

PETE YOUNG

MENTORING SERVICES

PRAYER JOURNALING

In February 1983 my life was in turmoil. I was stressed to the max, trying to deal with the 1980s economic crash which had serious financial consequences on our plumbing business. This stress affected my health and wellbeing in a number of ways, hence my needing to see a doctor.

To cut a long story short, I met with my doctor on 16 March 1983. He said to me:

“Pete, I know that you are a Christian, so I hope you don’t mind. I would like to share a way of praying with you that has helped me over the years, when I have been under stress.”

And so he showed me, the **Prayer Journal Process of Praying.**

I am now in wonder and awe at the timing of that meeting with the doctor and what I would now call a **‘God moment.’**

Since that time, I have kept a prayer diary and written in it each morning. It is amazing now to look back through these diaries and see what was going on in my life at the time, what I was concerned about, how I prayed and what direction my life went in.

It is like looking at a record of miracles in my life, which gives me tremendous hope, now and in the future. Especially when the going gets tough.

This is one way I am able to strengthen and nourish my faith and spiritual beliefs.

Now, I am able to say confidently **“It will work out, it always does.”**

The following is a step-by-step process to follow if you think this could help your own spiritual journey.

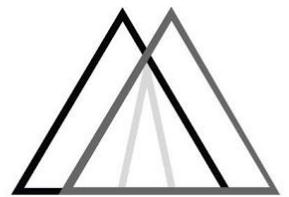
If you would like to learn more about this process or how spirituality can enrich your life, please feel free to contact me. I would love the opportunity to talk with you.

[CONTACT PETE](#)

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LISTENS, CARES AND BELIEVES IN YOU.



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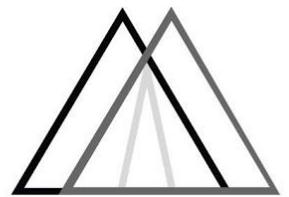
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THE PRAYER JOURNAL STEPS TO PRAYING AND REFLECTING ON SCRIPTURE

1. **DAILY SCRIPTURE READING.** Once you have read a piece of scripture or a daily spiritual reflection, write down a word or phrase that seemed to speak to you, in whatever you are experiencing in your life right now.
2. **PRAISE AND ADORATION:** Think about the scripture you have just read and write a short statement of praise to your God.
3. **THANKSGIVING:** Write a short statement or prayer of gratitude that thanks your God for something that you are grateful for or are experiencing in your life right now or yesterday.
4. **SERVING YOUR GOD THROUGH OTHERS:** Write a short statement or prayer of gratitude for the opportunity you were given to serve God through the people you have come into contact with recently. “How did I give of myself yesterday? How loving was I?”
5. **FORGIVENESS:** Search out how unloving I was yesterday, to myself and others? Forgive yourself and forgive others for how you perceive they have hurt you.

Mother Theresa once said “If I judge and criticise another, I have no time to love them”

6. **PETITION:** What do I need to ask God for help with? Who do I need to pray for at this time?



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The following is an example of how a daily reflection and prayer journal might look. There is no set format. The above is just a guideline. The important thing is to reflect and write what is on your heart.

Friday May 10 2019

Colossians 3 / 18-25

“Whatever you do, work at it with all your spirit, as though you were doing it for the Lord and not for people. For Christ is the real master you serve”

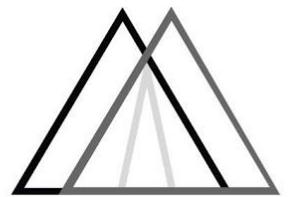
Lord I devote my whole soul, my whole mind, my whole heart, my whole body, my whole spirit and life to you. The only person I need to please is you. You made me, everyone and everything in creation in the image and likeness of you. I do not have to live up to the unrealistic expectations of others or compare myself with others. Praise and thank you lord for the freedom and wisdom that these words speak to me about.

Forgive me for the times I have compared myself with others and sought to impress them ahead of you, my dear Lord.

Thank you for the privilege and honour it is to serve you in my role as a Life Coach in the community. There are many people out there who suffer from self-doubt and low self-esteem. Please speak through me, to help them become the best version of themselves like you made me and them to be.

Bless ?????? my family and friends, especially my ??????? who is in hospital at this time, bless the sick, dying, grieving, the lonely and elderly, the people who are confused and those searching for meaning in their lives.

I offer to you Lord this day, everything I do and say Amen.



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SPIRITUAL, PERSONAL GOALS AND CHALLENGES YOU ARE FACING?

It can be helpful to write these down on the Sunday page of your diary. This may help you reflect back weekly and over the years to observe the little miracles in your life and how you may have grown spiritually.

Here are some examples to give you an idea on how to start.

1. To have a quiet time each morning to pray, reflect and meditate.
2. To be a good partner, husband, wife, father, mother.
3. To eat and drink in moderation.
4. To be patient in sorting out the insurance issues post-earthquake.
5. To live a life free from the love of money.
6. To support my partner through his cancer journey.
7. To do a good and fair days' work for my boss or clients.
8. To have the courage to stand up to bullying in my workplace.
9. To learn to accept myself for who I am and live a life true to my own values and beliefs.
10. To live a life of truth, love and joy.

I find it useful to go through the goals I have set and evaluate how I am going at the end of the week.