

31 DAY WOMEN'S



ADORNING
The
Bride

PRAYER JOURNAL



31 Day Women's
Prayer Journal

by
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Introduction to Prayer



The Hebrew word for Prayer is Tefillah.

תְּפִלָּה T'feel-lah

Tefillah means Intercession, Supplication, and Prayer.

In Hebraic thought, there are two sides to Tefillah.

Our sages liken tefillah to rungs on a ladder - That we ascend up higher and higher, closer and closer to YHWH.

On the other hand, the root word of Tefillah is PALAL פָּלַל, which is a picture of a mouth and a shepherd staff/leader. It means to speak to authority. But it also has a connotation of falling down before an authority.

So, Tefillah is about both ascending and descending at the same time.

When we look at these two sides to Tefillah, we can see that when coming before Yah, the way to him is to humble ourselves. The way to Him is to recognize how GREAT he is and how SMALL we are! Contrary to carnal logic, the way up is down! We humble ourselves in his sight, and HE LIFTS US UP! (James 4:10)

Prayer is more than making requests of Yah. Prayer is about communion with Yah. Spending time with Him. Seeking Him on all levels. It's about coming into agreement with Yah about ourselves - Reflection, Examination, asking to see his face (his will/what he requires of us), and not only His hand (what he can do for us).

When we pray, we come before him with Thanksgiving and Praise, we repent, and forgive others who have wronged us. Y'shua taught us in the disciples prayer the outline of how to pray:

Our Father which art in heaven, Hallowed be thy name.

Thy kingdom come. Thy will be done in earth, as it is in heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

We invite you to seek Yah daily for 31 Days. Meditate on the verses provided. Read the verses in context. Spend time with Him daily in prayer.

Prayer in the Bride of Messiah's life is mandatory. It is how we commune with Him - the King of the Universe.

Yah Bless.



Day 1

Isaiah 61:10

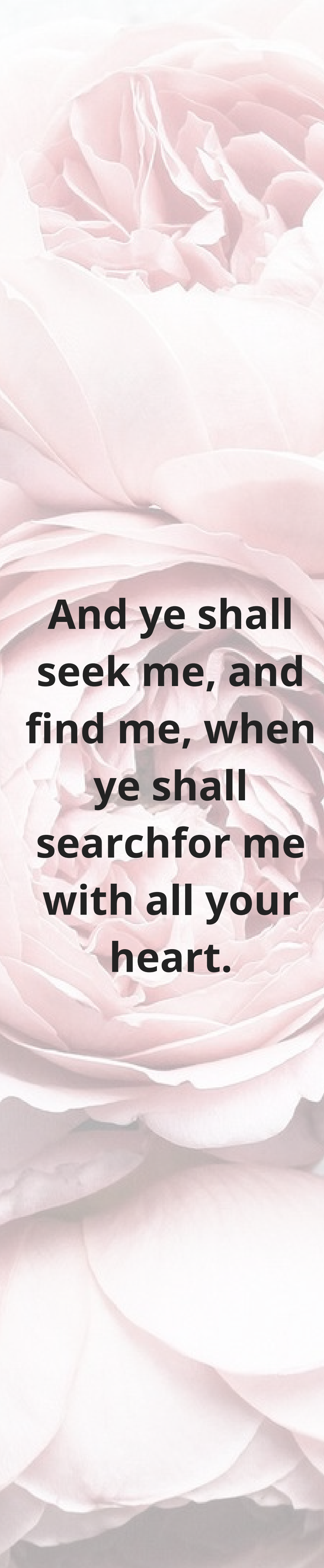


Reflections:

I am Thankful for:

Prayer Requests and Answered Prayers:

I will greatly rejoice in YHWH, my soul shall be joyful in my Elohim; for he hath clothed me with the garments of salvation, he hath covered me with the robe of righteousness, as a bridegroom decketh himself with ornaments, and as a bride adorneth herself with her jewels.



