hebrews 10:24-25 says we should encourage one another in church. How can our family encourage others in our church this week? At the start of each week, we will provide your family with a focused devotion, family activity options, discussion prompts, and a weekly challenge for your family to engage in. These are designed to be simple and adaptable for every family to use in their own context. You can choose to do the activity and discussion at the same time, or space them out throughout the week. We hope this encourages your family to spend time together, grow together, and have insightful, meaningful spiritual conversations.

4. 1 Corinthians 12:27 says we are all part of the body of Christ. What gifts or talents do you think God has given you to use in the church?

5. How can we, as a family, be more involved in serving and loving our church community?

Family Activities: Choose an activity from the lists below.

Family Devotion



Scan the QR code to download and print the weekly Family Activity.

The word revive means to restore or bring back to life. This week, we're focusing on what it means to revive our relationship with God as a family. Just like a plant needs water and sunlight to thrive, our relationship with God grows when we spend time with Him. But when distractions, busyness, or other

Church Building Craft: Use paper, cardboard, or blocks to build a model of your church. As you create, talk about why the church is special and ways to care for it. The good news is that God's love is constant; He's always ready to welcome us back with open arms.

Thank You Cards for Church Leaders: Make and decorate cards to thank pastors, teachers, or volunteers at your church for their hard work and dedication.

Building Up the Church: Use building blocks or LEGO sets to create a church. As you build, talk about how each piece represents a different person or gift in the church. Discuss how everyone has an important role in making the church strong. The Bible reminds us in Jeremiah 24:7, "I will give them hearts that recognize me as the Lord. They will be my people, and I will be their God for they will return to me wholeheartedly."

Teen Option: As a family, we can take small but meaningful steps to return to God and love Him more. We can do this through prayer, reading His Word, spending time with Him, and showing His love to others. Let's work

Church Story Journal: Have teens interview family members about their favorite memories of being part of a church. Write these stories down and discuss how these experiences have shaped your family's faith.

Social Media Shoutout: Encourage teens to create a post/story celebrating their church, sharing a favorite verse or what they love most about being part of it.

Ministry Match-Up: As a family, brainstorm all the different ministries at Real Life Church (e.g., Kids Ministry, Worship Team, Outreach). Talk about each person's gifts and match them to a ministry they might enjoy serving in.

Scriptures:

Church Vision Poster: Create a poster as a family, writing Real Life Church's vision and mission on it in the Blessed. Surround it with words, drawings, and scriptures that inspire your family to live out the vision and mission. Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead.

1 Peter 1:3

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead.

Weekly Challenge

1 Peter 1:3
This week, commit to one way your family can engage with the local church:

- Volunteer for a ministry together as a family.
- Invite another family from your church over for a meal or time of fellowship.
- Spend time praying daily for your church, its leaders, and its impact on the community and surrounding areas.

Prayer:

Lord, we thank You for always calling us back to You with love and grace. Help us identify the things in our lives that pull us away from You and replace them with habits that draw us closer. Teach us to love You with all our hearts and trust in Your unfailing love. In Jesus' name, Amen.
At the end of the week, take time as a family to reflect on how serving at Real Life Church allows you to be a part of God's mission and make a meaningful impact together!

Monday Believe My Lifestyle

Scripture:

Do not be deceived by those who would deny Jesus Christ by twisting his meaning. He has caused us to be born again that we might live in the world, peace and perfect will. Christ is God of the dead.

1 John 4:1-5

Reflection Questions:

Question 1: In your opinion, are there any patterns of the world? List those here.

Question 2: How do we replace the world's error with God's truth? What is Truth according to John 17:17?

Question 3: How does your mind's "diet" look like? Ask God to highlight changes needed to renew your thought life.

Prayer:

"Heavenly Father, thank You for Your Word that leads me into Truth. As I draw closer to You through Scripture, transform my mind and mold me into Your image. Thank You for meeting me where I am and renewing my spirit and filling me. In Jesus' Name, Amen."



