



*Especially For*

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*From*

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*Date*

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The background is white with various pink floral and heart-shaped patterns scattered throughout. There are large stylized flowers, smaller five-petaled flowers, hearts, and clusters of small dots. The patterns are rendered in different shades of pink, from light to a deeper magenta.

# One Thousand Prayers

• A Journal •

**BARBOUR BOOKS**

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*Our mission is to inspire the world with the life-changing message of the Bible.*



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## Introduction


What do a thousand prayers look like?  
A life lived as God intended!  
A life in constant conversation with Him!

This beautifully inspiring journal features a list of one thousand prayers on everyday life topics—plus thought-provoking journal prompts that will encourage you to record your own heartfelt prayers, as well as lovely scripture selections from the beloved King James Version of the Bible.

*One Thousand Prayers* will encourage you to live an extraordinary life filled with wonder at the many ways our Creator chooses to love, encourage, and bless your heart through His faithful answers to prayer.







When he, the Spirit of truth, is come,  
he will guide you into all truth.

JOHN 16:13

4 Lord, help me to have a humble heart and love others as You love them.

5 Heavenly Father, please show me Your will for my life.

6 God, remind me that when trials come, I am more than a conqueror through You.







If I yet pleased men, I should  
not be the servant of Christ.


GALATIANS 1:10

10 Guide me to invest my time in worthy pursuits, Lord—those that will provide lasting satisfaction.

11 Heavenly Father, please help me to notice and make time to care for people who might seem “invisible” to others.

12 Father God, when You nudge me to speak up and pray with others—even strangers—give me the courage to do so.





Bless the LORD, O my soul,  
and forget not all his benefits.

PSALM 103:2

16 Lord, please settle my uneasy heart and help me to recall the many times You've pulled me to safety.

17 Father, when I fail to notice Your provision, refresh me.

18 Holy Spirit, bring me back to an awareness of Your glory that I had when I first gave You my heart.



*No you* ever struggle to do important things for the physical health of your body?

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**19** God, You created me in Your image. Thank You!

**20** I know that exercise and good nutrition are important, and I want to choose Your best for me, Father God.

**21** Heavenly Father, give me the desire to put the right things into my body that will provide health and a long life.

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I will praise thee; for I am fearfully and  
wonderfully made: marvellous are thy works;  
and that my soul knoweth right well.


PSALM 139:14

22 Lord, please give me the desire to  
exercise, especially when I'd rather  
not.

23 My body is a gift from You, Father,  
and I want to take good care of it.

24 God, give me wisdom to know  
just what my body needs—including  
food, exercise, and sleep.





It is the spirit that quickeneth; the flesh  
profiteth nothing: the words that I speak  
unto you, they are spirit, and they are life.

JOHN 6:63

28 May my words add encourage-  
ment and joy to the lives of others,  
Father.

29 Give me words that will motivate  
and build up those You place in my  
path, Lord.

30 Father God, let my voice be as  
a smooth, peaceful brook speaking  
Your truth into the hearts of those  
I love.







Behold, his soul which is lifted up is not upright  
in him: but the just shall live by his faith.

HABAKKUK 2:4

34 Lord, when my head is tempted  
to doubt, nudge me to call out to You  
in complete faith.


35 Father, in times of uncertainty  
remind me to focus on who You are,  
what You do, and what matters most.

36 Please strengthen my faith today,  
almighty God!









Draw nigh to God, and he will draw  
nigh to you. Cleanse your hands, ye sinners;  
and purify your hearts, ye double minded.


JAMES 4:8

46 As I humble myself in Your presence, Father, fill me with Your peace and help me to know the steps You've ordered for me.

47 Almighty God, I submit myself wholly to You and will follow Your lead.

48 I rejoice today, Lord, with the knowledge that I am on the right path because You are leading the way!





The eternal God is thy refuge, and  
underneath are the everlasting arms.

DEUTERONOMY 33:27

52 When I feel threatened, Father,  
may my frightened heart find true  
rest in Your loving arms.

53 I trust You, Lord, to keep me on  
the right path; help me to listen to  
Your voice all of my days.

54 I have peace because You are  
my shield. Thank You for Your  
protection, heavenly Father.



