

ON OUR KNEES

PRAYER JOURNAL



PHIL WICKHAM

WITH MATT LITTON

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A PRAYER JOURNAL

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KLOVE
BOOKS

FRANKLIN, TENNESSEE

KLOVE BOOKS

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INTRODUCTION

HOW TO USE THIS PRAYER JOURNAL

The writing of *On Our Knees: 40 Days to Living Boldly in Prayer* came from the simple desire to grow deeper in my faith. I set out to learn more about the practice, the power, and the joy of prayer by simply opening the Bible from Genesis on and discovering the beautiful lessons contained in God's great love story. I am still on the journey of learning how to live my life with a posture of prayer and an open heart. I have been moved to hear so many readers are experiencing God's call to move deeper into a life of prayer. As I continue to learn more about prayer, I've discovered that each time I think I am swimming in the deep end, God seems to lead me into even deeper waters. I have found that keeping a prayer journal has become a helpful tool as He teaches me more about prayer in my daily time with Him.

I want to offer you this journal to use in your own prayer time. It can be used as a companion to the *On Our Knees* devotional, but it is designed to be a meaningful prayer tool by itself. Each day in this prayer journal includes a Scripture reading from the devotional. It is offered so you can

HOW TO USE THIS PRAYER JOURNAL

pray through the words of the Bible. This is an ancient Christian practice that has come to mean so much to me. It is called *lectio divina*, which simply means praying the words of the Bible. I am amazed at how often these moments of praying God's Word delivers just what I need most from Him. The journal provides space for you to write and reflect on how God speaks to you as you pray the Scripture.

Each day also provides a section to record your thanksgiving and praise. I am continually learning the importance of beginning prayer by considering God's goodness and His blessings. Each day you can write down the gifts in your life, your gratitude to Him, and the many reasons you have to praise Him.

The journal provides space to keep track of your petitions to God. Philippians 4:6 reminds us that we should bring *everything* before God in prayer. The battle belongs to Him, and I've found it humbling and encouraging to return to these prayer requests to find them answered. He is faithful!

Finally, so many readers have expressed that the daily prayer practice from *On Our Knees* was a meaningful part of the devotional. I have included some questions that can challenge you to go deeper into that day's prayer practice.

HOW TO USE THIS PRAYER JOURNAL

It is my sincerest hope this journal can become a helpful addition to your daily prayer time and will bring you closer to God as you grow further on this spiritual journey.

Sincerely,
Phil



DAY 1

PRAYER IS INTIMACY WITH GOD

PRAYER READING (*LECTIO DIVINA*): Genesis 1–3

As you read and thoughtfully pray through today's selected Scripture, ask God to point out what He wants to teach you from His Word.

God created mankind in his own image, in the image of God he created them; male and female he created them. God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground." **(Genesis 1:27–28)**

DAY 1

The LORD God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being. Now the LORD God had planted a garden in the east, in Eden; and there he put the man he had formed. (Genesis 2:7-8)

The man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day. (Genesis 3:8)

Spend some time writing and reflecting about what spoke to you in today's prayer reading.

ON OUR KNEES JOURNAL



THANKSGIVING AND PRAISE

Before you pray, spend some time listing what you are thankful for today and the ways that God is good.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 1

PRAYER REQUESTS

What are the needs in your life, in your family, in your community, and in the world that you need to bring to God today? Make a list of those needs, and spend some time bringing each request before Him.

PRAYER PRACTICE REFLECTION

Today's prayer practice challenged you to find time to go on a short walk and simply talk to God. What are a few ways that today's practice can affect your actions? What did it teach you about prayer?



DAY 2

GOD HEARS US . . . EVEN WHEN WE CAN'T PRAY WORDS!

PRAYER READING (*LECTIO DIVINA*): Exodus 2

As you read and thoughtfully pray through today's selected Scripture, ask God to point out what He wants to teach you from His Word.

During that long period, the king of Egypt died. The Israelites groaned in their slavery and cried out, and their cry for help because of their slavery went up to God. God heard their groaning and he remembered his covenant with Abraham, with Isaac and with Jacob. So God looked on the Israelites and was concerned about them. (Exodus 2:23-25)

DAY 2

Spend some time writing and reflecting about what spoke to you in today's prayer reading.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

ON OUR KNEES JOURNAL



THANKSGIVING AND PRAISE

Before you pray, spend some time listing what you are thankful for today and the ways that God is good.

[illegible]

DAY 2

PRAYER REQUESTS

What are the needs in your life, in your family, in your community, and in the world that you need to bring to God today? Make a list of those needs, and spend some time bringing each request before Him.

PRAYER PRACTICE REFLECTION

Today's prayer practice challenged you to simply sit before God in silence and allow Him to search your heart. As you opened your emotions to God, what did you find? Write about your experience and how it can change your approach to spending time with Him.