Day 2

Jeremiah 29:13

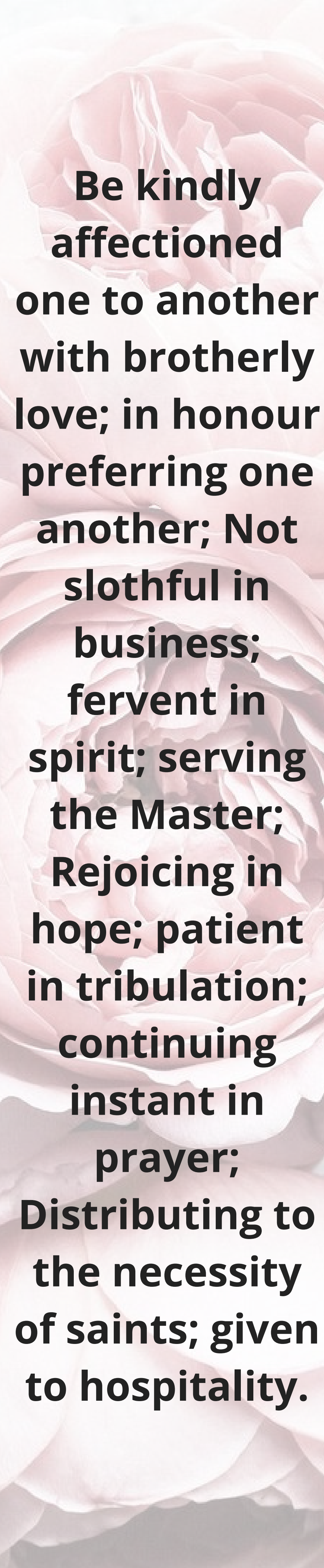


Reflections:

And ye shall seek me, and find me, when ye shall search for me with all your heart.

I am Thankful for:

Prayer Requests and Answered Prayers:



Day 3

Romans 12:10-13



Be kindly affectioned one to another with brotherly love; in honour preferring one another; Not slothful in business; fervent in spirit; serving the Master; Rejoicing in hope; patient in tribulation; continuing instant in prayer; Distributing to the necessity of saints; given to hospitality.

Reflections:

Lined area for reflections.

I am Thankful for:

Lined area for thankfulness.

Prayer Requests and Answered Prayers:

Lined area for prayer requests and answered prayers.



Day 4

Psalms 119:35



Reflections:

**Make me to go
in the path of
thy command-
ments; for
therein do I
delight.**

I am Thankful for:

Prayer Requests and Answered Prayers:

Day 5

James 1:27



Reflections:

Pure religion and undefiled before Elohim and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world.

I am Thankful for:

Prayer Requests and Answered Prayers:



Day 6

Psalm 139:14



Reflections:

**I will praise
You, for I am
fearfully and
wonderfully
made;
Marvelous are
Your works,
And that my
soul knows
very well.**

I am Thankful for:

Prayer Requests and Answered Prayers:

Day 7

Ephesians 4:1-3



**I therefore,
the prisoner of
the Master,
beseech you
that ye walk
worthy of the
vocation
wherewith ye
are called,
With all
lowliness and
meekness,
with
longsuffering,
forbearing one
another in
love;
Endeavouring
to keep the
unity of the
Spirit in the
bond of peace.**



Reflections:

I am Thankful for:

Prayer Requests and Answered Prayers:

Day 8

Matthew 5:14-16



Reflections:

I am Thankful for:

Prayer Requests and Answered Prayers:

Ye are the light of the world. A city that is set on an hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

Day 9

Proverbs 3:5-6



Reflections:

Trust in YHWH with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

I am Thankful for:

Prayer Requests and Answered Prayers:

Day 10

Proverbs 31:25



Reflections:

Strength and honour are her clothing; and she shall rejoice in time to come.

