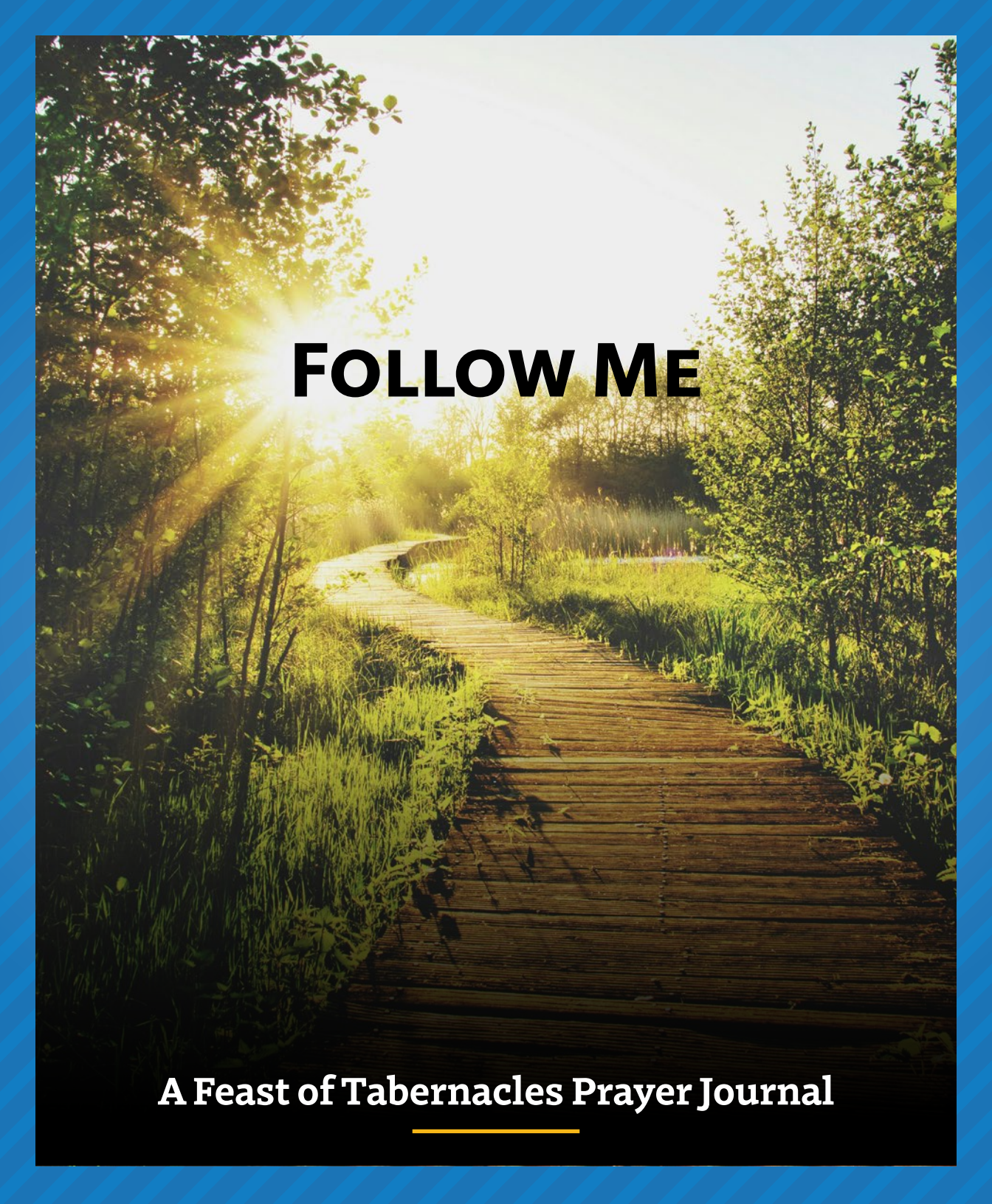


A photograph of a wooden boardwalk winding through a lush green forest. The sun is shining brightly from the upper left, creating a strong lens flare and illuminating the scene. The boardwalk is made of wooden planks and leads towards a body of water in the distance. The trees are dense and green, with sunlight filtering through the canopy.

