



BLESS Prayer Journal

Name: _____

Contact info: _____

F.R.I.E.N.D. — A GUIDED PRAYER EXPERIENCE

Praying with Names and Faces

“Ask the Lord of the harvest...” — Matthew 9:38

Instructions:

- Quiet your heart before the Lord.
- Look over this booklet
- Ask Him to bring to mind names of those who still need to find Christ.
- Write them down in whatever “category” might apply.
- Dedicate yourself to praying for them each day, and then doing whatever God directs you to do in response.

F — FRIENDS

People I choose to do life with.

Names:

- _____
- _____
- _____

Pray:

Lord, thank You for the friendships You've given me.

I pray blessing over these friends—over their lives, families, and futures.

Give me Your heart for them, and help me love them without judgment.

Help me to know when and what you are prompting me to speak.

I pray that each of these people will come to know you as Savior and Lord.

Let it count for eternity. In Jesus' name - Amen.

Scripture to Ponder:

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, NIV)

A friend loves at all times, and a brother is born for a time of adversity.

(Proverbs 17:17, NIV)

Listen:

Lord, is there one friend You're inviting me to pray for more intentionally?

R — RELATIVES

Family by blood or marriage

Names:

- _____
- _____
- _____

Pray:

Father, You know the history, the wounds, and the love in my family.
Bring healing where there is pain, patience where there is tension,
and grace where there is distance.

Help me reflect Christ at home and to other family members.

Help me to know when and what you are prompting me to speak.

I pray that each of these people will come to know you as Savior and Lord.
Let it count for eternity. In Jesus' name - Amen.

Scripture to Ponder:

- *But as for me and my household, we will serve the Lord. (Joshua 24:15, NIV)*
- *Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. (Colossians 3:12–14, NIV)*

Listen:

Jesus -Where might You be calling me to love more gently—or more faithfully?

I — INTERESTS

People connected through shared passions or activities

Spaces / Names:

- _____
- _____
- _____

Pray:

God, thank You for the places where joy and connection already exist.
Help me listen well, notice needs, and be fully present.
Let trust grow naturally through shared life.
Help me to know when and what you are prompting me to speak.
I pray that each of these people will come to know you as Savior and Lord.
Let it count for eternity. In Jesus' name - Amen.

Scripture to Ponder:

- *Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. (Ecclesiastes 4:9–10, NIV)*
- *My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, (James 1:19, NIV)*

Listen:

Lord - what conversations are You already opening?

E — ENVIRONMENTS

Third spaces & places of compassion
(coffee shops, schools, gyms, community spaces, places of need)

Places / Names:

- _____
- _____
- _____

Pray:

Lord, You meet people in ordinary places.
Help me see these spaces as sacred ground.
Give me compassion, humility, and awareness of Your presence here.
Help me to know when and what you are prompting me to speak.
I pray that each of these people will come to know you as Savior and Lord.
Let it count for eternity. In Jesus' name - Amen.

Scripture to Ponder:

- *But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. (Luke 10:33-34, NIV)*
- *He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God. (Micah 6:8, NIV)*

Listen:

God, where might You be inviting me simply to show up consistently?

N — NEIGHBORS

People connected by geography or routine

Names / Locations:

- _____
- _____
- _____

Pray:

God, You placed me here for a reason. Teach me to love my neighbors as You define love—
through presence, kindness, and faithfulness over time.
Help me to know when and what you are prompting me to speak.
I pray that each of these will come to know you as their Savior and Lord.
Let it count for eternity. In Jesus' name - Amen.

Scripture to Ponder:

- *He answered, “ ‘Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’; and, ‘Love your neighbor as yourself.’” (Luke 10:27, NIV)*
- *Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper.” (Jeremiah 29:7, NIV)*

Listen:

Lord, is there one small step of love You're prompting me to this week?

D — DAILY CONTACT

People I regularly encounter through routine
(work, school, stores, service providers, appointments, travel)

Names:

- _____
- _____
- _____

Pray:

Lord, You are present in my everyday interactions.
Shape my words, my tone, and my attentiveness.
Let my life quietly reflect the light of Christ in ordinary moments.
Help me to know when and what you are prompting me to speak.
I pray that each of these will come to know you as their Savior and Lord.
Let it count for eternity. In Jesus' name - Amen.

Scripture to Ponder:

- *Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone. (Colossians 4:5–6, NIV)*
- *In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. (Matthew 5:16, NIV)*

Listen:

Jesus, how can I walk more fully in the light today?

CLOSING PRAYER

Jesus, thank You for sending me as You were sent – into the world.
I offer You my relationships, my time, and my attention.
Lead me out of darkness and into Your light—
and help me walk faithfully in the light You give today.
Let your light shine through me through my deeds, actions and words, and
draw myself and all of these I pray for closer to you.
Please bring the lost to you and encourage us this day.

In your name, Jesus - Amen.