I am Thankful for:

Prayer Requests and Answered Prayers:

Day 11
Jeremiah 1:5



Reflections:

Horizontal lines for reflection writing

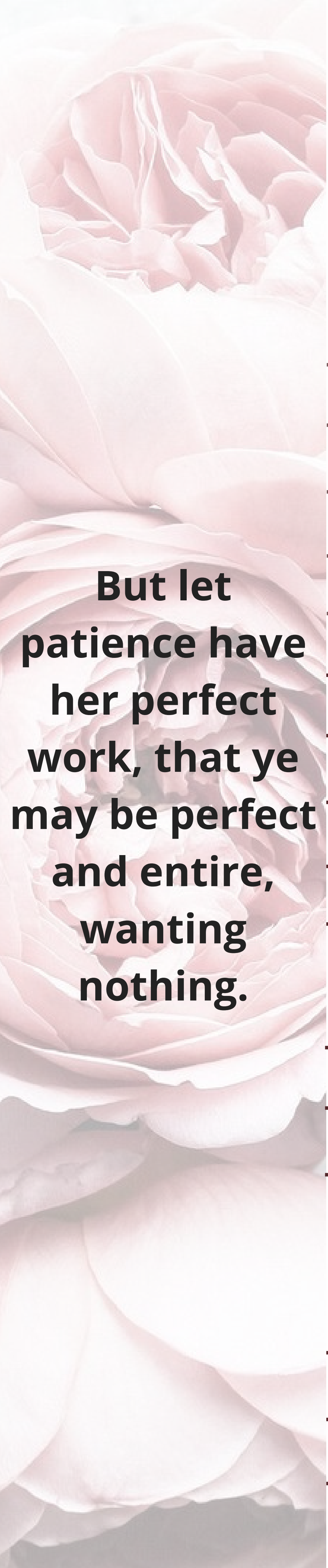
Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.

I am Thankful for:

Horizontal lines for thankfulness writing

Prayer Requests and Answered Prayers:

Horizontal lines for prayer requests writing



Day 12

James 1:4



Reflections:

**But let
patience have
her perfect
work, that ye
may be perfect
and entire,
wanting
nothing.**

I am Thankful for:

*Prayer Requests and Answered
Prayers:*

Day 13

1 Peter 2:9



Reflections:

But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light:

I am Thankful for:

Prayer Requests and Answered Prayers:

Day 14

Jeremiah 32:17


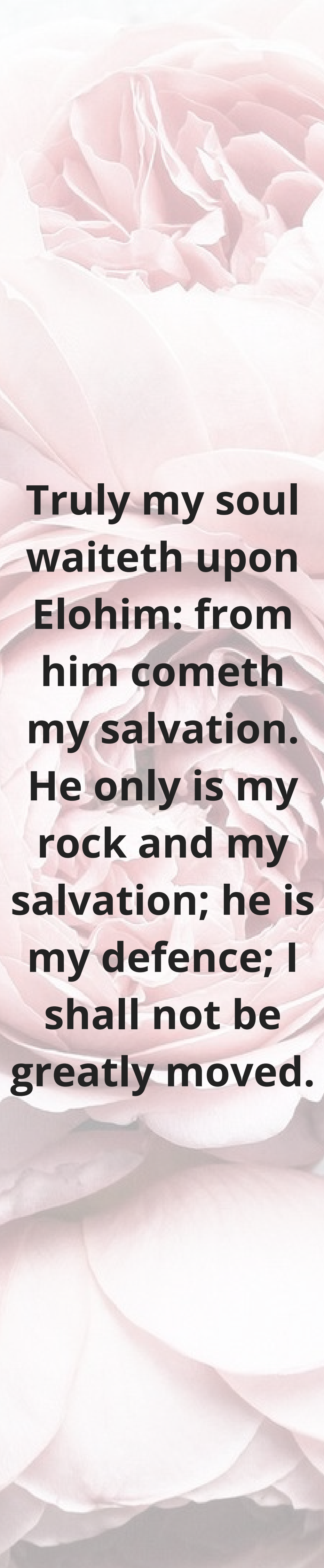


Reflections:

**Ah Adonai
YHWH! behold,
thou hast
made the
heaven and
the earth by
thy great
power and
stretched out
arm, and there
is nothing too
hard for thee:**

I am Thankful for:

Prayer Requests and Answered Prayers:



Day 15
Psalm 62:1-2



Reflections:

Truly my soul waiteth upon Elohim: from him cometh my salvation. He only is my rock and my salvation; he is my defence; I shall not be greatly moved.

I am Thankful for:

Prayer Requests and Answered Prayers:

Day 16

Romans 8:38-39



Reflections:

I am Thankful for:

Prayer Requests and Answered Prayers:

For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of Elohim, which is in Messiah Y'shua our Master.