FOLLOW ME

A Feast of Tabernacles Prayer Journal

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A Feast of Tabernacles Prayer Journal

A prayer journal, you say? Does a prayer journal remove the spontaneity and heart from our conversations with our Father in heaven? You may have some reservations about the idea of writing your prayers in a journal. Well, this journal isn't quite like that. The point isn't to write down word-for-word prayers. The goal of these pages is to help you put more thought into how and what you pray about.

We'll explore some of the ways you can make prayer a priority amid a busy schedule of travel, services and fellowship. We'll look at some examples of prayer in the Bible. Most importantly, we'll discuss how this spiritual tool is an important part of following Jesus Christ!

Read

Each day will feature a few key Scriptures. We recommend looking these up and reading them before completing the other activities on the page. If you'd like a deeper study, we encourage you to search for connecting Scriptures on your own and note them in the journal pages of this book.

Reflect and Write

For each day's readings, we've included a journal prompt and some space to write your own thoughts. We've also included some extra space with each day's theme, but you don't have to use it just for the journal prompts. It can also be a handy place to jot down some notes during services or to write down names of people you meet so you can remember and pray for them.

Take Action

Each day, you'll be given a practical challenge. These challenges are designed to help you discover effective prayer techniques you can use at the Feast and beyond. Have fun and be creative in how you choose to complete these challenges!

These challenges are tools, not a scorecard. Use them thoughtfully, and do not worry if you are unable to complete every one.

1. Set a reminder to make prayer a habit.
2. Choose a book of the Bible and read it in one sitting.
3. Say a prayer with a group.
4. Walk and pray, but leave your phone at home.
5. Set aside time for extra prayer.
6. Make a prayer list.
7. Make a list of things you are thankful for.
8. Write an action plan for when you go home.

Beyond the Feast

Though designed for the Feast of Tabernacles, this book is designed to strengthen your prayer habit long after you leave the Feast. With this in mind, we'll leave you with a parting challenge at the end.

Walking in faith and fellowship,

United Young Adults

DAY ONE

Don't wait for prayer time to find you!

We have access to the Father through Jesus Christ, our High Priest and Intercessor. God has invited us to come before Him in prayer, but we still have to make the choice to respond. Don't assume prayer time will just happen! Chances are, our busy schedules will crowd it out if we're not intentional about making time for prayer.

