



PRAY METHOD JOURNAL

TRACK YOUR JOURNEY
WITH GOD

By Josh Crain

Welcome! Over the next seven days, we'll explore simple but powerful ways to change the way you think. If you've ever felt like your mind was working against you, you're not alone. This challenge is about discovering tools to break free from those negative thoughts and step into a healthier, more positive mindset. Let's get started!

HOW TO USE THIS JOURNAL

Each day, follow the PRAY framework with these four steps:

- **Pause:** Begin by taking a deep breath and quieting your mind to focus on God's presence.
- **Rejoice:** Write down what you are grateful for and moments of joy from your day.
- **Ask:** List your prayer requests—whether personal, for others, or for your community.
- **Yield:** Reflect on what you sense God saying to you and areas where you need to trust His guidance.

We've provided two different formats of the PRAY pages—feel free to print off as many copies as you like! Try using both formats over the next month and see which works best for you. As you pray daily, use the space to capture your thoughts, requests, and reflections. Then, take time to look back at what you've written to recognize where God has been at work in your life. Prayer is a journey, and tracking it helps you see how your relationship with God grows over time.

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Pause

Take a moment to be still before God. Write down any thoughts or feelings you need to set aside to be present.

Rejoice

What are you grateful for today? List moments, people, or experiences that brought joy.

Ask

What are you asking God for today? Write down your personal needs, prayers for others, or broader requests.

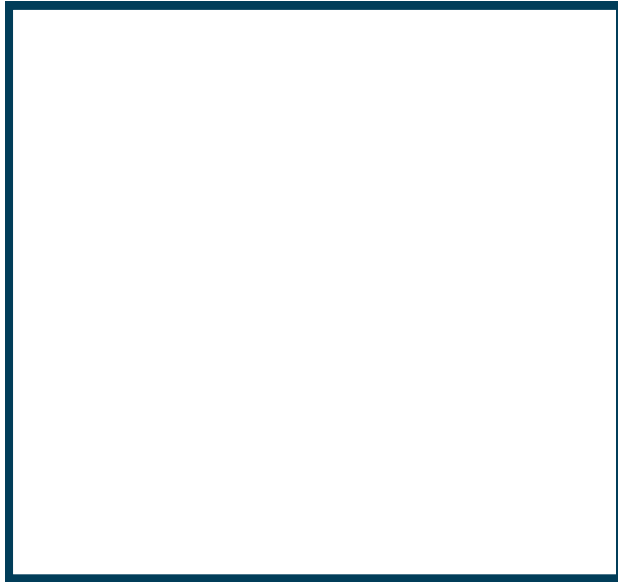
Yield

Is there anything God is showing you today? What areas in your life are you being called to surrender or trust Him more?

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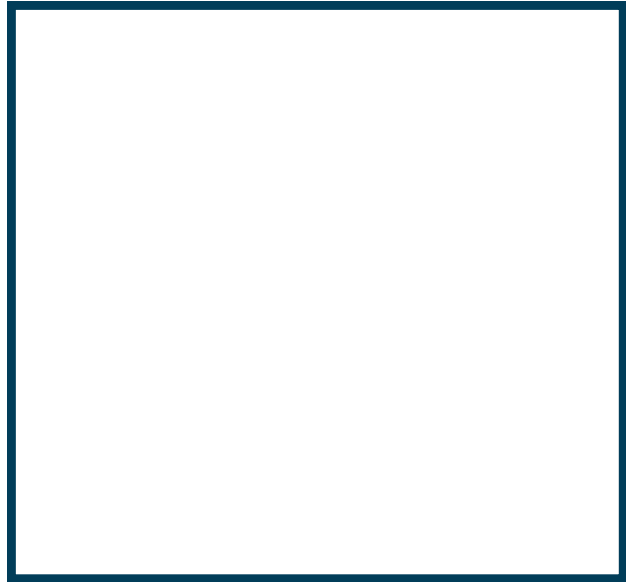
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WANT TO GO DEEPER? HERE'S WHAT'S NEXT!

Prayer is just the beginning of a deeper connection with God. Whether you're new to prayer or looking to strengthen your faith, these next steps are designed to help you grow, explore, and stay connected. Take what you've started here and discover new ways to engage with God, your community, and your purpose.

Share This Journal with a Friend

Prayer becomes even more powerful when shared. If you found this journal helpful, share it with a friend or loved one, encouraging them to start their own prayer journey.

Explore More Messages from Verve City Church

Dive deeper into prayer and faith with these messages from Pastor Josh Crain:

- [How to Pray](#) – Learn the purpose and power of prayer, and how to integrate it into your life.
- [The Genius of Jesus](#) – Discover how the transformative genius of Jesus can change your life.
- [Does God Heal Today?](#) – Explore the question of healing and miracles in today's world.

Visit Verve City Church

At Verve City Church, we're a Jesus-centered community where spiritually curious people can explore faith and find belonging. Whether you're new to prayer or a seasoned believer, you'll find a warm, welcoming environment here.

Service Times:

- Sundays: 8:30 AM, 10 AM, and 11:30 AM
- Location: 14670 Ramona Avenue, Chino, CA 91710
- Online: Join us live for any service. [Watch Online]

ABOUT JOSH CRAIN

Josh Crain serves as the Lead Pastor of Verve City Church, where he's committed to making the Gospel accessible by engaging both the heart and mind. His teaching style weaves stories with the practical way of Jesus, inspiring others to grow in their faith. Josh and his wife, Emily, have been married since 2003 and have two boys, Jack and William. While Josh used to spend time scuba diving and reading philosophy, these days, you'll often find him building Lego masterpieces or pretending to be Lex Luthor while his son saves the day as Superman!

ABOUT VERVE CITY CHURCH

Founded in 1991, Verve City Church is a Jesus-centered community where spiritually curious people can explore faith and find belonging. Whether you're new to Christianity, skeptical, or seeking to deepen your faith, Verve is a place where you can ask questions and grow at your own pace.

Our mission is simple: help people find and follow Jesus. Through worship gatherings, small groups, local service projects, and community events, we aim to make faith practical and accessible for everyone.

At Verve, we believe church should be a welcoming space where people of all backgrounds feel at home. Join us in person at one of our services or connect with us online—we'd love to meet you and walk with you on your journey of faith.