Day 17

Philippians 4:6-7



Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto Elohim. And the peace of Elohim, which passeth all understanding, shall keep your hearts and minds through Messiah Y'shua.



Reflections:

I am Thankful for:

Prayer Requests and Answered Prayers:

Day 18

Jeremiah 29:11



Reflections:

For I know the thoughts that I think toward you, saith YHWH, thoughts of peace, and not of evil, to give you an expected end.

I am Thankful for:

Prayer Requests and Answered Prayers:

Day 19

Isaiah 26:3



Reflections:

**Thou wilt keep
him in perfect
peace, whose
mind is stayed
on thee:
because he
trusteth in
thee.**

I am Thankful for:

Prayer Requests and Answered Prayers:

Day 20

Ephesians 5:15-17



Reflections:

**See then that
ye walk
circumspectly,
not as fools,
but as wise,
Redeeming the
time, because
the days are
evil.**

**Wherefore be
ye not unwise,
but
understanding
what the will
of YHWH is.**

I am Thankful for:

Prayer Requests and Answered Prayers:



Day 21

Rom12:10, Heb12:14



**Be kindly
affectioned
one to another
with brotherly
love; in honour
preferring one
another;**

Reflections:

**Follow peace
with all men,
and holiness,
without which
no man shall
see the
Master:**

I am Thankful for:

*Prayer Requests and Answered
Prayers:*



Day 22

Psalm 19:14



Reflections:

Let the words
of my mouth,
and the
meditation of
my heart, be
acceptable in
thy sight, O
YHWH, my
strength, and
my redeemer.

I am Thankful for:

*Prayer Requests and Answered
Prayers:*

Day 23

James 1:17

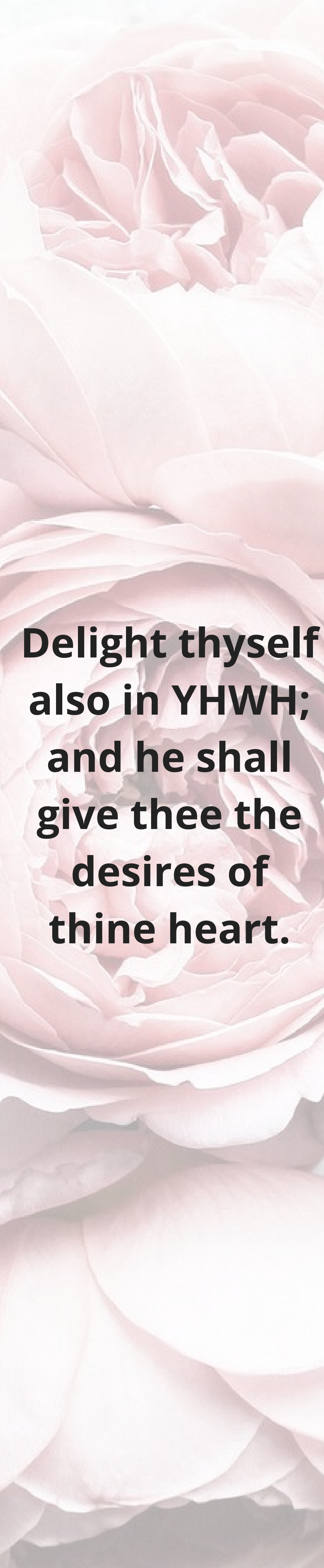


Reflections:

**Every good gift
and every
perfect gift is
from above,
and cometh
down from the
Father of
lights, with
whom is no
variableness,
neither
shadow of
turning.**

I am Thankful for:

Prayer Requests and Answered Prayers:



Day 24

Psalm 37:4

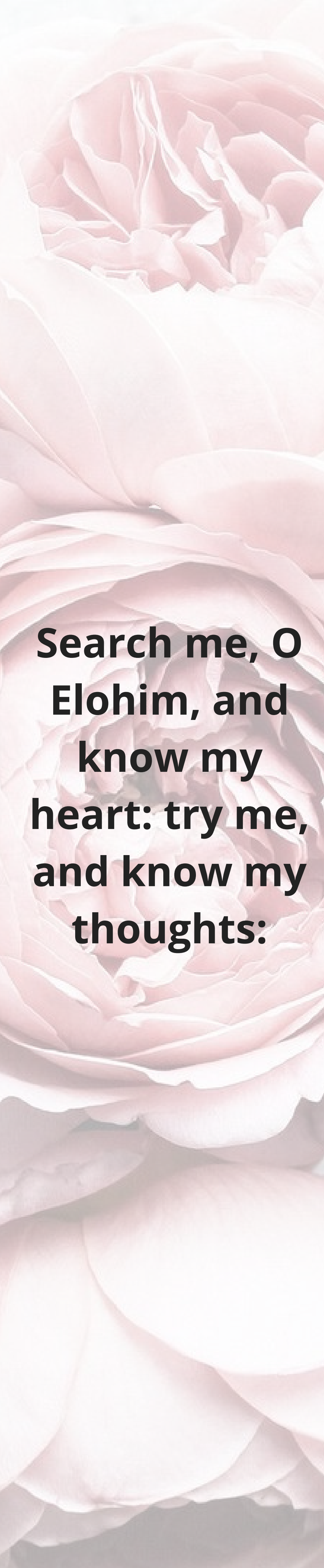


Reflections:

**Delight thyself
also in YHWH;
and he shall
give thee the
desires of
thine heart.**

I am Thankful for:

Prayer Requests and Answered Prayers:



Day 25

Psalm 139:23



Reflections:

Lined area for reflections.

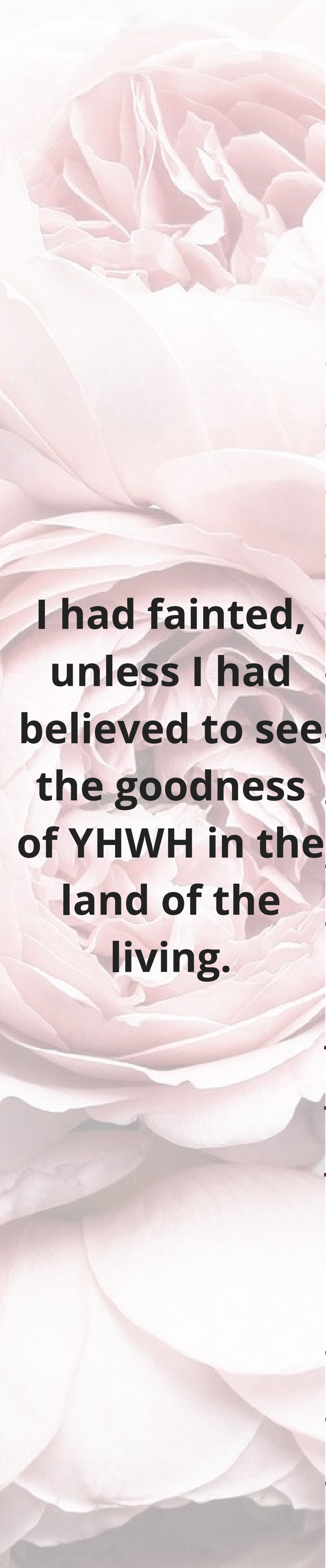
**Search me, O
Elohim, and
know my
heart: try me,
and know my
thoughts:**

I am Thankful for:

Lined area for gratitude.

Prayer Requests and Answered Prayers:

Lined area for prayer requests and answered prayers.



Day 26

Psalm 27:13



Reflections:

**I had fainted,
unless I had
believed to see
the goodness
of YHWH in the
land of the
living.**

I am Thankful for:

Prayer Requests and Answered Prayers:

Day 27

Psalm 119:35

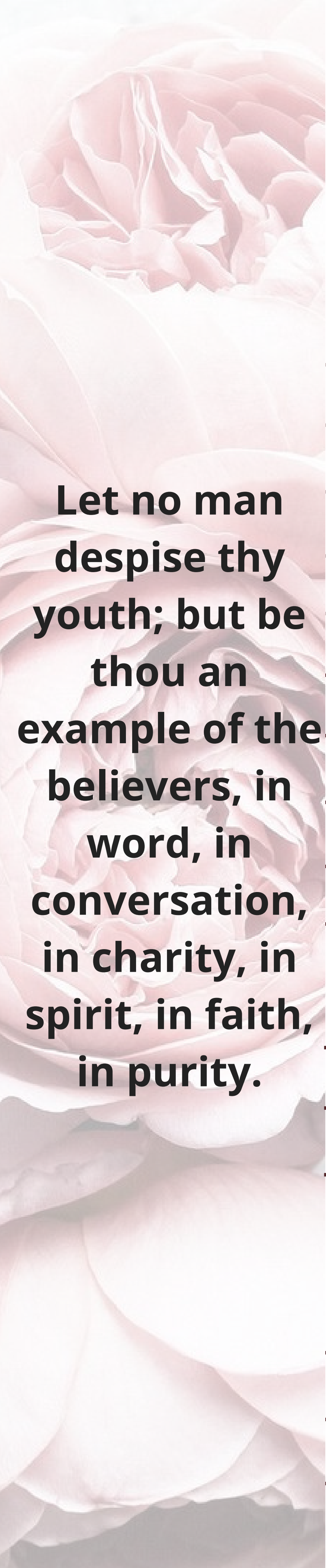


Reflections:

**Make me to go
in the path of
thy command-
ments; for
therein do I
delight.**

I am Thankful for:

*Prayer Requests and Answered
Prayers:*



Day 28

1 Timothy 4:12



Reflections:

Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.

I am Thankful for:

Prayer Requests and Answered Prayers:

Day 29

Micah 4:5

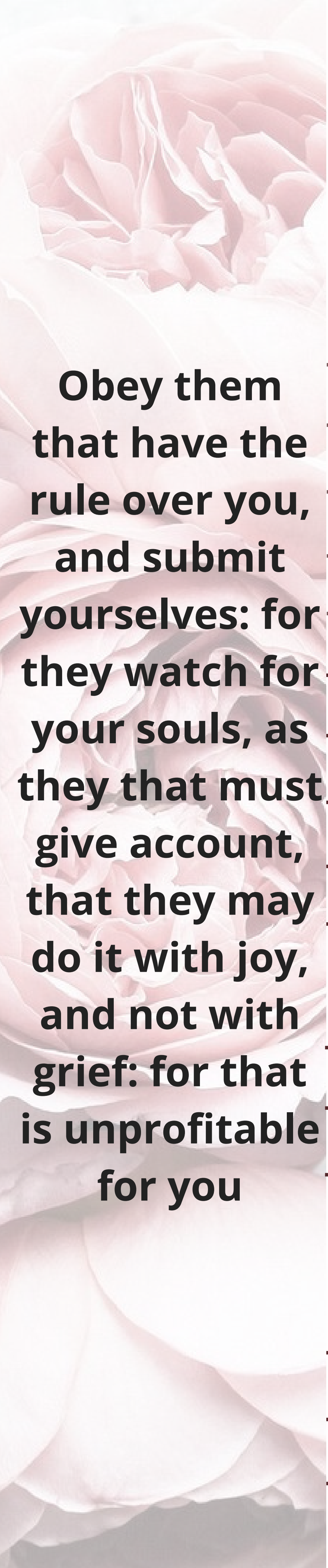


Reflections:

**For all people
will walk every
one in the
name of his
god, and we
will walk in
the name of
YHWH our
Elohim for
ever and ever.**

I am Thankful for:

*Prayer Requests and Answered
Prayers:*



Day 30

Hebrews 13:17



Reflections:

Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that is unprofitable for you

I am Thankful for:

Prayer Requests and Answered Prayers:



Day 31

Psalm 91:1



Reflections:

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

I am Thankful for:

Prayer Requests and Answered Prayers:



Day _____
Scripture Verse:



Reflections:

I am Thankful for:

Prayer Requests and Answered Prayers:



Day

Scripture Verse:



Reflections:

Eight horizontal lines for writing reflections.

I am Thankful for:

Three horizontal lines for writing what one is thankful for.

Prayer Requests and Answered Prayers:

Five horizontal lines for writing prayer requests and answered prayers.