Read

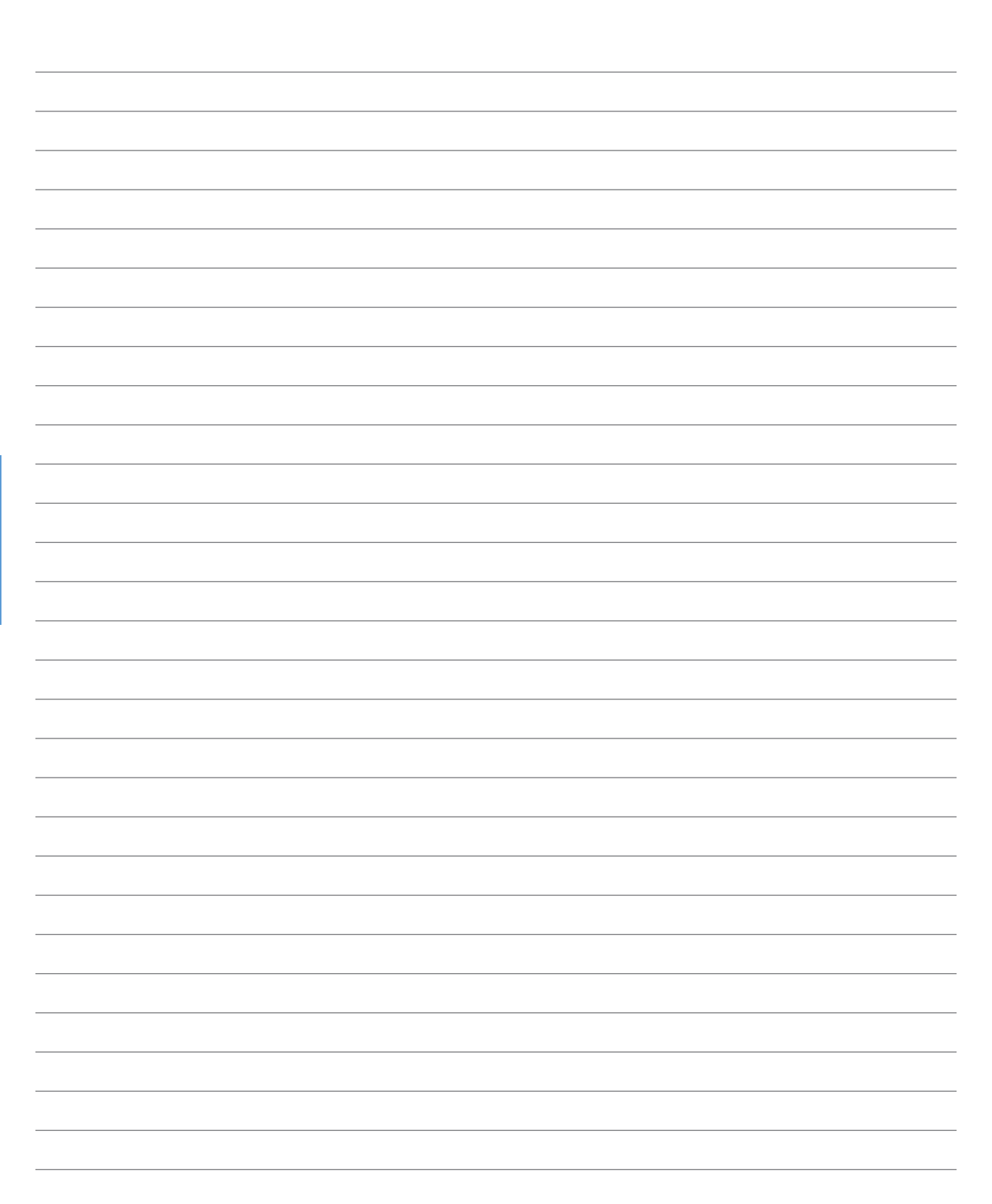
Psalm 145:18; Matthew 6:33;
Romans 8:26; Hebrews 4:14-16

Reflect and Write

We all have moments in which prayer can feel like a struggle. Identify some of the roadblocks you've faced. Make it your goal to look for ways you can address these this week.

Take Action

Set an alarm! Choose a time that will consistently work for you, and set an alarm to remind you of this priority. Remember, once the alarm goes off, silence your phone and put it in the other room so it doesn't become a distraction!



DAY TWO

Reading the Bible and prayer go hand in hand.

God speaks to us through His inspired Word, and we speak to Him in prayer. Bible study and prayer therefore belong together. We can find answers in Scripture, and prayer is an opportunity to ask God to guide our reading.

Read

Joshua 1:8; Psalm 119:11, 105;
Matthew 4:4; Acts 17:11

Reflect and Write

The Bible records many examples of prayers. Find one that you relate to and consider what it meant to its writer.

Take Action

Choose a passage of Scripture (such as Psalm 119) or book of the Bible (a shorter one that can be read in one sitting, such as Ruth). Set aside time to read it in one sitting, pausing to pray before, during and after your reading.

DAY THREE

How should we pray?

The Bible teaches that we should pray authentically and humbly. It's okay to pray silently or aloud. Standing, kneeling and lifting one's hands to pray are all mentioned in the Bible. What we do see repeatedly is an attitude of reverence with which we must approach prayer. Prayer is even connected to singing. After all, it's another way of directing praise to God!

