

A 16 Day

"Prayers from the Psalms"

Prayer Journal

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A Daily Cup of Encouragement
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Dear friend,

Encourage yourself in the Lord by praying and journaling through the the prayers of David and other Psalmists in each of the following Psalms. Read one Psalm a day and then use the space below to write the prayer in your own words or rewrite specific verses or phrases that are personal to you. Spend some time meditating on the words and offering them to God as your own prayer.

I pray that these prayers will offer you joy, hope, and strength in the Lord. May your own heart be encouraged and may that encouragement spill over onto everyone you encounter!

With much love,

Wendy