Tuesday of Week My Heart

Scripture:

Peace be the God and Father of our Lord Jesus Christ. Compassionate and merciful, He humbled Himself, became obedient to the point of death, and died for us all, so that we might be brought to Himself through His blood. He has forgiven us all our iniquities, and He has forgiven us all our sins, as the Lord has forgiven you, so you also must forgive. And above all these, put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.”

Colossians 3:12-15

Reflection Questions:

What word stands out to you from this passage? Ask God what is significant about it and write down His response.

What has been ruling your heart this week (worry, hurt, bitterness)? Submit these feelings to God and rest in His forgiveness.

What can you be thankful for during this month of fasting and prayer?

Prayer:

“Lord, make me Your dwelling place. May I see what You see and feel what You feel. Thank you for reminding me of the beauty of my relationship with You and the beauty of Your Word. Following You is the greatest call of my life. I am truly blessed by You. I will let Your peace rule my heart, not any other worry or hurt. Amen.”



Wednesday ~~Day of~~ ~~Worship~~ ~~Call~~ ~~to~~ ~~Ministry~~

Scripture:

Blessed be, if the God is our Father, the one who created us in Christ. And the world has great need, for he has called us to be his people, to be his disciples, to be his witnesses. He has given us the Holy Spirit, who leads us into all truth. He has given us the power of His resurrection, so that we may live with Him in glory. He has given us the ministry of reconciliation: that He might reconcile us to Himself in Christ, not counting our sins against us. And He has committed to us the message of reconciliation. We are therefore Christ's ambassadors, as though God were making His appeal through us. We implore you on Christ's behalf: Be reconciled to God. God made Him who had no sin to be sin for us, so that in Him we might become the righteousness of God."

2 Corinthians 5:17-21

Reflection Questions:

What aspects of your life do you need others to hold you accountable so that you better represent Jesus this year?

How can you take the next step in sharing your faith in Jesus this year?

Who is someone far from God that you can share the good news of Jesus Christ with this year? (Begin praying for them now)

Prayer:

"Lord, I step into Your calling over my life to proclaim the gospel to the world. I make my entire life a declaration of the gospel and Your loving-kindness. Thank You for partnering with me in this ministry. Amen."



Thursday: Renewing the Mind

Scripture:

Do not be like the foolish people of this world, who are misled by the emptiness of their minds. Used you will be able to discern what God's will is, and you will be able to approve what God's will is, and you will be able to lead.

Romans 12:2

Reflection Questions:

Question 1: What are the thought patterns or attitudes in your life that need renewal?

Question 2: How often do you invite God to renew your mind each day?

Question 3: What practical steps can you take to fill your mind with God's Word and truth?

Prayer:

"Lord, I come to You seeking a renewed mind and a transformed heart. Help me to reject the ways of the world and to align my thoughts with Your truth. Renew my spirit daily so I can discern Your will and walk in obedience. Amen."



Friday: ReDay MeWTeaboughtRepentance

Scripture:

Repent to the God and Father who has made us new. According to what things that refresh us have caused us to better prepare to live through the resurrection of the Christ who has been appointed for you."

Acts 19:320

Reflection Questions:

According to this scripture, how are we strengthened and renewed?

Ask the Lord: "Is there anything in my life of which I need to repent?" Write your thoughts below.

James 5:16 says to confess our sins to one another for healing and wholeness. Is there a habitual sin that you need freedom from? Who can you trust to pray for you?

Prayer:

"Father, reveal to me any sin of which I need to repent. Give me the strength to give up my worldly ways and turn to You so that I may receive times of refreshing. Show me any habitual sins I struggle with and who I can trust to share them with so I can find healing. Thank You for Your faithfulness to refresh, restore, and renew as I step out in obedience. In Jesus' Name, Amen."



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Take time today to sit in silence and solitude with the Lord. Reflect on what the Holy Spirit has been revealing to you throughout this week.