Read

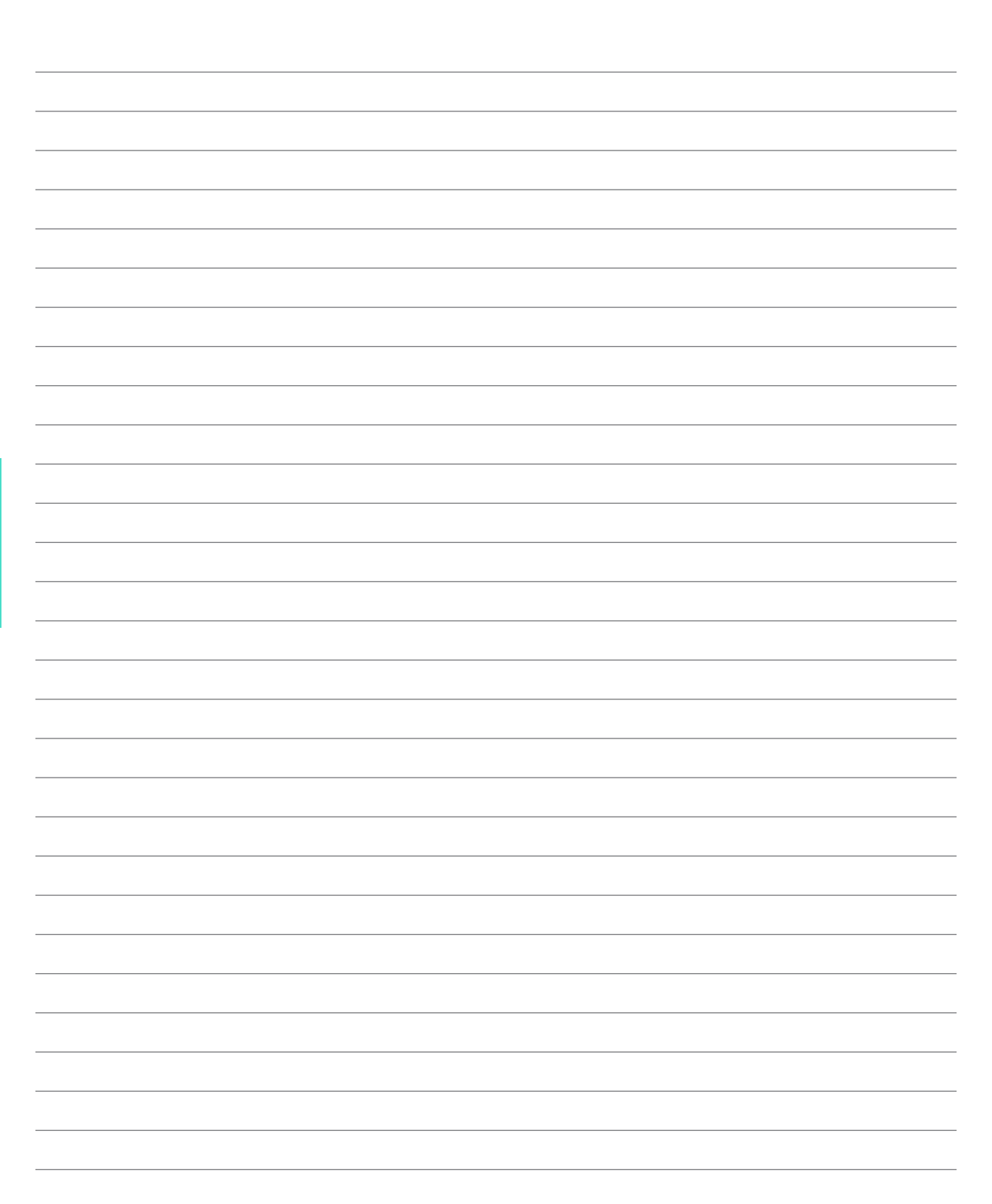
Matthew 6:7; Mark 12:40; Luke 18:9-14, 22:41;
1 Timothy 2:8; Psalm 142:1; 1 Samuel 1:13; Acts 16:25

Reflect and Write

Do different examples of how to pray conflict with one another? When would each example be most appropriate?

Take Action

Set aside a time to pray with your family or other brethren at your Feast site. Praying together can help us consider aspects of a situation we may not have remembered to pray about. It's also an excellent exercise in unity. Remember to keep the focus on God; if an opportunity for group prayer does not feel natural, take this opportunity instead to pray for a group of people.



DAY FOUR

Where should we pray?