DAY 3

PRAY FOR THE IMPOSSIBLE

PRAYER READING (*LECTIO DIVINA*): Exodus 14

As you read and thoughtfully pray through today's selected Scripture, ask God to point out what He wants to teach you from His Word.

The LORD said to Moses, "Stretch out your hand over the sea so that the waters may flow back over the Egyptians and their chariots and horsemen." Moses stretched out his hand over the sea, and at daybreak the sea went back to its place. The Egyptians were fleeing toward it, and the LORD swept them into the sea. The water flowed back and covered the chariots and horsemen—the entire army of Pharaoh that had followed the Israelites into the sea. Not one of them survived. But the Israelites went through the sea on dry ground,

DAY 3

with a wall of water on their right and on their left. That day the LORD saved Israel from the hands of the Egyptians, and Israel saw the Egyptians lying dead on the shore.

(Exodus 14:26-30)

Spend some time writing and reflecting about what spoke to you in today's prayer reading.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

ON OUR KNEES JOURNAL



THANKSGIVING AND PRAISE

Before you pray, spend some time listing what you are thankful for today and the ways that God is good.

[illegible]

DAY 3

PRAYER REQUESTS

What are the needs in your life, in your family, in your community, and in the world that you need to bring to God today? Make a list of those needs, and spend some time bringing each request before Him.

PRAYER PRACTICE REFLECTION

The prayer practice challenged you to pray for people in your family, in your neighborhood, or in the world who may be facing impossible moments. How did this make you feel today? Who did God bring to mind for you and why? How can you further encourage them?

ABOUT THE AUTHOR

Since his self-titled debut in 2006, Phil Wickham has emerged as a leader in the modern worship movement, penning countless songs sung in churches around the world. His RIAA Gold®-certified single, “This Is Amazing Grace,” was his first career No. 1, holding the top spot for thirteen consecutive weeks and named *Billboard*’s No. 1 Christian Airplay Song of the Year in 2014 and BMI’s Christian Song of the Year in 2015. His anthemic “Living Hope,” also RIAA Gold-certified, earned him a GMA Dove Award for Worship Recorded Song of the Year in 2019.

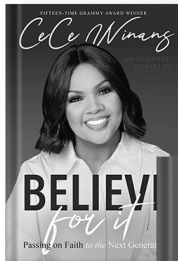
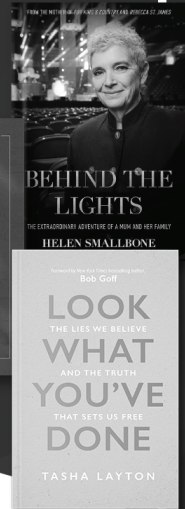
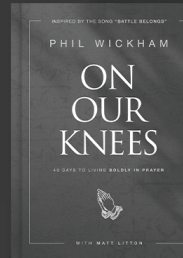
His latest project, *Hymn of Heaven* (June 25, 2021, Fair Trade Services), was written during a year when the family of God couldn’t physically gather in houses of worship around the world. “*Hymn of Heaven* is full of praise and thankfulness, just lifting up the name of Jesus and speaking what we really know the reality is even though we don’t see it,” he says. “All I want to do is facilitate moments where people can encounter the presence of God.” The album’s first single, “Battle Belongs,” had already topped five different radio charts for multiple weeks.

Wickham’s music has received hundreds of millions of streams across his catalog and platforms, with his discography including eight full-length projects, multiple Christmas releases, and a series of popular *Singalong*

ABOUT THE AUTHOR

records that capture Wickham's songs doing what they were always meant to do—giving people language to sing to God. To find out more, visit PhilWickham.com.

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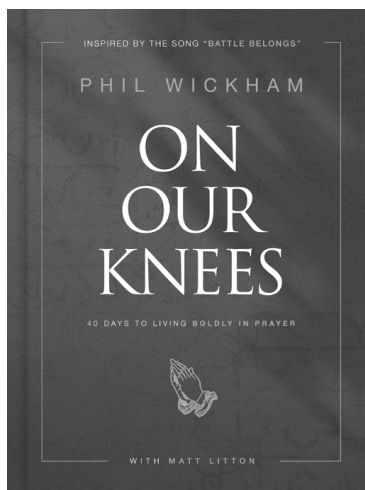
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ON OUR KNEES

40 DAYS TO LIVING **BOLDLY IN PRAYER**



If you enjoyed this journal, check out *On Our Knees*, which will bring you into a deeper intimacy with Jesus and encourage a habit of prayer that can last a lifetime. Each entry in *On Our Knees* helps readers establish their own daily prayer routines, ultimately encouraging the lifelong practice of prayer as a means of connecting with and better understanding God.

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