MEL CURATES

My Autumn Prayer Journal

21 Guided Prayer Prompts



A gentle beginning in prayer, reflection and writing

My Autumn Prayer Journal

Welcome, Friend

I bought myself a journal recently, although I'd never really journalled properly before.
Those lovely blank pages got me wondering how I might use them to spend more intentional time with God.

And so this little prayer journal was born.

Perhaps we can begin together.

How to Use Your Journal

Choose any of the 21 prompts across seven themes. Pause, pray and write whatever is on your heart.
A sentence is enough. A whole page is lovely too.
There's no schedule to follow, no perfect handwriting required and no catching up if you miss a day. Prayer is a conversation with God, not a performance.

Use the blank journal templates whenever you need more space, and print additional copies whenever you like.

“One page at a time. We can do this together.”

Wishing you peace, purpose and the quiet assurance of God's love,

Mel x

THEME 1 OF 7

Arriving

Scripturetoexplore:Ecclesiastes 3:1 (KJV)

01. What am I carrying into this new season?

02. What am I looking forward to, and what feels uncertain?

03. Lord, what might You be inviting me to notice or give attention to?

THEME 2 OF 7

Gratitude

Scripturetoexplore:James 1:17 (KJV)

01. What ordinary blessing have I almost stopped noticing?

02. Where have I experienced God’s provision recently?

03. What can I thank Him for today, even if life feels difficult?

THEME 3 OF 7

Trust

Scripturetoexplore: Proverbs 3:5–6 (KJV)

01. What am I holding onto too tightly?

02. Is there a worry I keep taking back after placing it in God’s hands?

03. What would trusting Him look like in this particular situation?

THEME 4 OF 7

Growing

Scripturetoexplore:1Peter 1:7 (KJV)

01. Where have I noticed my faith being stretched?

02. What might God be developing within me?

03. Is there something I need His help to change?

THEME 5 OF 7

Others

Scripturetoexplore: Galatians 6:2 (KJV)

01. Who could use a little encouragement this week?

02. Is there someone I need to forgive, reconnect with or pray for?

03. How might God use me to bring kindness into someone’s day?

THEME 6 OF 7

Rest

Scripturetoexplore: Matthew 11:28 (KJV)

01. What has been draining my energy lately?

02. Where am I confusing busyness with fruitfulness?

03. What would it look like to receive God’s rest rather than continually striving?

THEME 7 OF 7

Hope

Scripturetoexplore: Romans 15:13 (KJV)

01. What am I praying for in the months ahead?

02. Where do I need courage to take the next step?

03. What promise from Scripture would I like to carry with me through autumn?

A GENTLE ENDING

What I am carrying forward

Which prayer, phrase or discovery would you like to return to in the weeks ahead?

Wishing you peace, purpose and the quiet assurance of God’s love,

Mel x

A Little Space for Prayer

Date: _____

A Little Space for Prayer

Date: _____

A Little Space to Begin

A journal doesn't need perfect handwriting,
beautiful sentences or pages filled every day.

Sometimes all we need is a quiet moment,
an honest thought and a little space to bring it
before God.

These 21 guided prayer prompts are an invitation
to begin—wherever you are, however you're feeling,
and at whatever pace feels right.

Write a sentence. Fill a page. Cross something out.
Begin again.
There is no perfect way to do this.

Continue the journey with Mel Curates

Explore Scripture encouragement, seasonal reflections,
creative inspiration and little glimpses of grace.

melcurates.com

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Wishing you peace, purpose and the quiet
assurance of God's love,