The location in which you pray can affect your focus during that conversation with God. That's why scriptural examples of prayer often involve going somewhere alone. However, group prayers in a public setting are also biblical. What these examples share is this: it's more about maintaining the right focus during prayer than the specific location.

Read

Matthew 6:5-6; 14:23, 26:36; Luke 5:16; Jonah 2:1;
1 Kings 8:22; Acts 12:12-14; 1 Timothy 2:8

Reflect and Write

What makes a place appropriate for prayer? What do you consider when choosing a place to pray?

Take Action

Consider a new location for prayer: outdoors. Maybe you've tried this before, but here's the catch: don't bring your phone! Find a quiet place where you can walk and talk with God. Leave your phone behind in your hotel room or car and pay attention to the beautiful things God has created and thank Him for them.

DAY FIVE

When should we pray?

The easy answer? Any time! You can pray at a scheduled time, but you can also pray at an unscheduled moment during the day or night. Just as a conversation can happen during a meeting or through a spontaneous stream of texts, conversation with God is not limited to a specific time of day or a rigid schedule or number of times.

Read

Psalm 55:17; Daniel 6:10; Acts 3:1; Nehemiah 2:4;
James 5:13; Luke 18:1-8; 1 Thessalonians 5:17

Reflect and Write

How often do you pray each day? Is there a pattern or is it more spontaneous? When is your focus the best?

Take Action

Make time in your day for a spontaneous prayer. Pause and thank God for something you heard in a message at Church, a situation in which He protected you, or even something that happens every day that you never stop to appreciate. Another spontaneous prayer could be when you learn of someone else's suffering, such as receiving a prayer request. Take a moment out of your day to stop and pray for the person.

DAY SIX

Who and what should we pray for?

When deciding what to pray about, begin with the model prayer Christ gave. A thorough study of Scripture offers other examples of things we can pray about and people we can pray for.

Read

Matthew 6:9-13; 1 Thessalonians 5:25;
Matthew 5:44, 9:38; 1 Timothy 2:1; James 5:16

Reflect and Write

Summarize what the model prayer shows we should pray about. Can you find items in your life for each category?

Take Action

On a separate piece of paper (or in this book), make a list of people you know who are going through a difficult time or a health challenge. List not only the names, but also a brief summary of the requests you would like to pray about. Choose a few names (or all, as time allows) to bring before God in your daily prayer time.



DAY SEVEN

It's not just about asking—make time for thanks!

If all your prayers are requests, is this more of a relationship . . . or a help desk? Beyond praying *for* things, we can pray *about* things. Talk to God about your day. Sure, He knows what took place, but He wants to hear from you. And importantly, don't forget to thank Him!

Read

Philippians 4:6; Colossians 4:2;
Psalm 66:20, 100:4

Reflect and Write

Six kinds of prayer include praise, intercession, thanksgiving, petition, confession and lament. Can you find a biblical example of each?

Take Action

Make a list of things you are thankful for. Include not only blessings from this Feast of Tabernacles but also things you appreciate throughout the year. Then go before God in prayer and thank Him for these items. Yes, the list can get quite lengthy when we put it all down on paper, but this could make a good continuing challenge to identify and pray about a few items per day!



DAY EIGHT

Continue in Prayer

Now that the Feast of Tabernacles has concluded and we are celebrating the Eighth Day, let's take time to reflect on the past week. Don't let your prayer habit end here! How will you continue what you started?

Read

Proverbs 16:3; Matthew 6:33;
1 Thessalonians 5:17

Daily Challenges Completed:

- ☐ Set a reminder to make prayer a habit.
- ☐ Choose a book of the Bible and read it in one sitting.
- ☐ Say a prayer with a group.
- ☐ Walk and pray, but leave your phone at home.
- ☐ Set aside time for extra prayer.
- ☐ Make a prayer list.
- ☐ Make a list of things you are thankful for.

Take Action

Which of these seven daily challenges has been the most effective for you? It's time to write an action plan based on what has worked during this week's prayer challenge!

We'd love to hear what has worked well for you! If you're comfortable sharing, please email us at: uya@ucg.org. We hope you've had a meaningful and inspiring Feast!



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